

GOOD Life News

at Westchester Gardens

MAY 2017

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Extra! Extra! Hometown Gal makes Good!

I am so excited to announce that Tiffany Birrell, our Assistant Administrator / Administrator in Training, has received a promotion and will be the new Executive Director at The Goodman Group's Valley Health Care Center in Billings, Mont., beginning May 1.

Tiffany has accomplished so much in such a short order. You can thank her for the improvements in the courtyard, the Platinum Praise forms celebrating our awesome team members, the Platinum Service® meetings that are happening every shift, for steady leadership and support across all departments, for keeping us all on our toes with her insightful questions and contagious enthusiasm, and for so much more.

To close this article, I thought it would be nice to hear from Tiffany before she departs, so we asked her a few questions. Here goes:

What do you look forward to the most about this opportunity? "I'm thrilled to continue working with The Goodman Group. It's exciting to be able to run my own building and take on the challenge of getting to know a new team and help shape their culture."

Billings, Mont., seems so far away, what are your thoughts about moving so far out West? "Most of our family members live in the western United States, and we came to Florida from Utah, so we are happy to be moving closer to family. I love the snow and four seasons! Due to the timing of our moves, we'll have had a year and half long summer. I'll be happy to feel cold weather this fall."

What have you enjoyed about your time at Westchester Gardens? "It's difficult to express in mere words what my time at Westchester Gardens has meant to me. David has been an amazing instructor, guide, tutor and all around Administrator guru. I feel 110 percent better prepared having learned from him. To Heather and all other department heads — Thank You! I hope you know what a large impact you have had on my life and learning. I will take what you have given me through the rest of my career. To all of you at Westchester, you have touched my heart in so many ways. I have seen your kindness, strength, dedication and love in your everyday actions. Thank you for showing me what Platinum Service® means and for your acceptance and encouragement every step of the way. Your influence will stretch across the nation and affect the lives of a whole other team in Montana. They will feel your heart and power. I am humbled and extremely grateful to have associated with and worked beside you. Thank you. I will miss you terribly!"

What do you feel you've learned? "There are so many things I've learned that are necessary to know as an Administrator — thank you, David! Most importantly, I think I've learned how I will be able to best serve in my new role. I have watched the Westchester team function as a team / building can and should. I've seen you address issues, solve problems and resolve concerns while continuing to put the residents first. You have all taught me what to expect of myself and those I work with."

J. David Fitts, Executive Director



**Our Talk.
Our Walk.
Every Day!**

**Step into
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

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We wish you all the best and congratulations on your promotion! You are awesome and will be missed by all of us at Westchester Gardens. I am quite sure you will love Valley Health Care Center and they will love you as well!



The Perfect Mint Julep

Ingredients

- mint
- 1 tsp. sugar
- 3 oz. whiskey — bourbon
- old-fashioned glass or pewter cup



Directions

1. Place 5 or 6 leaves of mint in the bottom of a prechilled, dry 12-ounce glass or silver beaker.
2. Add sugar and crush slightly with a muddler.
3. Pack glass with finely cracked ice.
4. Pour a generous 3 ounces of Kentucky bourbon over the ice.
5. Stir briskly until the glass frosts.
6. Add more ice and stir again before serving.
7. Stick a few sprigs of mint into the ice so that the partaker will get the aroma.

Welcome New Residents

Welcome to Westchester Gardens! Although there is no place like home, we hope your stay is quite pleasant.



Yogi-isms

MLB Hall of Famer Yogi Berra was a legendary catcher for the New York Yankees. But he was also famous for his way with words, known as Yogi-isms. Here are some of his most comical quotes, many of which have become part of our culture.

- “It ain’t over till it’s over.”
- “It’s déjà vu all over again.”
- “When you come to a fork in the road, take it.”
- “You can observe a lot by watching.”
- “A nickel ain’t worth a dime anymore.”
- “The future ain’t what it used to be.”
- “Baseball is 90 percent mental. The other half is physical.”
- “I usually take a two-hour nap from 1 to 4.”
- “Never answer an anonymous letter.”

Berra once explained, “A lot of guys go, ‘Hey, Yog, say a Yogi-ism.’ I tell ‘em, ‘I don’t know any.’ They want me to make one up. I don’t make ‘em up. I don’t even know when I say it.”



Favorite Derby Foods

The Kentucky Derby, the annual horse race called “the most exciting two minutes in sports,” is also famous for its festivities off the track, including food. Saddle up with these traditional Derby dishes.

Hot Brown: This hot, open-faced sandwich was named for where it was first served in 1926, the Brown Hotel, just miles from the Derby’s home, Churchill Downs. It’s made with thick slices of toasted bread that are layered with roasted turkey and tomatoes, covered with a cheese sauce, broiled, then topped with two slices of bacon and paprika.

Burgoo: There are hundreds of recipes for this hearty stew, which is a longtime tradition. Thick and spicy, it usually contains a blend of beef, pork, chicken or lamb simmered with a medley of vegetables, beans and seasonings.

Benedictine: In the early 1900s, Louisville, Ky., caterer Jennie Benedict combined cream cheese, cucumber and onion to make a savory spread. It is typically served on bread as a tea sandwich filling or used as a dip.

Chocolate-nut pie: A gooey, sweet filling that includes chocolate chips and pecans or walnuts atop a pastry crust make up this dessert, a staple at the Derby.



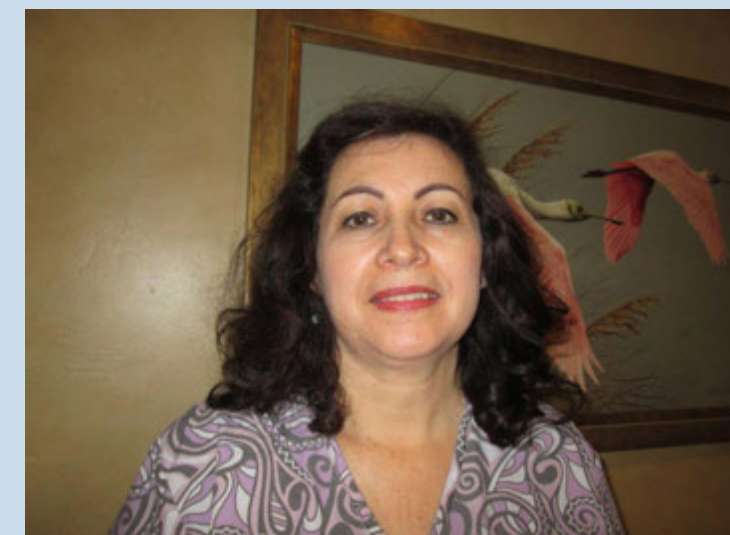
Life Enrichment

It is that time of year! The Florida heat is upon us! We encourage all of you who enjoy spending time outside to please make sure you have sunscreen on and have plenty of water with you. Just being in the sunshine for even a short time can cause a sunburn. Water is especially important when enjoying the sunshine too. If possible, wear a hat and sunglasses. Please look for fun events during National Nursing Home Week which starts May 14. They will be posted next to the big wall calendar!



Employee Spotlight

Lucila Galindo has been chosen as May’s Employee of the Month. Lucila was born in Columbia and came to this country 15 years ago. She has been happily married for 28 years. She has two children, a daughter who is 26 and an Occupational Therapist and a son who is 21 and attends a University in Tallahassee, Fla. Lucila became a C.N.A. nine years ago. She states her occupation makes her very happy, she loves working with her residents and she feels as though her residents are part of her family. Thank you for all your hard work and dedication!





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J. David Fitts

Assistant Executive Director

Tiffany Birrell

Director of Nursing

Heather Wagner, RN

Life Enrichment Director

Ann Padovani, ADC

Director of Admissions

Maryanne Zingalie

Dietary Director

Bob Harris

Housekeeping Director

Tammy Pennington

Maintenance Director

Dennis Stephens

Rehab Director

Frances Skinner, BScPT

Social Service Director

Denise Baultrip-Cuyjet

Resident Services Coordinator

Tiffany Chiamonte,
 LPN

Resident Services Coordinator

Angela Friedly, RN

Receptionist

Margie Lozada

MDS Coordinator

Susan Kleiss, RN

Quality Coordinator

Rhiannon Potter, RN

Meet Our Social Services Department!

"I do what I do because I love making a difference in the lives of our residents and families. I regard them all as living treasures." — *Yasmein*

"I do what I do because I have an open heart and I enjoy nurturing and working with people." — *Lisa*

"I do what I do because I find being a social worker challenging, yet rewarding. Being able to help individuals and their families to cope with problems towards the goal of improving one's life is so worthwhile; besides, it gets me one step closer to Heaven." — *Denise*

- Yasmein Vint
- Lisa Kunkel
- Denise Cuyjet

