

GOOD Life News

at Westchester Gardens

JULY 2017

www.westchestergardens.com

Remembering Flo

One of the things I hope to get across to the many amazing staff I get to work with is how much of a difference they're able to make in the lives, and the daily moments, of the people for whom they provide care. It's something we talk about at our Town Hall meetings, our daily Platinum Service® Customer Service meetings and in individual interactions. Each day presents opportunities we can seize to put a smile on the faces of our residents.

I would be hard-pressed to think of anyone who touched more lives in this way than Florence "Flo" Joseph, who passed away in late May. Flo worked most recently with us as a Life Enrichment Assistant, as well as Evening Receptionist, and prior to that, as a Certified Nursing Assistant and Restorative Aide.

Many of you may have seen some of the physical struggles Flo had, with the difficulty she had walking, especially this past year. But, while you may have seen that, I'm confident you never heard a word of complaint from Flo. Incredibly, Flo not only touched the lives of thousands of residents during her nearly 27 years at Westchester Gardens, but she also worked full-time at another local skilled nursing facility for years. Despite working two physically demanding full-time jobs and being in daily constant pain, Flo managed to maintain an upbeat attitude and persevered through all the adversity she battled.

Flo had a servant's heart that was well-suited to working in the Bistro, where she made sure the experience was special for all those who dined there. Over the years, she has taken care of people's spouses, parents and grandparents, and done so in such a way that people who return to Westchester for a rehab stay would often ask for Flo by name.

As her colleagues in the Life Enrichment Department said, "Flo is thought about every day and will be remembered for her strength, loving heart, her sense of humor and friendship." She was dearly loved and will be missed in a big way by her Westchester family and all those who got to know her. It is my hope each of us at Westchester Gardens can live by the example Flo set for us of selflessness, dedication and perseverance.

— J. David Fitts, Executive Director



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

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Happy Fourth of July

We will be having a Fourth of July Party at 2:30 p.m. in our Main Dining Room. Patriotic music will be played and refreshments will be served.



Looking Back at Summer Camps

For over a century, summer camps have provided countless children the opportunity to connect with nature, learn valuable skills and create memories.

In the late 1800s, overnight camps began popping up in the northeastern U.S. as a means for boys to break away from city life and build character, and were generally geared toward those from wealthy families. By the early 1900s, summer camps grew in number and diversity.



National organizations like the YMCA and Boy Scouts catered adventures for boys from all social classes. Many of these camps focused on military basics and survival skills.

At about the same time, summer sleep-away camps for girls were established to teach life skills and encourage independence. The Camp Fire Girls and Girl Scouts were among the programs that provided these outdoor experiences for young women.

Starting in the 1950s, specialty camps began to concentrate on specific pursuits, such as academics, art, sports and music. Camps were also created for children with special needs and medical conditions. Today, there is a camp for nearly every interest.

A trend of traditional, rustic outdoor camps has emerged, as well as camps for adults who yearn to relive their childhood.

Food and Beverage/ Dining Services

The Healthy Kick of Horseradish

At first glance, horseradish appears to be a plain, pale root, but as far back as ancient Greece, people have valued the vegetable as worth its weight in gold. Famous for adding a sharp, distinct flavor to dishes, horseradish also has a number of health benefits.



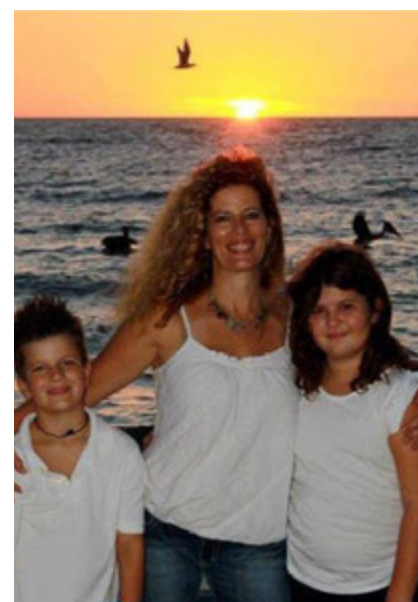
Native to parts of Europe and Asia, horseradish is in the same plant family as broccoli, cabbage, Brussels sprouts and mustard greens. Cutting into the root releases oils that produce its pungent aroma and heat.

Horseradish is most commonly eaten as a condiment by grating the root and adding it to spreads, dressings and sauces for sandwiches, salads, beef and seafood. The prepared horseradish sold in grocery stores usually consists of grated horseradish and vinegar, which helps stabilize the ingredient's potent spice level.

A source of fiber, vitamin C, potassium, calcium and several other nutrients, horseradish also contains powerful cancer-fighting enzymes called glucosinolates, plus natural antibacterial properties that can help protect the body from infections.

Employee Spotlight

Lisa Norris has been chosen for Employee of the Month. She has worked here in the Therapy Department for seven years. She went to college at St. Petersburg College. She has two children and is soon to have a new husband in March. Her hobbies include going to the beach, kayaking, running and doing adventure races; she is currently training for a Savage Race in August. She enjoys being a Therapist as she enjoys helping people. Her sense of humor is loved by all.



Nursing/Health Care

Understanding Sunscreen

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun's ultraviolet rays before they reach your skin. Choose products labeled as broad-spectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).



The Food and Drug Administration recommends sunscreens with a sun protection factor of at least 15, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun's rays that the sunscreen blocks. SPF 15 filters out 93 percent of incoming rays, and SPF 30 filters out 97 percent.

About 15-30 minutes before you go outside, apply 1 ounce — about a full shot glass — of sunscreen to the parts of your body not covered by clothing.

Favorite Fair Foods

Fair season is underway, and one of the highlights of these annual festivals is the delicious fare! Tempt your taste buds with these classic foods:



Cotton candy — Originally called "fairy floss," this colorful, fluffy spun sugar was introduced at the St. Louis World's Fair in 1904 and has become a favorite of fairgoers.

Corn dogs — Hot dogs dipped in cornmeal batter, deep-fried and served on a stick have been staples since the 1940s.

Funnel cakes — Crisp on the outside and light and airy on the inside, this fried dough dessert is traditionally topped with powdered sugar, but fruit, chocolate and ice cream are popular add-ons.

Candy apples — Tart, crisp apples are covered in sweet, hard candy or creamy caramel to make this snack-on-a-stick.

Kettle corn — Those who can't decide between sweet and salty get the best of both worlds in this popcorn treat seasoned with sugar and salt.

Welcome New Residents

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

Resident Birthdays

Amelia T., 2nd
Anna M., 4th
Bertha D., 5th
Angeline C., 6th
Bonnie C., 9th
Tom H., 11th
Hugh F., 15th
Hazel H., 15th
Marie M., 21st
Beth Ann K., 22nd

Employee Birthdays

John Fitts, 3rd
Ericka Blesener, 3rd
Ira Padgett, 4th
Damarys Moreno, 7th
Jean Garrett, 7th
Kayleigh Bryan, 9th
Monica Stolon, 9th
Audane Louis, 12th
Miriam Bonifacio, 12th
Heather Wagner, 12th
Maria Zapata, 14th
Jamie Chavez, 14th
Monique Washington, 15th
Jennifer Schooley, 16th
Tecla Fuller, 19th
Candace Broadhurst, 24th
Yulissa Rodriguez, 28th
Marvin Tee, 28th



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Staff

Executive Director

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

Life Enrichment

We would like to welcome back Main Street Early Learning Center for the summer months. Both the children and our residents look forward to seeing each other. One of the children recently said, "Going to Westchester is my favorite fieldtrip ever!" We also are very happy to have the Daisy Troops with us. We are looking forward to working with them, as well, to bring forth some very fun inter-generational programs. We always wish to thank our volunteers for all they do for us!

