

# GOOD Life News

at Westchester Gardens

JUNE 2017

www.westchestergardens.com

## Happy Father's Day

This year, I'd like to pay tribute to my father, a very powerful influence in my life, whom you know as Chaplain John. When we were kids, Dad was always present and there for us. He made a point to spend time with us, not just being there if there was a problem but throwing the football with us in the front yard, developing plays specific to our limited



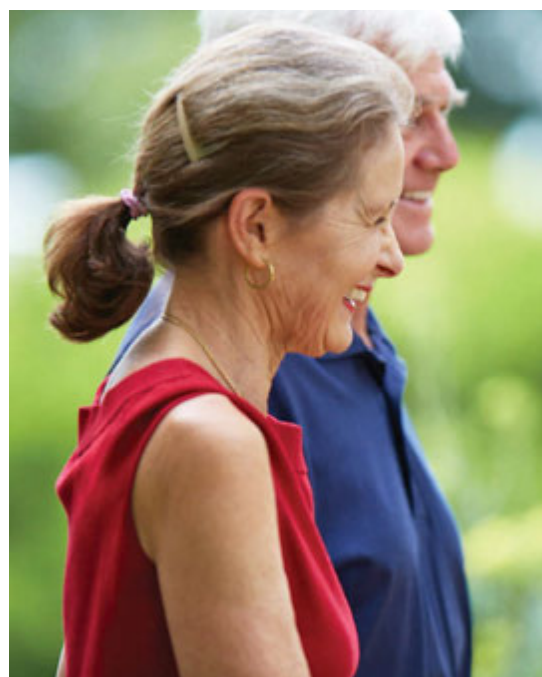
front yard field configurations. A post pattern became the Tree play. Bush-Out was a slant pattern that extended to the sidelines, a row of hedge bushes, or something like that. He took us to college basketball games, ate dinners together with us nightly as a family and was ever-present in our lives.

While we never had a ton of material possessions as kids, we also never felt like we were going without. Looking back, I admire how my parents were able to provide for us and stretch the budget so successfully. I specifically remember Mom and Dad pulling us together as a family, while we were on vacation in Florida, and talking to us about "true riches" and the difference between being rich with love and relationships versus just having material possessions. They explained why they had chosen a life of full-time ministry, and while we would never be rich financially, our cup was overflowing in every other way. They were right!

Dad wasn't just there for us only, he has spent his life in ministry and service to others. He pastored churches from roughly 1978 to 1993, before becoming a board certified full-time chaplain, a new career venture. As a pastor, he was always able to teach, rather than preach, in a way that was relatable and focused on building others up. He readily admits the administration of churches was never really a passion, his gift was one-on-one counseling and ministering to those who were hurting. He was able to exercise this gift more freely as a chaplain and continues to even now! In addition, to his current work here at Westchester Gardens, Dad still has an email ministry to people in Africa who have questions about the Bible, have areas of struggle they need help with and so on. Nearly every day, Chaplain John is responding to emails from people from throughout the African continent who have no one else to turn to.

It is a privilege and honor, and one that I don't take lightly, to be able to work alongside my Dad. He really taught me all I needed to know about being a father and husband. He takes such joy in helping others and, more than anything, listening to peoples' stories and learning about the residents we serve. I am so grateful to have been raised by such wonderful parents who taught me about what really matters most in life. So, I'd like to wish Chaplain John and all the other amazing Dads out there a very Happy Father's Day!

— J. David Fitts, Executive Director



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

**National  
Safety Month**

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can "Keep Each Other Safe," this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

## Life Enrichment

We would like to extend a warm welcome to Main Street Early Learning Center, who will join us once again during the summer months! We also wish to thank the Daisy Troop for visiting twice a month as well. Having children in the facility is so beneficial for us. We always look forward to working with the children. We will be planning some fun Inter-Generational activities throughout the summer.



## Meaty Treat

June 12 is National Jerky Day, but you can enjoy this food all year long. Convenient and rich in protein, the dried meat snack has a flavorful history dating back hundreds of years.

Jerky most likely originated in the 1500s with indigenous tribes in North and South America, where meat from buffalo, deer, turkey, alpaca and llamas was cut and pounded into thin strips, rubbed with salt, then dried in the sun or smoked over a fire. The result was a lightweight protein source that was easy to transport and wouldn't spoil. The Quechua people of South America called the food ch'arki, meaning "dried meat," which evolved into the word jerky.

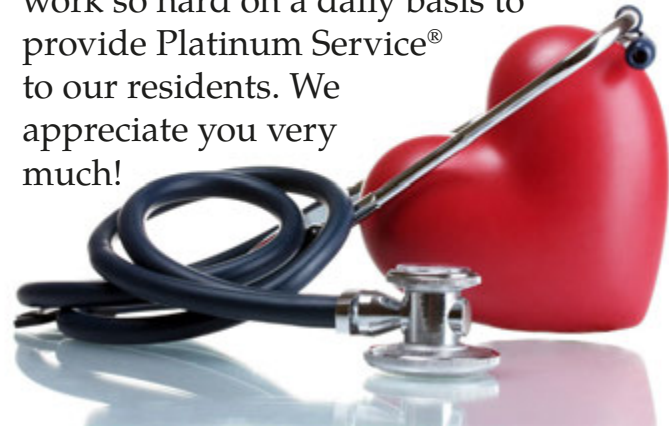


As with native populations, jerky became a staple food for Europeans exploring the New World and pioneers settling the American West. Through the years, people experimented with various meats and spices, creating many types and flavors of jerky.

Today, ready-made jerky is a popular snack worldwide. It's naturally low in carbohydrates and contains key nutrients like iron, zinc and vitamin B-12. Varieties that are low in fat, calories, sodium and preservatives are also available.

## Nursing/ Health Care

A huge thank you to our C.N.A.s who work so hard on a daily basis to provide Platinum Service® to our residents. We appreciate you very much!



## Food and Beverage/ Dining Services

A Pink Drink

Sipping a refreshing glass of pink lemonade is the perfect way to cool off when the temperature climbs. But have you ever wondered who invented the drink, and why it's tinted pink?

Most historians have traced pink lemonade to 19th-century traveling circuses, where traditional lemonade was already a popular refreshment. Two stories of the origin of the pink version stand out. In one, Henry Allott, a teenager working at a circus concession stand, accidentally dropped red cinnamon-flavored candies into a batch of lemonade. He served the rosy-hued drink to his waiting customers, and it was a hit.

A second story claims circus worker Pete Conklin ran out of water while making lemonade. He grabbed a nearby tub of water that a performer had used to wash her pink tights, added it to his mixture, and sold it as "strawberry lemonade."

However the beverage came to be, it continues to be a popular thirst quencher. The pink lemonade sold today is usually tinted with fruit juices and extracts or red food dye.



## Employee Spotlight

Marlene Kingsbury has been chosen as June's Employee of the Month. Marlene is a graduate of St. Petersburg College with an Associate of the Arts degree and also graduated from PTEC as a Practical Nurse. She volunteers for the Homeless Empowerment Program and is an advocate for Women of Domestic Violence in the community. She has a husband, two grown children and a grandson who keeps her very energized and busy. Her hobbies include boating, fishing, swimming at the beach and collecting rare Pokémon cards with her grandson. She became a C.N.A. because she cares about people and enjoys listening to their life stories. She hopes to make a positive influence while her residents are healing. She states she enjoys what she does and gives all the glory to God. Thank you for all of your hard work and dedication, Marlene!



## Flying the US Flag

While many places fly the American flag, there are eight historic locations that have official proclamations to display the Stars and Stripes 24/7. Celebrate Flag Day on June 14 by learning about some of these sites:

White House — Photographs show the flag being flown at the White House as early as the mid-1800s. During World War I, it was customary to display flags on the east and west fronts of the building for 24 hours a day. In 1970, President Richard M. Nixon made it official for one flag to fly above the White House at all times.

Washington Monument — The memorial in Washington, D.C., to America's first president has 50 flags, one for each state, encircling the monument. The proclamation to display them 24/7 was made July 4, 1971.

Lexington Battle Green — The first conflict of the American Revolution took place in this Massachusetts town, where the 1775 battlefield has been made into a park. Since 1965, a U.S. flag flies continuously near the site's famed Minute Man statue.

U.S. Marine Corps War Memorial — The statue of this memorial in Arlington, Va., is based on the iconic photograph of six soldiers raising the U.S. flag at the Battle of Iwo Jima. In 1961, President John F. Kennedy proclaimed that the flag atop the 60-foot bronze flagpole be flown 24/7.



## Father Day

Happy Father's Day! Join us Sunday, June 18, at 2:30 p.m., for pizza, beer and music!



## Resident Birthdays

Patricia H., 6th  
Virginia P., 13th  
Shirley B., 21st  
Carol P., 29th

## Employee Birthdays

John David Fitts, 3rd  
Janey Richey, 6th  
Freda Goddard, 7th  
Jennifer Nelson, 12th  
Denise Dixon, 14th  
Jessica Zamrano, 14th  
Linda Brown, 15th  
Brandi Vanden Hoek, 15th  
Robin Boutin, 19th  
Diana Meyers, 20th  
Manuel Varela, 21st  
Sharon Breidegam, 23rd  
Susan Walters, 23rd  
Athalia Pennington, 26th  
William Melendez, 26th  
Mary Danielle Burnett, 27th  
Isis Quaglia, 27th



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**Quality Coordinator**

Rhiannon Potter, RN

## Welcome New Residents

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

