



Community Updates: The Preserve Promotes Sarah Richard as Assistant Administrator



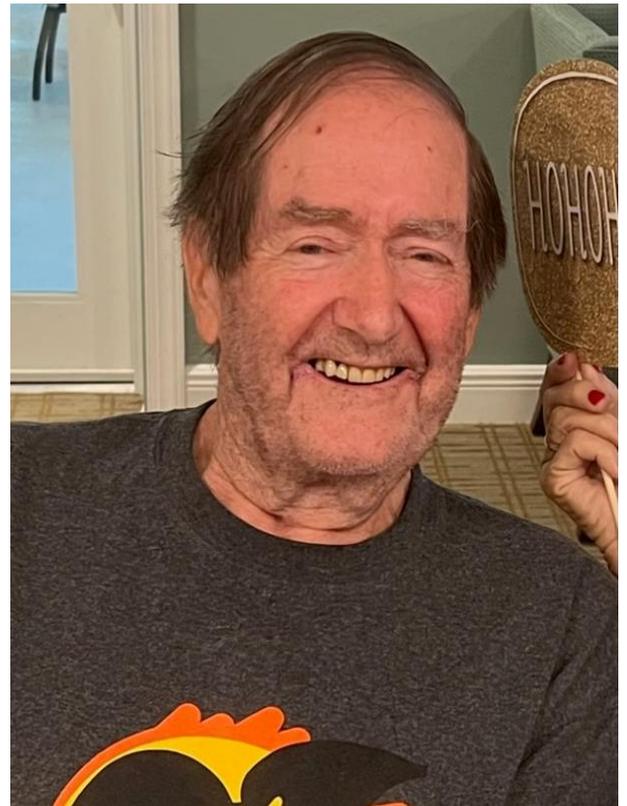
The Preserve has promoted Sarah Richard, MHA, LNHA, to assistant administrator. In this role, Sarah’s responsibilities include oversight of planning, organization, operations and management, financial resources, human resources and leadership. A primary function is helping lead day-to-day operations of The Preserve’s Care Center in accordance with federal, state and local standards, as well as company practices and policies. Prior to her promotion, Sarah was director of social services at The Preserve and also held roles as interim director of admissions and interim director of marketing. Previously, Sarah was director of client services for the Area Agency on Aging for Southwest Florida, and was a social service director and social service assistant at Consulate Healthcare. Sarah earned a Bachelor of Science degree in human services from Old Dominion University and a Master of Science degree in health care administration from Hodges University. She is a licensed nursing home administrator through the Florida Department of Health and a certified assisted living administrator through the Florida Department of Elder Affairs.

“Sarah has certainly proven herself over the three years she has worked at The Preserve,” said Ryan Keller, executive director at The Preserve. “She has devoted her entire career to senior care, and this role allows her to lead staff and develop programs that ensure residents will receive the highest level of rehabilitative and restorative care at The Preserve.”

Assisted Living

Resident Spotlight: Earl

Earl, also known as “Papa Earl” or “Earl the Pearl”, was born in Habersham, Georgia. When Earl was a child, he wanted to be a football player. He is a diehard fan of the University of Georgia’s football team. One of Earl’s favorite hobbies is fishing for trout and boating. Earl loves boats! Earl met his sweetheart Janice at his summer job at a boathouse. He happily assisted Janice with launching her brand-new Chris-Craft boat. The two got married in 1967 and god gave them two talented sons. Steven a Doctor and Jason a lawyer. Their family pet was a loyal Great Dane named Bo Regard. Earl loves to listen to any bluegrass music and his favorite singer is Johnny Cash. An interesting fact about Earl is that he had to grow up fast. At the age of six he lost his father and immediately helped his mother and three siblings. His mother remarried and had three more children. Earl is passionate about his family. He is so blessed that his family continues to grow- recently becoming a great-grandpa. Earl first went to college at Western Carolina to play football. Unfortunately, he wasn’t big enough to play so he decided to pursue his education in chemistry. Earl says, “chemistry always fascinated me.” Earl received his post-doctorate in chemical chemistry. With these two outstanding degrees, Earl worked in St. Joes Hospital in North Carolina and at Greenville Clinical in South Carolina. He analyzed patients’ blood tests and urine specimens.



“I have had a really good life” – says Earl. “I really love living in the Preserve with my sweetheart Janice. ““The Preserve is a special place to be with genuine dedicated workers.”

Engagement Recap: SENIOR PROM



Residents in our assisted living community enjoyed a special evening of dancing, dresses and fun at The Preserve's first *Senior Prom*. "It makes you so happy to see all the ladies talking about their dresses this whole week," said resident Pat Kosich. "The ladies are getting their hair done and wondering what everyone is wearing. We're not teenagers anymore, but we can still have a good time." Kosich attended the event with her husband, Jack, who also lives at the senior living facility. Married for 65 years, the event felt special since it was their first time going to prom together. "I think it's amazing that the Preserve goes out of their way to do things like this for us," said Kosich. On January 20th, staff transformed the dining room with prom decorations from floor to ceiling. The special event featured a delicious spread of food and refreshments, flower corsages and residents' favorite music throughout the evening. The idea for senior prom came about last year when a 12th grade student reached out to The Preserve. Riverdale High student Nikole Thomas wanted to help coordinate a senior prom for residents as part of a class project for her school's IB program. *"My goal was to help throw a senior prom for a senior living facility because I feel like it's a little bit of an underappreciated group,"* said Thomas. *"I was so excited when The Preserve said yes to the idea."* At prom, Thomas and some of her fellow classmates attended to help staff and residents throughout the event, making it a night to remember. *"It's been very rewarding and a little bit emotional,"* said Thomas. *"It's been so sweet talking to everybody and to experience everything come together."*

Memory Support

Resident and Associate Spotlight: Marlis & Lori Klasnich

"When I first started at The Preserve in 2020, I was told that one of our memory support residents, Marlis, grew up in Wisconsin. I met her and found out we are from the same town, Superior. Her family had a business, Quick Print, on Tower Avenue. I do remember the business from when I was younger. I planned a trip home for Christmas 2021, so I emailed her son Craig, and asked for the addresses so I could take pictures for Marlis. Her old home was on John Avenue, which is just a few blocks from my daughters. I took the photos of the house and business, which is a pizza restaurant now, and gave them to Marlis and sent them to Craig. Marlis immediately recognized her old home and said it still looks the same! Every time Marlis and I see each other, she asks me where I am from and when I tell her Superior she says *"oh that's right"* I told her I was going home for Christmas again this year and she said with enthusiasm, *"tell Superior hi for me"* – Lori Klasnich, Business Office Manager.



Engagement Recap: Getting Glammed!



Residents from our Harbor community got all dolled up for The Prom! Associates spent the day dressing these ladies to the 9s, curling their hair, painting nails, and picking out the perfect jewelry to match their flashy dresses. The Preserve received many donations from a local thrift store as they were thrilled to hear about this special event and wanted to contribute in what ever way they could. Throughout the week, each resident picked the perfect fitting dress and jewelry set in preparation for the upcoming party. It was nice to see residents feeling beautiful with the help of our caregivers!

Memory Support Training and Education: *Let's Talk Dementia*



Carol Howell from [Let's Talk Dementia](http://www.letstalkdementia.org) educated our caregivers and nurses on campus the evening of January 24th. She spoke and demonstrated effective communication strategies to use while providing care to our residents with cognitive impairments. We know it is very important for our associates to be well equipped with the knowledge to best care for our residents in our memory care community. Check out www.letstalkdementia.org to learn more about what additional services Carol has to offer!

Short-Term Rehabilitation: Building Better Balance

One overlooked component of our physical wellbeing is balance. Maintaining and improving our balance is one of the key components to healthy aging and as we get older, our balance slowly starts to diminish. This puts us at risk for many unexpected problems including increased risk of falls, decreased coordination, diminished strength, increased difficulty with walking, and increased difficulty with doing our normal, day to day activities. Simple things like light exercise, basic balance activities, and even walking more can improve your balance and reduce your risk of falls. If you have any questions, or would like to know more ways to improve your physical abilities, please call our therapy department at (239)-264-4411.



"We'd love to keep you happy, healthy, and help build better balance!" – John Nicolette Director of Allied Health Services

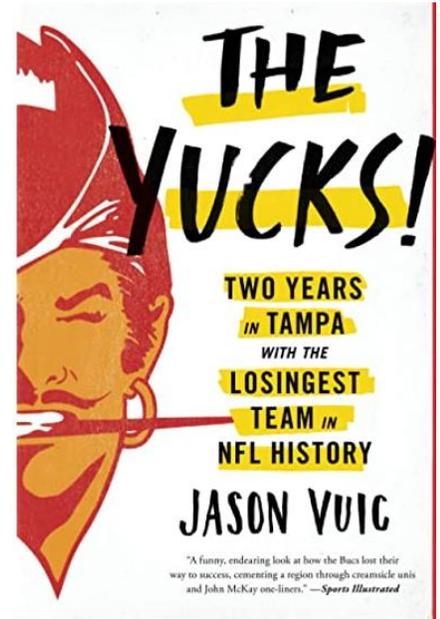
Resident Spotlight: Bill



Bill played a HUGE role in the establishment of the Tampa Bay Buccaneers!

Initially, Tampa Stadium hosted college games with the intention of having an NFL exhibition game every once in a while. Bill, being heavily involved in the Jaycees, took it upon himself when he bought an NFL handbook at a newsstand to get a few team phone numbers. He called around trying to find out what it would cost to get two of the NFL teams to come play at Tampa Stadium. He wrote up an underwriting agreement and pledged to be good for the money to prove to the Washington Red Skins that the game could make them some money. Bill received 107 signatures and pledged to the bank to accept this as collateral to pay off the losses of a football game. The bank president was amused by this but agreed to go along with Bill. The Washington Red Skins and the Atlanta Falcons agreed to play on August 10th 1968 at the Tampa Stadium- the first pro game! The game ended up having 42,000 attendees at a stadium that at that time only seated

46,000. That was the biggest neutral game in the country that year- bigger than anyone else had. The Miami Dolphins were averaging 24,000 per game at the time. Bill reported, “I had the Brass to tell the owner of the Dolphins at the time, Joe Robbie, that I would invite them for a 1969 pre-season game if he would give us a regular season game. Sure enough, he did. In 1969, Bill had three games lined up: Miami Dolphins and Boston for a regular season game, Miami and Minnesota Exhibition game, and Washington and Detroit Exhibition game. Bill became a professional promoter and brought 13 games over the next 7 years to the stadium. *The whole effort was trying to prove to the NFL that Tampa was a great place to have a home football team.* We checked with the commissioner of the NFL what things we had to be considered for our own team. He reported: a market area big enough, a stadium big enough, and proven interest. The attendance of these games proved the interest. Check, check and check. Finally, in 1974, the NFL voted to expand into Tampa. In 1976, the Tampa Bay Buccaneers were born! Hugh Culverhouse was the first owner who paid 16 million for the team. When he passed the estate, it sold for 200 million. Today, the team is worth over 3 billion. Culverhouse hired Bill as the first employee of the new team because of all his efforts leading up to the creation of the team.



Curious to learn more? “The Yucks” is a book written about Bill and others involved in the evolution of the Tampa Bay Buccaneers.

Engagement Recap: A Trip to the Coffee Shop



We can't express the excitement we have over the new coffee shop recently built across the street! Our residents, associates, and families have had a great time walking over for a fresh cup of joe and a pastry. One of our residents, Ed, owns a family bakery up in Pennsylvania. After going on the coffee run, we asked Ed how his experience was; he said "looking through the glass case of fresh muffins, coffee cakes, and donuts reminded me of my family's bakery. It's been a while since I've been able to pick out my own pastry at the store". We love building connections between our residents who live at The Preserve and the outside community. Having a grab and go restaurant within walking distance allows us to do just that. Thank you Starbucks!

Engagement Recap: The Importance of Movement



The Residents of our Long-Term Care Community have been sticking with their New Year's Resolutions

Residents decided to dedicate 2023 as the year of physical and mental fitness.

Life Enrichment and Therapy departments partnered together to provide our residents with their own Therabands to use during morning stretch and workout routines. Residents look forward to "Balloon Baseball" every Thursday. Although it might look like a fun game to play- they are actually receiving a fair amount of exercise while doing it! This particular game encourages hand/eye coordination.

Trivia Tuesday and Cranium Crunches give our residents the necessary mental stimulation to give their brains a workout!

RESIDENT/FAMILY TESTIMONIAL:

My wife had a stroke in mid-August. We were told to prepare for the worst. In mid-October, she came here to The Preserve and that is when our journey really began. The progression or rehab and recovery lifted her spirits. She was determined to get better and return to her independence, as much as possible. Our favorite CNA that comes to mind was Penny. Her diligence in working with my wife when she had no appetite was appreciated. Tish the nurse and so many others really contributed to her success. Therapy.... WOW. Lisa in Speech Therapy worked on her enunciation and her mind. She worked on forming sentences, putting words together, and simply worked miracles. The last 3 months she was here we both remembered every person. They all made an impact on us and they cared 100%. The staff truly didn't just see this as a job- it was a calling and a passion. It was an outpouring of love and belief in her abilities to get better that made all the difference. She had good days and bad days, but the understanding and response was just amazing. I can't say enough good things. The therapy group has been fantastic. In situations like this- people can come across caregivers they don't like, but that didn't happen to me here. Everyone was upbeat and wanting to work with her. The facilities and the amenities have been awesome. She looks forward to coming back here for outpatient therapy. She is beaming to see all her friends again.

Recently, on one of our most recent trips to outpatient therapy, the team had her in the Tollos lift system and surprised me with a dance to Elvis' I Can't Help Falling in Love. Elvis was her favorite since childhood and the smile in her eyes as she danced hand in hand with me spoke volumes. The dancing was above and beyond for both of us in our spiritual healing journey, beyond the physical therapy. This simple gesture of arranging this for us came from a place of love, not a job duty. I have worked in the National Hockey League for over 50 years, and the therapy team here at The Preserve functions as smoothly as some of the Stanley cup teams I've been around for decades. The team work was on par with professional teams.

"My wife's stay here at The Preserve couldn't have been any better" -"Jiggs" McDonald

COMMUNITY RESOURCES:

Jan Wallace, Senior Real Estate Specialist:

Jan has been successfully helping seniors' transition to a lifestyle that affords a more supportive environment for over 15 years. She is here to help you through this process every step of the way to make your transition as easy as possible for you and your family. Whatever your real estate needs, the process doesn't have to be daunting with a compassionate expert on your team. Jan was awarded the prestigious **Outstanding Service Award** for her comprehensive knowledge, service, extraordinary performance, and ethical standards on behalf of senior clients.

Check out her short video <https://tiny.cc/JanWallace> or Call (239)-443-0038



Michelle Denson, Total Closet Case Moving Company:

Michelle has been helping seniors make the transition from their prior living arrangement to a senior community by packing, transporting, unpacking, and setting up their new apartments. *"We're here to help make the transition from independent living to assisted living as stress free as possible, while always listening to our client's needs and concerns and making their new living space feel like home."* **Call (239)-319-7407 for service!**

Quarterly Newsletter

If you, or someone you know, would like to be featured in our next quarterly newsletter, please call our Marketing Department at (239)-264-4444 or email preservemarketing@voa.org. We would love to hear about your experience here at The Preserve, listen to your resident story, or share a community resource that might be valuable to other residents and families in our community.