



# Terracina Grand

A Senior Living Community

6825 Davis Boulevard • Naples, FL 34104 • (239) 455-1459

## Your Staff

Executive Director ..... Peter Hendrickson  
 Director of Nursing ..... Diane Hewes  
 Memory Care Coordinator ..... Marthe Benel  
 Campus Mktg. Director ..... Kristen Weidner  
 Sales/Marketing Director ..... Craig Castillo  
 Housekeeping Director ..... Delfina Ortiz  
 Maintenance Director ..... Mike Maynor  
 Business Manager ..... Andrea Ferriera  
 Life Enrichment Director .... Janet Thomas-Kobes  
 Dietary Director ..... Joseph Rotondo  
 Dining Room Manager ..... Raffaele Rotondo



## Director's Note

*"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.*

*- Edith Lovejoy Pierce*

Hello, Everyone!

I hope this note finds you well. I also want to take the time to wish a happy New Year to you all. I sincerely hope you have a healthy and prosperous 2012!

My door is always open.

Peter

## January 2012



## Healthy and Happy in the New Year

The turn of the New Year is the traditional time to make some resolutions. In 2012, make some changes to your lifestyle that can enhance your health and your happiness. The following three resolutions are meant to help improve your quality of life.

1. **Eat smaller portions of food and eat more slowly ...** Weight control is key to preventing a host of illnesses. Studies link smaller servings and slower eating with weight loss because both help prevent overeating.

2. **Exercise everyday ...** Yes, exercise is an important ingredient to a healthy life. Try to inject each day with more activity. Just 10 more minutes a day gives you more energy and stronger bones. So, find a way to get in a daily walk, or participate in Terracina Grand's many active events.

3. **Stay connected and compassionate ...** Perhaps easier preached than practiced, but try to expand your circle of friends, as well as the emotional bonds to those close to you. Express kindness and compassion toward those around you and you are guaranteed a more happy, healthy year.

# January 2012

## A NEW YEAR, A NEW START

Happy New Year to all our residents.  
Here's hoping the next 12 months bring  
you joy, peace and prosperity.



*Terracina  
Grand*  
A Senior Living  
Community

Assisted Living Facility  
License #10071



6825 Davis Boulevard  
Naples, FL 34104