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# Shalimar Gardens

Assisted Living Community

*Rejuvenating Lives*

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## Shalimar Gardens Celebrates 5th Anniversary



*Patrick Hickey with Hazel Bittinger*

Shalimar Gardens celebrated their 5th Anniversary with a dinner and dance on September 13, 2007. Residents, guests and staff enjoyed a wonderful meal catered by "Taste of Elegance" and then danced to the wonderful music of the "Greg Spevac Band". It was very special night!



*Mildred Hindmarsh with her daughter, Julie.*



*Assistant Marion*



*Marvin Bartling with Linda Dexter.*



*Linda Dexter with Russell Hughes.*



*Jenne Marks with her son-in-law.*

# Kazoo Chorus

The Shalimar "kazoo Chorus" entertained the crowd with several tunes after dinner at a Heritage Party Nov. 29th.



*Our Executive Director, Ina Carroll, and Director of Nursing Linda Dexter, share a moment at the conclusion of our Heritage Party.*

## HALLOWEEN PARTY

Residents & staff enjoyed a Halloween party with children from Untied Baptist Cay Care.



*Joani Eggers & Alma Weander give Halloween treats to the children.*

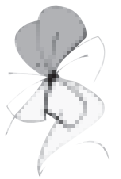


*Burrell Lallman & Dora Boyer enjoy a cup of "Witches Brew" at Halloween.*



*Russell Hughes enjoying our Halloween Party.*

## New Residents



*Lois Elvers*



*Dr. George & Dorothy Ulbrick*



*Ardath Randall*



*Leona Fischer*



*Lorena King*



*Helen Niebaum*

## Letter from the *Director*

My Dear Shalimar Family,

It's hard to believe another year has flown by, and what a special year it was.

We celebrate Life at Shalimar with family and friends every month, but some of the things that linger in my memory are the beautiful "Sweetheart Dinner" we had in February for our residents and the annual Palm Sunday Brunch in April. July brought Moustache Joe's Polka Band entertaining in the courtyard to celebrate JC Fremont Days on Saturday and the big parade on Sunday. What fun residents had riding in the Shalimar Locomotive designed and built by our own Michelle Peck Dietary Manager and her fiancée Terry Adams. Hours and hours of donated labor went into their creation and it made such a special day for us all. Thank you again Michelle and Terry.

Our Bridal Gown extravaganza was another great event. Granddaughters and staff modeled gowns their Grandmothers once wore and they were escorted down the run way by Jordan Harwood son of Cheryl Harwood Assistant Activity Director.

We celebrate Oktoberfest with dumplings, kraut and brats and danced to the music of Wayne Miller. We are getting pretty good at our "Chicken Dance" aren't we? I know that night we danced and laughed till we cried.

The High Lite of course was our catered meal, dessert and the Big Band Music by Greg Spvek to celebrate Shalimar's 5th Anniversary. Residents, family members and staff danced to tunes made famous by Lawrence Welk and Guy Lombardo just to mention a few. Our wonderful staff were also honored for their dedication and labor of love caring for our residents.

Considering everything, the most awesome part is the time we've spent together as a family. When all is said and done, good times and hard times blend together into happiness and contentment when we know we are part of the "Big Happy Shalimar Family". I want each and every one of you, residents, family members, and staff to know how very much you are valued and that I cherish each one of you in my heart. If there is ever anything you need let us know and we will do our best to provide it.

May God Bless You Beyond Measure  
And Happy New Year,

*Ina*

Your mother was right: Breakfast really is the most important meal of the day. Not only does it give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance.



Studies show that eating a healthy breakfast (as opposed to the kind containing doughnuts) can help give you:

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration
- More strength and endurance to engage in physical activity
- Lower cholesterol levels
- Weight loss

At Shalimar Gardens, breakfast foods include fruit, whole grains, dairy, and protein, (as well as the occasional donut).

So c'mon down and get a terrific start to another terrific day at Shalimar Gardens



## Please Welcome...

Mary Keith, our new assistant Life Enrichment Coordinator comes to us from Dublea, Georgia. Mary has a masters degree in Marriage & Family Therapy from Mercer University in Macon Georgia. She has two boys, Cole 26 and Jordan 25. "I love being here at Shalimar and it has been a great pleasure getting to know and being with the residents & staff."

*Shalimar Gardens*  
Assisted Living Community

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