

ESPERANZA EDITION

The News for Good Tree's Residents, Families & Friends

Project at Harvard University...

“Higher Education” for People over Fifty!

Spring 2012. Colleges & universities have sent out their acceptances and rejections. Anticipation (and anxiety) strike older Americans nationwide as they check their mailboxes or click on admissions websites. This year the excitement over college is not for their children or grandchildren but for themselves.



About to step down from their companies, law firms, hospitals, or government posts, these eager 50-plus leaders are planning to step up to their next productive years of significant service. They hope to enter the Advanced Leadership School at their favorite university. They can't wait to grab a book bag and head to campus.

Imagine that future: fifty-to seventysomethings gathering on a college campus for a year or two of advanced study to prepare for the rest of their lives. They want to eradicate diseases, end poverty, reverse global warming, raise literacy rates, create ventures to produce peace in the Middle East—there's no cause too big. They have drive and energy; they have a treasure trove of wisdom, experience, and connections. Now, they want the knowledge and credentials to take their leadership to the next level.

Someday soon, going to a university at 60 or 70 could be the norm. Someday, every major university will have graduate schools designed specifically for accomplished professionals who want to make the transition from their primary income-earning careers

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OUR LUAU...



Marjorie Bone's family enjoyed our luau!



Bobbie Baccus & Jean Adams loved the food!
(More pictures on page 7.)

Happy Birthday!

- 8th ☆ **Brittanie Sparks**
- 14th ☆ **Mitchell Greer**
- 15th ☆ **Margaret Armstrong**



Director's Letter:

Dearest Residents, Families, and Staff

I would like to take this opportunity to introduce myself to you. My name is Stephanie Drake and I am your new Director here at Good Tree Retirement.

I was born and raised in a small West Texas town of Monahans where it rains mud and our trees are known as "tumbleweeds". I graduated from high school and attended Hardin-Simmons University in Abilene, Texas. I went on to pursue a masters degree in speech language pathology at Texas Women's University.

While at HSU, I met and later married my husband, Lance who is currently the women's tennis coach at Tarleton State University. God has since blessed us with two wonderful twin sons, Reagan and Ryan who are 11 years old.

I was first introduced to assisted living while providing speech therapy services through a home health agency. Since this first experience, I felt a calling and a passion for the senior population. I will strive to do my best each and every day to make your lives more enjoyable and fulfilling. Our lives are full of opportunities and choices. I'm grateful for the opportunity to join you here at Good Tree and I consider you my extended family. Please know my door is always open.

Stephanie



Coming in September....

Thank you to all employees, families and residents who helped and attended the Luau. It was so much fun and it could not have happened with out you!! In October we will be having our annual chili cook off and that will also be lots of fun! Also we are starting word play and puzzle time on Saturdays. Please feel free to come down and work on the puzzles in the living room there will be staff around to help if you need it. Word play is different word puzzles like: crosswords, word finds, and others. These will be lying out by the puzzle for you to pick up whenever you wish. Some of the puzzles will have larger print so you can read them easier. If you have any questions please feel free to ask.

Congratulations!

**Former employee
Amber Hayes Needham
had a little boy on August 17th.
His name is
Devin Tripp Needham,
8lbs. 7oz. and 20" long.**

SELECT SENIOR LIVING

Personnel

Karen Whitehead **Stephanie Drake**
Regional Manager Executive Director

Jan Alderfer
Director of Community Relations

SEPTEMBER BULLETIN BOARD



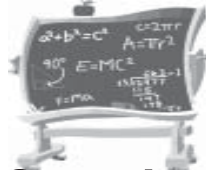
Bosque River Boys!
 At Our Birthday Party!
 24th @ 3:00

Out to Lunch!



Thursday, the 3rd @ 11:00

WORD PLAY!!!



Saturdays @ 3:00

Garden Club!

Come garden with us. It's great to get your hands dirty!



3rd @ 3:00 & 10th @ 10:00

Pet Day!



Thursday, the 17th at 2:00

Birthday Party!



Thursday, the 24th @ 3:00

RESIDENT COUNCIL MEETING



Wednesday, the 30th at 2:00



Mary & Chandler

Resident of the Month

Mary Luker

Favorite Color: Red
 Favorite Food: Buttered Toast

Mary says she loves to live here not only for all the sweet people, but she said this is one of the most clean, well-kept places she has ever seen. Mary says she has made so many friends and loves all the sweet employees! Mary is very sweet herself and is always willing to listen.



WE LOVE YOU MARY!!

Employee of the Month

Chandler Strain

Favorite color: Yellow
 Favorite food: Mexican
 Chandler has been with us for a year now and has loved every minute of it! She enjoys working with all employees and loves to help where she is needed.



WE LOVE YOU CHANDLER!!

Continued from page 1.

Harvard Higher Education Project

to their years of flexible service. Someday, corporations will include tuition for these schools in retirement packages and will support scholarships through their foundations. Someday, the federal government will offer tuition grants and tax breaks for attending universities after 50, to support new forms of philanthropy and public service that truly solve problems.

That's the vision being developed with Rakesh Khurana, Nitin Nohria, David Gergen, and colleagues from five professional schools at Harvard University. The idea is a new stage of higher education—call it "even higher" education—that turns experience into significance and produces a pool of much-needed leaders to improve communities, nations, and the planet.


New models can include retired Chrysler CEO Lee Iacocca's campaign to find a cure for diabetes, or actor Paul Newman's business venture to raise money for charity.

The Civic Ventures survey shows that a majority of Americans between the ages of 50 and 70 want to benefit their communities by helping the poor, the elderly, and children, or by improving quality of life through the arts or the environment.

Older students want to eradicate diseases, end poverty, raise literacy—no cause too big. Traditional volunteering is not what leading-edge boomers have in mind. They want to be leaders and to help improve the world. An Advanced Leadership School does something important for everyone approaching or looking back on 50. It establishes the third stage of life as a time with important tasks and responsibilities. And it restores higher education to its mission of serving society while supplying urgently needed leadership to make the world a better place. It turns an aging population from a burden to an opportunity.

Rosabeth Moss Kanter is the Ernest L. Arbuckle Professor at Harvard Business School & an adviser to corporations & governments worldwide. A former editor of the Harvard Business Review & author of 16 books.

Celery!



Celery is from the same family with parsley and fennel, the Umbelliferae family. It can grow to the height of up to 16 inches. The white celery is grown shaded from direct sunlight, thus has less chlorophyll, compared to its greener counterparts.

The ribs of celery are crunchy and are often used to make soup or salad. It has a salty taste, so celery juice is a good mix with the sweeter fruit juices. Depending on variety, some may taste very salty.

Nutritional Benefits

Celery leaves has high content of vitamin A, whilst the stems are an excellent source of vitamins B1, B2, B6 and C with rich supplies of potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and plenty essential amino acids.

Nutrients in the fiber are released during juicing, aiding bowel movements. The natural organic sodium (salt) in celery is very safe for consumption, in fact is essential for the body. Even individuals who are salt-sensitive can safely take the sodium in celery, unlike table salt (iodised sodium) which is harmful for those with high blood pressure.

While many foods lose nutrients during cooking, most of the compounds in celery hold up well during cooking.

Health Benefits

Celery has always been associated with lowering of blood pressure. When combined with other juices, it provides different formula that helps other conditions including cancer prevention and improved kidney functions.

Warm Celery Salad



- 5 stalks of celery
- 1 t olive oil
- 1/4 c sliced roasted red peppers
- 1 T white wine vinegar
- 2 t sugar
- 1/4 t celery seeds

Pull off the leaves, chop leaves, set aside. Cut stalks into 1/8" diagonal slices. Warm the oil in a skillet over medium heat. Add the celery and cook, tossing frequently for 1-2 minutes. Add peppers & toss. Stir in remaining ingredients, cook for about 10 seconds until sugar dissolves. Remove from heat, add chopped leaves and stir. Serves 4.

OUR LUAU...



We want to leave the decorations up!



Ann Petronis & family wondered what was coming up next.



John Jones & his sister really enjoyed their time together while at the luau.



Mrs. Marjo Massey enjoyed her family during our luau!

September 13th - 19th National Assisted Living Week

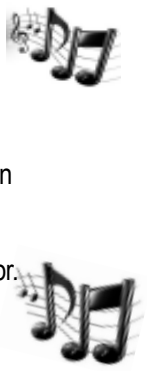


“This year’s theme, ‘Traditions of the Heart’ pays tribute to the personal connection that caregivers, relatives, & volunteers have with nearly 1 million people residing in more than 38,000 assisted living and residential care communities nationwide,” said David Kylo, NCAL’s executive director.

NCAL established NALW in 1995 to provide a unique opportunity to bring together residents, families, employees, volunteers, and the surrounding community to celebrate residents and the services provided within assisted living residences.

BACK TO SCHOOL CONTINUED...

- | | |
|--|---|
| 13. Thanks on the Thames | 49. Toy company |
| 21. Com alternative | 50. Biker |
| 22. Bichon-__ | 52. B&B, e.g. |
| 25. __ Beach: CA resort | 55. Butler or Derringer |
| 26. Oscar org. | 56. Ivanova of “America’s Next Top Model” |
| 27. Expert | 58. Another way to say Fsharp |
| 29. “The lowest form of wit” | 59. Pricy in Pamplona |
| 32. __ A Nightingale (Keats) | 60. __ about (roughly) |
| 33. Tea state in NE India | 61. Fleming and McKellen |
| 35. Patty Hearst kidnap grp. | 62. Watch your __! |
| 37. Should I Stay Or Should __ (Clash title) | 63. Takes an axe to |
| 39. Sch. grp. | 64. Not found in Iraq: Abbr. |
| 41. Stringed instruments | |
| 42. Sandwich order | |
| 43. How to get a word in, maybe | |



Across

- 1. Bunch
- 5. Late actor Davis
- 10. Police squad
- 14. Ratio words
- 15. The cost of thoughts, maybe
- 16. Pop
- 17. Donated
- 18. Emit
- 19. Plays a child's game
- 20. Teacher's pet, perhaps
- 23. Mme., in Madrid
- 24. Sailor's sickness
- 25. Mas' mates
- 28. Country's output: Ab.
- 30. Biblical judge
- 31. Fancy neckwear
- 34. Rapsallions
- 36. Drunk driving Abbr.
- 38. Taters
- 40. Teacher's pet, perhaps
- 44. Former Portuguese colony in China
- 45. Stale
- 46. ___ Vista
- 47. "6 Million \$ Man" org.
- 48. Marijuana's active ingredient: Abbr.
- 51. ___ F
- 53. ___ Kippur

BACK TO SCHOOL!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
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25	26	27		28		29		30			31	32	33	
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40				41				42	43					
44							45				46			
47				48	49	50		51		52		53		
		54	55				56		57		58			
	59							60				61	62	63
64					65						66			
67					68						69			
70					71						72			

- 54. Sailor's affirmative
 - 57. Part of ESL: Abbr.
 - 59. Teacher's pet, per.
 - 64. Farm cart
 - 65. Pancakes with sour cream
 - 66. Describing Letterman's show
 - 67. Rich's mom, to Fonzie
 - 68. "This Old House" subject matter: Abbr.
 - 69. From scratch
 - 70. Feeble-minded
 - 71. Laborare est ___ (To work is to pray)
 - 72. Recipe amounts
- Down**
- 1. Lofty
 - 2. "NYPD Blue" actor Morales
 - 3. Off-road transport
 - 4. Rhymers
 - 5. Modus ___
 - 6. Hot
 - 7. Ignores
 - 8. Make happen
 - 9. Worth looking at
 - 10. Russian beet soup
 - 11. Sam the Sham's 60's hit
 - 12. Pet food brand

Answers on Page 3.

Continued on Page 7.



GOOD TREE RETIREMENT
2010 GOOD TREE STREET
STEPHENVILLE, TX 76401

ESPERANZA

CARROLLTON

COLLEGE STATION

CONROE

GOOD TREE RETIREMENT

THE ESPLANADE

Senior Living SM

