



**NEWSLETTER**

**JUNE 2017**



11310 White Bluff Road  
Savannah, GA 31419, USA  
912-925-3494  
[www.insigniaseniorliving.com](http://www.insigniaseniorliving.com)



**WELCOME  
OUR NEW  
RESIDENTS!**

William M.  
Frederick S.  
Louise S.



**HAPPY  
BIRTHDAY!**

10 Cindy  
17 Estella  
29 Paula

**MESSAGE FROM OUR E.D.  
NAME**

**Why we eat Dessert First**

Eating Dessert first stimulates the palate and Receptors on the tongue, making the residents more open and willing to eat the rest of their meal. Also, taking a few bites of dessert before eating vegetables helps them absorb vitamins and nutrients better. When dealing with Alzheimer's disease, you must think outside of the box... the residents love snacking and desserts, and if it makes it easier on Residents and Caregivers during mealtimes... give them dessert first and see how much they will eat... because we all know that weight-loss is a big part of this disease.

**the best**   
**Summer**



# MAY HIGHLIGHTS



# featured

## ACTIVI-

- 2nd– Happy Hour
- 7th– Piano with Mike
- 9th– Happy Hour
- 14th– Karaoke
- 19th– Beauty Day
- 22nd– Bingo
- 30th– Happy Hour

## EVENTS

- 16th– Father's Day Lunch and Jim Seem Performs
- 20th– Debi Scott Performs
- 21st– Jim Rosch Performs
- 23rd– Senior Prom and Piano with Mike

## A DISH FROM DEBBIE

### Teriyaki Chicken

- 1 pound boneless/skinless chicken breast cut in bite size pieces.
- 1/3 cup soy sauce
- 1/4 cup brown sugar
- 1 tablespoon sesame seeds
- Canola oil or cooking oil for frying
- 1 green onion thinly slice
- White rice, cooked
- Broccoli, Steamed

Season the chicken with salt and pepper, set aside. Heat oil in a wok over medium heat. Add chicken and saute until golden brown. Pour soy sauce, brown sugar, and sesame seeds over chicken, continue cooking until sauce thickens. Remove from heat and serve with rice and Broccoli.



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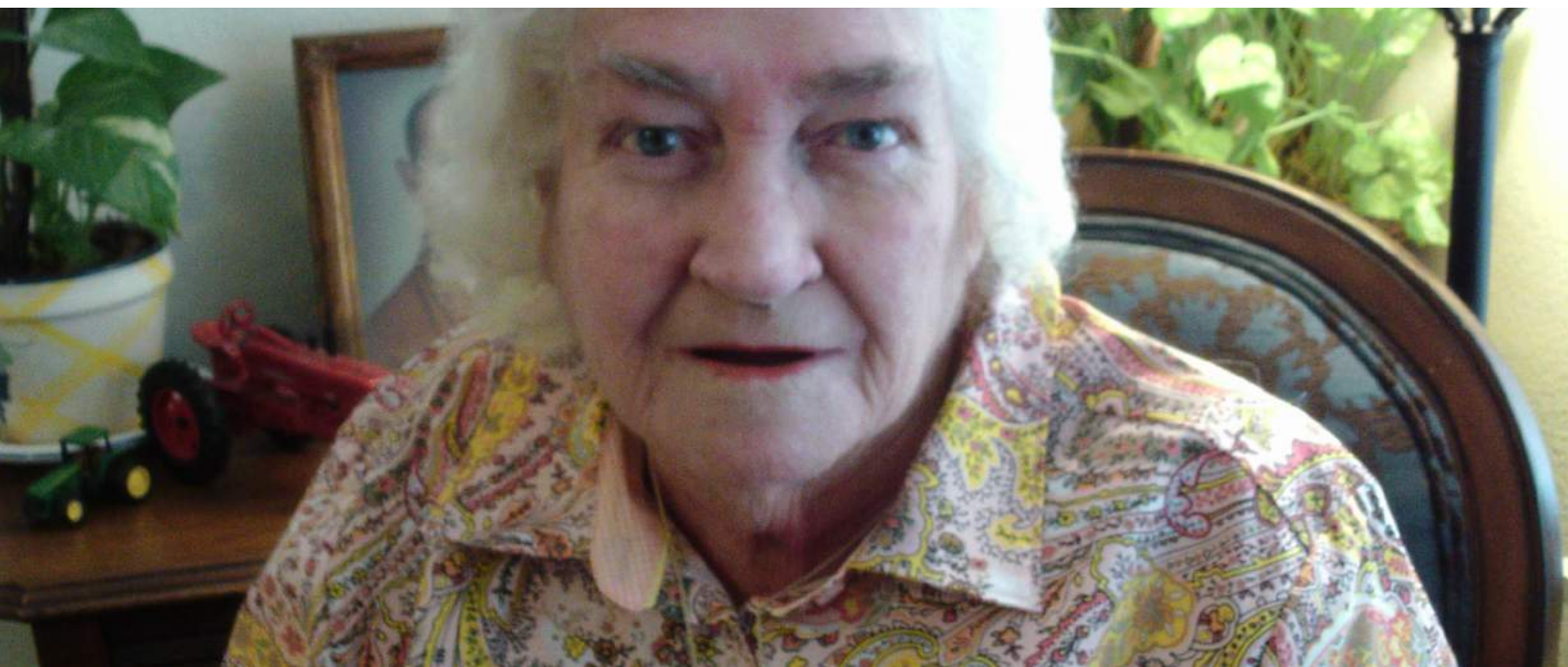
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Insigniaofsavannah.com

## RESIDENT OF THE MONTH

Wilma Clifton



Wilma is one of the sweetest residents at Insignia of Savannah. Wilma was born on February 21st, 1930 on a farm in Wayne County. She says there was always lots of work to be done, hard work at that. She married Alex Mathew Clifton, "Bo" as she called him, and they had 3 girls; Ruthie, Linda and Mary. She started working for Union Camp when she was just fifteen years old, serving up lunches for the employees there. She also worked in a Sewing Factory as Supervisor for many years. Wilma is a wonderfully talented woman, always has been! She is a great seamstress and loves to crochet and cross stitch. Wilma loves her family, church, and music. Wilma truly is a kind soul who loves everyone! And we love you too Wilma!

## ASSOCIATE OF THE MONTH

### Karen Truell



Karen always goes above and beyond the Insignia way and took the initiative on weekends to involve the residents in all kinds of activities including Bowling one Sunday evening. Her attendance and punctuality are impeccable! Karen is a Savannah native. She joined Savannah Cottage in 1988, then Insignia of Savannah in 2015. Karen attended and graduated from Savannah High School in 1978. Karen enjoys Arts & Crafts, Cooking, and Traveling. Karen also volunteered for The American Red Cross in 2011. Karen is one of the most valuable associates we have here at Insignia of Savannah. Thanks Karen for everything you do!



At Insignia, we believe in providing safe and joyful environments where seniors feel loved and valued

#### OUR TEAM:

Executive Director: Lisa Lee Myers

Business Office Manager: Amanda Anderson

Director of Life Enrichment: Stephanie Geers

Resident Care Director: Deborah Winn

Executive Chef: Debbie Jennings

Maintenance Director: George Garecht

## ANNOUNCEMENTS

Insignia of Savannah is looking for Non-Profit Entertainment. We need Guitar players, singers, piano players etc. If anyone knows of someone that might be interested, please contact the Director of Life Enrichment, Stephanie at 912.925.3494 [sgeers@insigniaseniorliving.com](mailto:sgeers@insigniaseniorliving.com)