



2016 New Hampshire Primary Election



Tuesday, February 9

Your Vote Counts!



Need a ride to the polls?

Bus transportation to St. Andre Bessette Parish Hall will be provided at 10:00 a.m. and again at 2:00 p.m.

Call Dial-A-Ride at 366-1234 if you would like a ride.



Taylor Community 2016 Music Series PSU Chamber Singers with Dan Perkins Sunday, February 7 at 3:00 p.m.

Free and open to the public with no RSVP required, this concert is generously sponsored by Taylor residents Lois and Vincent Lunetta.

Taylor Community Welcomes New Administrator

Susan Denopoulos has been hired as Taylor Community's new administrator. She will oversee all of health services including Assisted Living, Nursing and Opechee Harbor Memory Care.



A graduate of Rivier University (MA in Clinical Counseling) and the University of Massachusetts (BA in Sociology), Susan comes to Taylor with a wealth of experience in the senior care field including an extensive background in operations, marketing and admissions, said Executive Director Michael Flaherty.

"We're happy to have Susan on board. She's going to be a wonderful asset to our team," he added.

Susan's affinity for seniors began early in her career when she worked as a social worker while her children were growing up. "I always wanted to be an administrator so I could have an impact on policies and procedures and resident care, but the timing wasn't right."

Eventually she was offered the opportunity to be an Administrator in Training, which she gladly accepted. She worked for several years as an administrator at Rockingham County, Academy Manor and Town & Country Nursing Homes. Most recently she was the administrator and President of the Board of Directors at Warde Health Center in Windham, where she currently lives.

(Cont. next page)

Valentines Theme Night

Join us Sat., Feb. 13 at Woodside for an evening of fine food, dancing and fun. Cocktail hour begins at 5:00pm with a cash bar, followed by dinner at 6:00pm. Musical entertainment by the Swing Rockets follows with live Jazz, 30's and 40's Swing, Bop and Blues.



Appetizers: Maple Roasted Bacon-Wrapped Chicken with Butternut Spaetzle; Roasted Blueberry Crostini

Salad: Smoked Duck Breast over Mixed Greens with Pear Chutney and Champagne Vinaigrette

Entrée: Grilled Filet Mignon and Crispy Onions with Lobster, Crab and Sweet Potato Hash, Pomme Soufflé with Creamy Danish Blue Demi Glace, Buttered Asparagus and Baby Carrots.

Dessert: Chocolate Volcano Cake with Fresh Whipped Cream.

\$24 per person

Please call Amanda to RSVP at 366-1231.

Vegetarian Option Available. Please indicate your dietary needs when making your reservation.



Special Thanks to Our Supporters

Special thanks are in order, to Bank of New Hampshire as well as all of our individual concert supporters and performers for making Taylor's Music Series such a success. Don't miss the PSU Chamber Singers with Dan Perkins this coming Sunday!

New Administrator, cont. from Page 1

"I'm happy that I was chosen for this position," said Susan. She's looking forward to being part of the team and leading Taylor toward even higher excellence in resident-centered care. "I'm not afraid to make the hard decisions when necessary, but I believe kindness, fairness and openness are very important."

In the short time she's been here, Susan has become very impressed with the staff. "The people who work here really care about the residents and the community," she said. "I want them to be happy working here – they spend a lot of time on the job. An important part of my job is ensuring that this is a great place to work, that we continue to be the employer of choice in the Lakes Region."

"Our staff takes pride in what they do. You can't buy or teach that – it comes from the heart," she said.

In her spare time, Susan enjoys traveling and recently spent time on Sanibel Island, FL where she was able to kayak among manatees. She also likes skiing – both downhill and cross-country and is a New England Patriot's fan.

Welcome New Staff

Mark Whitney, Laconia, joins us as Facilities Remodeler. Matt attended Plymouth State University. For the last 14 years he worked in beer sales and RASCAR promotion. Matt coaches youth lacrosse and football, and enjoys playing golf and racquetball. His two sons, 12 and 15, both love sports too, playing lacrosse, football and baseball here in Laconia.

Meg St. Gelais, Laconia, joins us as RN. Meg earned her degree at Lasell College in Auburndale, MA. Prior work experience includes 28 years in a hospital setting (urgent care and surgery) and 10 years in infirmary nursing at a prep school. Meg enjoys hiking and outdoor sports such as skiing and snowmobiling, and is passionate about gardening. She also loves spending time with her 5 grandchildren.

Sheila Robison joins us as Beautician. Acquiring her Cosmetology license from Empire in Laconia, she has 24 years of experience, and has owned and operated her own home salon for 16 years. Sheila has always enjoyed athletics, playing basketball in high school and college, and her hobbies include repurposing furniture, home decorating, reading and quilting. She lives in Bristol with her husband of 30 years, has 3 children (24, 21 and 17), a yellow lab, Ted, and a cat, Stanley.

Caitlyn Zelonis, Laconia, joins us as LNA. Caitlyn earned her certification at Lakes Region Community College, and worked prior at Saint Francis Nursing & Rehab Center. Caitlyn has a dog she is quite fond of, a "puggle" named Nina!

Welcome to Taylor Community!

OnSite DERMATOLOGY

Convenient Skin Care and Treatment Services

When Was Your Last Skin Check?

OnSite Dermatology provides convenient mobile dermatology services to seniors in independent, assisted living and skilled nursing facilities nationwide, specializing in prevention and detection of pre-cancerous and cancerous growths of the skin. **They will be here at Taylor Home on Tuesday, Feb. 16 with appointments starting at 9:30am.**

Independent and Assisted Living residents wishing to make appointments should call OnSite Dermatology directly at 877-345-5300.

OnSite Dermatology is a Medicare participating provider.

Here's to Your Health - Living Longer, Living Better

Be sure to tune in to your Local Public Access Channel 25 to watch Bill York of Live Free Home Health Care interview Taylor residents Fred Neinas, Jane Ross, and Tom and Barbara Madden. Airing since the end of January, response was so good that encore presentations will air **Fri., Feb. 5 at 4:30pm** and **Mon., Feb. 8 at 7:30am. LRPA 25!**



Fitness Corner

Beginner Yoga for Back Pain with Gayle Burns, Taylor's very own RN and Reiki Master. Classes take place Tuesdays and Thursdays at 5:00pm, Woodside. This cost of this program, open to residents and staff, is only a \$5 drop-in fee per class. Please register with Tammy at 366-1206. (Maureen thinks Gayle and her class are fabulous!)

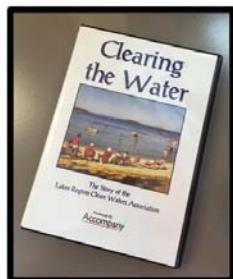
Wed., Feb. 17 - Evening Cross Country Skiing - Join Tammy Levesque and Mick Palmiter for an evening Cross Country Ski trip at Gunstock. Please meet at the Cross Country Ski Center at the Gunstock Ski Area at 5:30pm. Preregistration with Tammy is requested at 366-1206. Cost of the event is \$15 per person and includes rentals. Please bring a headlamp or notify Tammy if you need one. The event will finish at the Cross Country Center Yurt with a toast to celebrate the evening.



Join us for some fun!



Recent Additions to Activities and Trips



Clearing the Water

Monday – February 15 – 6:30 p.m., Woodside. This is a story of citizen action and the importance of protecting the environment. “Clearing the Water” tells the story of the Lakes Region Clean Waters Association, founded in late 1959 to clean up Lake Winnisquam. These members provided leadership to the entire country in the very early days of the environmental movement and their actions led to the construction of a major state-run waste water treatment facility that today serves ten communities in the Lakes Region. Following the movie, there will be a discussion headed by Taylor resident Don Foudriat.

WOW Trail Presentation

Tuesday – February 16 – 11:00 a.m., Woodside. Right nearby our campus are several accesses to the WOW Trail, which is a paved, 10-foot-wide, rail-with-trail in the City of Laconia. Currently 1.3 miles long, the trail spans from Elm Street in Lakeport to North Main Street near downtown Laconia. A portion of the trail, located between Bisson Avenue and Lyford Street, is adjacent to Messer Street on a widened sidewalk. There are plans to expand the Trail even further! Please join us for this presentation by Gretchen Gandini, Executive Director of the WOW Trail, as she highlights the future plans for this wonderful resource right at our doorstep!



Ladies’ High Tea at The Black Swan Inn

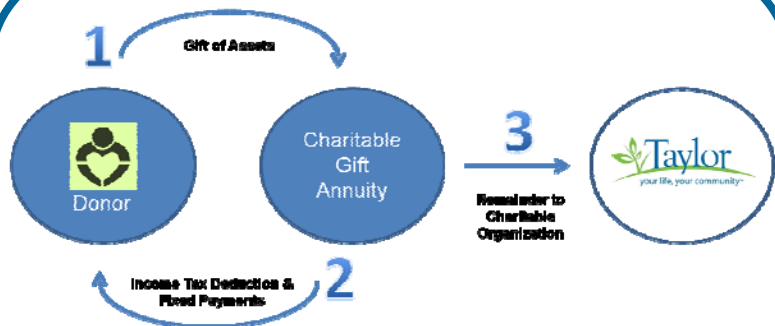
Friday – February 19 – Bus pick-up begins at 11:00 a.m. We request the pleasure of your company at this three-hour event and “Ladies’ Lunch” in a beautiful Victorian mansion where you will be treated to Cucumber Tea Sandwiches and Apricot-Chive Chicken Tea Sandwiches, Lemon Tartlets and Fresh Blueberry Buttercream Macaroon French Tarts. Teas will include Earl Gray Black English Tea, Raspberry Tea and Green Tea. Tickets are \$20, payable at the Inn. *Please note that there are six steps to the front door.

Boys’ Day Out: Dusty Old Cars (Save the Date!)

Friday – March 11 – Dusty Old Cars, as seen on Chronicle, with lunch at Mary Ann’s Diner. Details soon...



Lots to do at Taylor! 😊



Did you know that a gift annuity with Taylor Community could provide you with an immediate tax deduction and lifetime income at an interest rate as high as 9%? Want to know more? Contact Ed Soucy at 366-1229.

Laconia’s Downtown Revitalization



Join us Wed., Feb. 10 at Woodside at 6:30 p.m., as author and columnist Warren Huse presents his lecture about Laconia's Downtown Revitalization Program. Between 1981 and 1989 a number of buildings were removed from the triangle enclosed by Pleasant Street, Main Street and Veterans Square to create additional parking for that area.

This lecture is free and open to the public with no reservations required.

Looking Towards Better Fitness?

How about nearly 80 opportunities in just one month!
See Tammy or Chris at Woodside for your
February Fitness Calendar.



~ February 2016 Fitness Calendar ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00-Strength & Stretch 1:00-Aqua Strength	2 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance 5:15 -Yoga for Back Pain	3 9:00-Strength & Stretch 10:00-Chair Yoga 1:00-Aqua Strength	4 Wear Red Day! 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance 5:15 -Yoga for Back Pain	5 9:00-Strength & Stretch 1:00-Aqua Strength 1:30-Ping Pong	6 9:30-10:30 AM Aquatic Conditioning with Jeannine Beckett* 10:30-11:30 AM Water Yoga*
7 Beer Tasting/ Super Bowl 4:00PM-Beer Tasting 6:30PM-Super Bowl	8 9:00-Strength & Stretch 10:00-J.U.L.I.E.T's class 1:00-Aqua Strength	9 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance 5:15 -Yoga for Back Pain	10 9:00-Strength & Stretch 10:00-Chair Yoga 11:00-R.O.M.E.O.'s class 1:00-Aqua Strength	11 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance 5:15 -Yoga for Back Pain	12 9:00-Strength & Stretch 1:00-Aqua Strength 1:30-Ping Pong	13 9:30-10:30 AM Aquatic Conditioning with Jeannine Beckett* 10:30-11:30 AM Water Yoga*
14 Random Acts of Kindness Week 	15 9:00-Strength & Stretch 10:00-J.U.L.I.E.T's class 1:00-Aqua Strength	16 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance 5:15 -Yoga for Back Pain	17 9:00-Strength & Stretch 10:00-Chair Yoga 11:00-R.O.M.E.O.'s class 1:00-Aqua Strength	18 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance 5:15 -Yoga for Back Pain	19 9:00-Strength & Stretch 1:00-Aqua Strength 1:30-Ping Pong	20 9:30-10:30 AM Aquatic Conditioning with Jeannine Beckett* 10:30-11:30 AM Water Yoga*
21	22 9:00-Strength & Stretch 10:00-J.U.L.I.E.T's - class 1:00-Aqua Strength	23 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance	24 9:00-Strength & Stretch 10:00-Chair Yoga 11:00-R.O.M.E.O.'s class 1:00-Aqua Strength	25 9:00-Strength & Balance 10:00-Aqua Strength 11:00-30 Min. Balance	26 9:00-Strength & Stretch 1:00-Aqua Strength 1:30-Ping Pong	27 9:30-10:30 AM Aquatic Conditioning with Jeannine Beckett* 10:30-11:30 AM Water Yoga*
28	29 9:00-Strength & Stretch 10:00-J.U.L.I.E.T's class 1:00-Aqua Strength					

VOLUNTEER INCOME TAX ASSISTANCE (VITA)

Easy. Free. Tax Help You Can Trust.

VITA is a FREE Tax Preparation program designed for low-to-moderate income families who earn a household income of \$62,000 or less.

2 EASY WAYS TO FILE FOR FREE

Call 2-1-1 or visit NHTaxHelp.org to schedule an appointment at a local site with an IRS certified tax preparer.

Toll-free outside of NH: 1-866-444-4211

OR

Visit MyFreeTaxes.com to prepare your own return, for free online, with guidance from a toll-free helpline.

Your Local VITA Site is located in Belknap County, at the Lakes Region Family Center, 121 Belmont Rd. (Rt. 106) Laconia, NH.



Other VITA sites are located in

- Concord
- Franklin
- Salem
- Manchester
- Littleton
- Upper Valley

In partnership with



A New Face at Taylor



Carlie Burke, our new resident intern, will be seen on campus with Tammy Levesque and Brenda Kean. Carlie is a senior at Plymouth State University. She will be here with us for 405 hours. Please say hello and welcome Carlie to Taylor.

Our Magnifying Reader has a New Home

For your convenience, the Magnifying Reader has been relocated to the Wellness Office at Woodside. (It was previously located in the Men's Lounge.) Want to know how it works? Call Brenda Kean, 366-1226.



IRA's February Birthday Celebration

The Independent Residents Association's Sunday Nite Social and Monthly Birthday Celebration for February will be held Sunday, February 28 starting at 4:30pm in the Fireside Dining Room. All independent residents are invited. If you would like to bring your favorite snack to add to the festivities, please feel free to do so. Hope to see you there!

~Sharon Guild

Campus Happenings

Taylor Community 2016 Music Series
PSU Chamber Singers with Dan Perkins
 Sun., Feb. 7 @ 3:00pm, Woodside

Beer Tasting and Super Bowl Viewing Party
 Sun., Feb. 7, Woodside Theater
 Beer Tasting presentation begins @ 4:00pm;
 Break for dinner and rejoin us for kickoff at 6:30pm.

IRA Executive Committee Meeting
 Mon., Feb. 8 @ 9:30am, Woodside

LRGHealthcare Class: Better Choices, Better Health
 Mon., Feb. 8 @ 10:00am, Woodside

Resident Town Hall Meeting
with Executive Director Michael Flaherty
 Mon., Feb. 8 @ 2:00pm, Woodside

Coffee Hour
 Tues., Feb. 9 @ 10:00am, Fireside Dining Room

Superfoods Demo:
Dark Chocolate, Cranberries and Chilies
Guest Chef Michael Nicholson and
Executive Chef Robin Campbell
 Wed., Feb. 10 @ 2:00pm, Woodside Theater

Laconia's Downtown Revitalization, Warren Huse
 Wed., Feb. 10 @ 6:30pm, Woodside.
 See details Page 3.

Valentines Theme Night
 Sat., Feb. 13 @ 5:00pm, Woodside.
 See details Page 1.

LRGHealthcare Class: Better Choices, Better Health
 Mon., Feb. 15 @ 10:00am, Woodside

Campus Happenings

Playreaders
 Mon., Feb. 15 @ 1:00pm, Woodside Wet Craft Room

Poetry Group
 Mon., Feb. 15 @ 3:00pm
 Woodside 3rd Floor Lounge

Clearing the Water: The Story of the Lakes Region
Clean Waters Association
Discussion by Taylor Resident Don Foudriat
 Mon., Feb. 15 @ 6:00pm, Woodside.
 See details Page 3.

OnSite Dermatology Appointments
 Tues., Feb. 16 beginning at 9:30am.
 See details Page 2.

Coffee Hour
 Tues., Feb. 16 @ 10:00am, Fireside Dining Room

WOW Trail Presentation
Executive Director Gretchen Gandini
 Tues., Feb. 16 @ 11:00am, Woodside.
 See details Page 3.

IRA Membership Meeting
Taylor Community Chorus Performs:
"Songs of Disney"
 Wed., Feb. 17 @ 3:00pm, Woodside

Back Bay Residents' Town Hall Meeting
 Fri., Feb. 19 @ 10:00am
 66 Taylor Drive, Wolfeboro

Ladies' High Tea at the Black Swan Inn
 Fri., Feb. 19
 Bus pick-up begins at @ 11:00am
 See details Page 3.



WOODSIDE THEATER



Saturday Nights - 7:00 PM

Movie titles are posted outside the Theater, in the elevators, on the Information Board and on Touchtown

Sunday Matinees - 1:00 PM

Feb. 7: No Matinee Today
 Feb. 14: Mrs. Doubtfire

Back by Popular Demand ~ Save the Date! It's Your Funeral: Do It Your Way

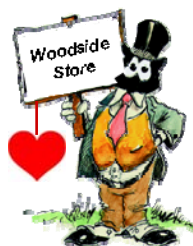
Join NH Funeral Resources, Education and Advocacy on Wednesday, March 23 at 2pm in the Elm Room at Woodside for this informative presentation and discussion.



Please extend a warm "Taylor Welcome" to the following new residents:

Jean Corriveau & Carole Plaisted
 1/25 Taylor Connection

Welcome to the Community!



Love is in the Air!

Be sure to check out the Woodside Store for Valentine's candy and cards.



WOODSIDE CAFÉ

Monday through Friday from 11am – 2pm and Saturday from 9am – 1pm.
Dinner is served Tuesdays and Thursdays from 5 – 7pm. **Reservations requested, but not required, by 4pm for Dinner so that we may better serve you** at 366-1481.

Menu for Week of February 11th

Mon., Feb. 11	Entrée: Beef Tacos Side: Mexican Rice, Steamed Broccoli
Tues., Feb. 12	Entrée: Chicken & Sausage Jambalaya Sides: Stewed Tomatoes, Okra
Tuesday Dinner Feb. 12	Shrimp in Tasso Cream Sauce over Dirty Rice, Sautéed Zucchini & Red Pepper (\$18) or Butternut Ravioli with Maple Cream Sauce (\$15). Choice of Beet, Apple & Goat Cheese Salad or Corn, Crawfish & Andouille Chowder Dessert: Chef's Choice, SF/GF Baked Apple Crumble with Vanilla Ice Cream
Wed., Feb. 13	Entrée: Baked Salmon Sides: Mashed Potatoes, Green Beans
Thurs., Feb. 14	Entrée: Home-style Meatloaf Side: Mashed Sweet Potatoes, Buttered Corn
Thursday Dinner Feb. 14	Chicken Piccata with Angel Hair and Marinara (\$16) or Lamb Chops, Roasted Potatoes and Sautéed Broccoli (\$22). Choice of Garden Salad or Hearty Tomato & Fresh Basil Soup. Dessert: Chef's Choice, SF/GF Baked Apple Crumble with Vanilla Ice Cream
Fri., Feb. 15	Entrée: Fried Cod Sides: French Fries, Coleslaw

Menu for Week of February 18th

Mon., Feb. 18	Entrée: Liver, Onions & Bacon Sides: Mashed Potatoes, Steamed Carrots
Tues., Feb. 19	Entrée: Chicken Parmesan Sides: Pasta, Zucchini
Tuesday Dinner Feb. 19	BBQ St. Louis Ribs, Loaded Mashed Potato and Green Beans with Red Onions (\$18) or Spaghetti with Homemade Meatballs and Marinara, Steamed Broccoli (\$13). Choice of Caesar Salad or Home-style Chicken Noodle Soup Dessert: Chef's Choice, SF/GF Peach Crisp
Wed., Feb. 20	Entrée: Tortellini with Tomato Alfredo Side: Green Beans, Garlic Breadstick
Thurs., Feb. 21	Entrée: Bacon & Cheddar Frittata Sides: French Toast, Home Fries
Thursday Dinner Feb. 21	Chicken Cordon Bleu, Rice Pilaf and Glazed Baby Carrots (\$16) or Broiled Salmon with Citrus Cream Sauce, Scented Jasmine Rice and Asparagus (\$17). Choice of Garden Salad or Soup du Jour Dessert: Chef's Choice, SF/GF Peach Crisp
Fri., Feb. 22	Entrée: Macaroni & Cheese Sides: Stewed Tomatoes, Green Beans

Menus subject to change without notice

Saturday, February 27 Community Social & Buffet

Appetizers: Scallops wrapped in Bacon; Fruit and Cheese Display

Caesar Salad

Entrée Selections: Carved Sirloin of Beef with Wild Mushroom Demi;
Seared Salmon with Lemon Butter; Herb Marinated Chicken Thigh

Side Choices: Scalloped Potatoes; Rice Pilaf; Steamed Broccoli; Roasted Squash

Dessert Selections: Blueberry Pie; Chocolate Cake; SF/GF Mixed Berry Cobbler

\$18 per person Please RSVP at 366-1449 by Wednesday, February 24.



THE LAKE ROOM at LEDGEVIEW

Breakfast is served from 7:30 – 9:00am daily.

Lunch/Dinner from 12:00 noon – 1:00pm daily, and Supper from 5:00 – 6:30pm, Mon., Wed., Fri., Sat. and Sun.

(please join us at the Woodside Café Tuesday and Thursday nights). **Please RSVP at 366-1202.**

Dial-A-Ride operates for residents at the Laconia Campus Mon., Wed., and Fri. from 8am to 7pm, and on Tues. and Thurs. from 8am to 7:30pm. **Please call 366-1234 for a ride.**