



When Small Acts Of Kindness Change Lives

By Michelle Houriet, Executive Director
Independence Hill Retirement Resort Community
(210) 209-8956

We often talk about the caring and loving people who make up our team, but it's the heartwarming stories we've experienced firsthand over the years that truly paint the best picture of life here at Independence Hill, Assisted Living and Independence Village.

Here's just one example. One December, a few years ago, a resident at Independence Hill Assisted Living didn't feel up to attending the Annual Holiday Family Dinner because his family was not able to join him. This special event is an annual tradition where all residents and their families unite for a holiday feast, live entertainment, and family photos with Santa. Despite this gentleman's disinterest, his caregiver could not accept no for an answer. She was determined to convince him to attend. She went through his closet and laid out his nicest clothes and jacket. She helped him dress, combed his hair, and turned him to face the mirror.

"Now look at you... you look like a fine, handsome gentleman!" she said. "You should attend this special dinner and enjoy yourself. You won't regret it, and we, your Independence Hill Family, will be there with you!"

That evening, he chose to attend the annual event after all. He had a smile from ear to ear as he told everyone, table by table, what his caregiver had done for him. He had such a great time that he decided to help us fill the position of Santa and visit second graders the following week.

When the day arrived, we dressed and fluffed him up in his bright red Santa suit. He proudly entered the elementary school and was delighted as each child sat on his lap sharing their list of wishes and tugging on his beard to see if it was real. He said that one of his favorite parts of that day was seeing all the runny little noses pressed up against the windows excitedly hollering "Bye, Santa!" as he left the school. They had made his day! And truth be told... he had made theirs!

The big question here is... if that caregiver had not taken the time to convince that resident that he should go to the Holiday Family Dinner, and then taken the initiative to just go ahead and dress him for the event, would she have still been doing her job? Some would say, yes! After all, bathing and dressing him, administering his medications, and ensuring his safety would have fulfilled all the duties as listed in her job description. Isn't that enough? Not at Independence Hill! We are known for having a team that does their job, and always a little bit more. Showing true compassion and care and treating our residents like family makes all the difference in our residents' lives.

Another gentleman, Mr. G, who was visiting Independence Hill for the week to see if we would make a good fit, was thrilled to see that we were located across the street from a church. He was eager to go, but teared up because although we were happy to take him, Mr. G was not comfortable



walking into church without a tie. He felt it would be disrespectful, as much as we tried to convince him otherwise. As this conversation was taking place, one of our dining room servers, who was wearing a tie as part of his uniform, overheard the conversation and asked what time the church service was. Once he found out it was after his shift, he told Mr. G that he would be happy to loan him his tie so that he could attend church. Mr. G was able to attend church that day and ended up moving in with us. He lived with us for more than a decade. What a difference a caring team makes!

It is not uncommon to see someone tucking in the tag of a resident's shirt, tying their shoe, or reminding them of their scheduled beauty shop appointment. The Golden and Platinum Rule are simply a part of the DNA of the Independence Hill Team. We are always looking for ways to help each resident live with dignity while enjoying a fun, active and upbeat lifestyle - all while remaining as independent as possible, as long as possible. The little things that we sometimes don't see much value in are the things that ultimately make people's day.

The Independence Hill team will do whatever it takes to help residents live life to the fullest. Moving into a senior living community is a big decision and can sometimes happen during trying times. We are very sensitive to our residents' individual needs and will do everything in our power to help them adjust during a time of transition and change. We always try to put ourselves in our residents' shoes while keeping their individual needs in mind and treating them as we would like to be treated.

We would love to introduce you to our community. Call Sherrill or Laura today and experience the Independence Hill Difference for yourself!

Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.

NEISD Hosts Statewide Air Rifle Championships

By Alissa Reinhard

On November 16, the 2017 Texas State JROTC Air Rifle Championships, hosted by North East ISD, took place concurrently at three NEISD campuses. Approximately 50 JROTC Air Rifle Marksmanship Teams from all over Texas competed for the coveted "Governors Cup" team award and "Excellence in Competition" (EIC) individual award.

Marksmanship (precision target shooting) has become one of the fastest growing sports in North America in the last few years and now contested in 41 NCAA Division I Colleges and Universities with scholarship opportunities.

Elena Loveland, a senior at Reagan High School, participated in the 3x20 air rifle match meaning competitors fired 20 record shots from three positions: prone, kneeling and standing.

"I was extremely nervous," said Loveland. "I take my competitions seriously. At the end of the competition I was happy with my performance. I gave the competition my all and got commendable results."

Mind over matter is an important – and challenging – aspect of shooting.

"I'm not always in the right mindset to shoot," explained Loveland. "Mental fortitude comes first, then physicality. There are some days where I can immerse myself into shooting, but there are others where my mind is situated elsewhere."

For Elena, shooting allows her to enter an isolated state of mind where she



In November, NEISD hosted the 2017 Texas State JROTC Air Rifle Championships.

is able to focus on one, and only one, thing – shooting.

"It's a relaxing sport for me," she explained. "Furthermore, I'm usually someone who likes to work alone on things and marksmanship gives me the unique opportunity to experience being on a team while also respecting my individualistic nature."