



February 2022

Orchard Park at Victory Lakes



Orchard Park

at Victory Lakes

ASSISTED LIVING & MEMORY CARE

Welcome our new Executive Director - Tyler Wilds!

Tyler has a Bachelor's Degree from Brigham Young University in Business Management and Finance. In addition to a strong background in financial oversight and business office management, Tyler has experience with sales and construction. After completing his education, Tyler joined the Northstar team as a Business Office Manager and Interim Executive Director. Tyler quickly became a training lead and was sent to multiple communities to assist with hiring, personnel issues, and to train new managers. For the last year and a half, Tyler has been serving as the Executive Director at a community in Northern California where he has led the team to significant gains in occupancy and resident satisfaction.

He and his wife love the great outdoors and are settling in Texas. Please join us in welcoming Tyler to the Orchard Park of Victory Lakes community.



Poker every Thursday & Saturday at
2:00 p.m.

Management Team of Orchard Park at Victory Lakes:

Tyler Wilds - Executive Director
Bets Hersey - Communications Relations Dir.
Veronica Jimenez - Business Office Manager
Monique Valderromas - Memory Care Director
Kristi Baltunis - Life Enrichment Director
Patrick Green - Food Services Director
Gloria Alvarez - Resident Care Director
Diane Ayala - Resident Care Coordinator
Robert McCracken - Maintenance Director
Kenny Heibner - Maintenance Director

Memory Care Mealtimes:

Breakfast 7:30 a.m.

Lunch 11:30 a.m.

Dinner 4:30 p.m.

Assisted Living Mealtimes:

Breakfast 8:00 a.m.

Lunch 12:00 p.m.

Dinner 5:00 p.m.

Happy Birthday to You!

Blanche S.	2/1
LaNelle L.	2/8
Abby R.	2/13
Wilma G.	2/17
Florence N.	2/22



Our community visited the Wortham Center in Houston for the **Nutcracker Ballet** on Monday, December 20, 2021.

The Nutcracker story centers on a young girl's Christmas Eve and her awakening to the wider world and romantic love. The composer made a selection of eight of the more popular pieces before the ballet's December 1892 premiere, forming what is currently known as the Nutcracker Suite, Op. 71a, as is heard in Moscow Ballet productions. The Houston Ballet has evolved into a company of 59 dancers with a budget of \$33.2 million (making it the United States fifth largest ballet company by number of dancers). A state-of-the-art performance space built in 1987.

We had a lovely time with an Italian lunch at Birraporretti's and a matinee performance of the Nutcracker ballet.

Heart Health Month is Here!

February is **American Heart Month**, a month dedicated to raising awareness around the country about heart health. According to the American Heart Association, up to 80% of cardiac events can be prevented with education and lifestyle changes. This is vitally important when you consider that Heart Disease is the leading cause of death amongst Americans today, according to the CDC. Research suggests you can reduce your risk of heart health issues significantly by focusing on these four key areas.

Healthy Eating- Eating healthy isn't about dieting; it is about making positive choices a lifestyle. Eat colorfully by choosing fruits and vegetables and incorporate whole grains and lean proteins into your diet.

Regular Exercise- Get out and get moving. Incorporate regular exercise into your daily routine.

Weight Loss- Keep your weight within the recommended range.

Education- Understanding your risks can help you to lower them. To learn more about the American Heart Association and ways to care for your heart, visit their website at heart.org.

When making changes to your lifestyle, it is recommended that you consult with your doctor so you can do so safely and most effectively.



MEN'S CLUB!