



SAGORA

NEWSLETTER

JULY 2017



ELEVATING EXPECTATIONS

*A message on Leadership
Bryan McCaleb and Dara Brown*

“Sagora strives to inspire a culture of leadership, finding its roots in our core values of Commitment, Communication, Empowerment and Excellence.”

[*Click for more...*](#)

RESIDENT SPOTLIGHT

Lakeview Josey Ranch resident shares his story

“There was Adolph Hitler, no more than three feet from me. I just stood there and looked at him, and he looked at me,” recalled Aubrey Temples of the moment he came face to face with the man responsible for the death of millions during WWII.



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RESIDENT SERVICES

Mythbusters



ASSOCIATE ANNOUNCEMENTS



ACCOUNTING

Money Saving Tips



LIFESTYLES

#Sagora'sGotTalent

**Sagora's
got Talent**



CULINARY

AbraKEBABra



SALES

100% Club as of June 30

**100%
CLUB**





“Our leaders have been hand selected to guide Sagora to a new level of success by empowering associates to put our residents first with a major WOW factor.”

Sagora strives to inspire a culture of empowered leadership, finding its roots in our core values of Commitment, Communication, Empowerment and Excellence. Your commitment to our Resident First philosophy begins when leaders inspire associates to embrace our transparent vision to change lives every single day.

Honest communication at every level of the organization allows associates to own this vision, challenge their roles and responsibilities, and ultimately raise the bar for unsurpassed excellence.

As our regional and executive directors and home office specialists return from our first executive leadership conference in Colorado Springs, we invite all of you to Elevate this vision in all that you do.

“There’s no better time than now for Sagora to make a lasting impression in the marketplace with a level of excellence that is the Sagora difference.”



*Bryan McCaleb
President
Sagora Senior Living*



*Dara Brown
Vice President
Sagora Senior Living*

Click to view award recipients at the conference.



*Agora Award
Rio Terra*



*Sage Award
Waterview - The Point*



*Sage Award
The Brennnity at Daphne*

While many communities and community leaders were honored at the leadership conference, we would like to highlight the following award recipients:

Rio Terra won the Agora Award for resident satisfaction, WOW factor, occupancy, family involvement, executive director culture and leadership, and performance of directors.

Both The Brennnity at Daphne and Waterview - The Point were honored with the Sage Award based on business performance, financial success, culture success, accounts receivable, overtime control, safety, team tenure, Sagora standards and expense management.

Sharon Wild earned the Executive Director of the Year Award and Sagora's first Associate of the Year is Sherrie Smith from Aberdeen Heights in Tulsa.



*Executive Director of the Year
Sharon Wild, Rio Terra*



*Associate of the Year
Sherrie Smith, Aberdeen Heights*

Congratulations!

RESIDENT SPOTLIGHT

Lakeview Josey Ranch resident shares his story

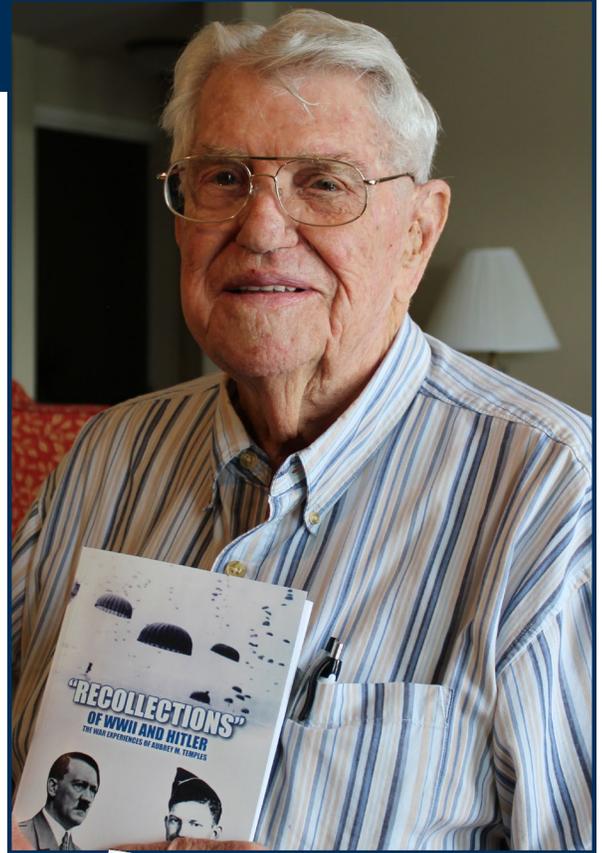
Aubrey Temples (pictured right) resides at Lakeview at Josey Ranch Independent Living. Lakeview, like all Sagora communities, celebrates and honors its veterans. Aubrey is among dozens proudly displayed on Lakeview's wall tribute to veterans for his service to the U.S. Army in World War II.

Now 93-years-old, Aubrey was only 17 when the Japanese bombed Pearl Harbor. He decided instantly that he belonged in the service, a decision that ultimately led to his imprisonment in Nazi Germany nearly three years later.

On March 10, 1945, Aubrey received notice that he along with 19 other prisoners would be moving to farm detail. They traveled to Nussdorf, a town about two miles north of the Austrian border, where they were each assigned to a family in turn.

His family, the Mosers, extended kindness and favor to him even as a prisoner of war and invited him to eat breakfast, lunch and dinner with them every day. He was the only prisoner allotted this luxury - a luxury that led him to his encounter with Hitler himself.

On April 30, he left his barracks earlier than anyone else, as he usually did, to make it to breakfast with the Mosers. "I was walking into town when I saw three black cars. In the back of the second car in a glassed enclosure sat Adolph Hitler. He looked old and tired," Aubrey wrote in his book, *Recollections*.



"I was walking into town when I saw three black cars. In the back of the second car sat Adolph Hitler. He looked old and tired,"

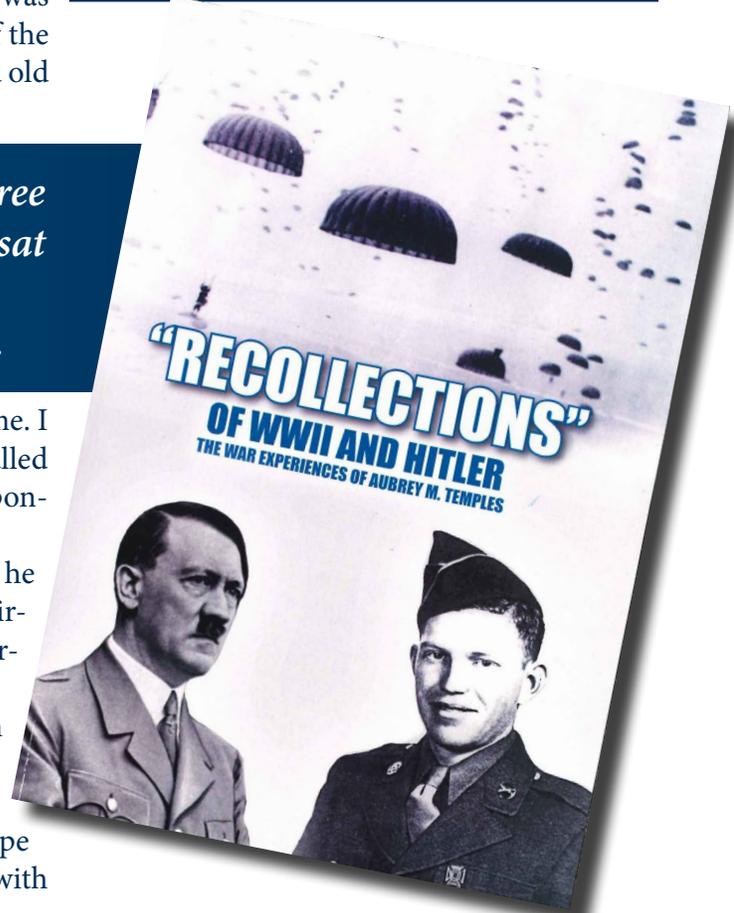
Aubrey wrote in his book, "Recollections" (pictured right).

"There was Adolph Hitler, no more than three feet from me. I just stood there and looked at him, and he looked at me," recalled Aubrey of the moment he came face to face with the man responsible for the death of millions during WWII.

While he waited for his fellow prisoners to come by so he could tell them about the encounter, he saw three small airplanes leave from 300 to 400 yards away. The middle plane carried Hitler to Austria.

Aubrey Temples was the last American to see Hitler in Germany. The war was over and within a few days he was on his way home to his wife and young daughter. He went on to have three more daughters, all of which he has taken to Europe on separate occasions to meet the family that treated him with such kindness.

We are thankful to residents like Aubrey that give our communities the unique honor and privilege of being story keepers and historians.



To read Aubrey Temples full account of his experience in World War II and his encounter with Hitler, order his book, "Recollections," at aubreytemples.com.



By DeAnn Stone, Senior Resident Services Specialist

Let's burst the bubble on some common old wives' tales.

I can vividly remember sitting in third grade with a wad of chewing gum in my mouth. When the teacher looked at me, I panicked and *GULP* - down went the gum. Now I was really panicking, not about having chewing gum in class, but of having that gum stuck in my stomach for SEVEN YEARS! But does gum really stay in your system for that long?

“If you swallow gum, it will stay in your stomach for seven years.”

Although the stomach has difficulty breaking down the resin in gum, it is capable of pushing it through the digestive tract and moving it out of the body.

“Lean your head back during a nosebleed.”

Leaning your head back actually causes the blood to drain downward, causing irritation to your throat and stomach. Pinch under the bridge of the nose and lean forward to stop the bleeding.

“Feed a cold; starve a fever.”

When you are sick, you need as many nutrients as possible. Try to choose foods that hydrate you as well, such as soups and jello. In fact, there is truth to the saying, “Eat chicken soup to cure a cold.”

“Sugar causes hyperactivity in children.”

There have been numerous studies that have disproved this theory.

“Popping your knuckles causes arthritis.”

Although there is no concrete evidence that this is true, there is proof that those who crack their knuckles frequently lose dexterity earlier in life.

“Sitting too close to the TV hurts your eyes.”

This might have been true prior to the 1970s, but televisions produced since then no longer omit the radiation that caused harm to vision.

“Eating late in the day causes weight gain.”

The body's metabolism is fairly consistent over a 24 hour period. Although do burn fewer calories while you sleep, the concern is what you eat not when.

ASSOCIATE ANNOUNCEMENTS

Welcome to the Sagora team



Savita Shanthakumar
*Human Resources Intern
Sagora Home Office*

Savita is a senior at the University of Texas at Arlington majoring in Management with a concentration in Human Resources. Savita joins our team interested in pursuing a career in Human Resources after she graduates in December.



Lisa Nelson
Regional Director of Operations

Lisa brings to the team her experience as an Executive Director for a senior living community in Lewisville, as well as Senior Vice President of Operations for five communities with 12 Oaks Senior Living in Dallas.



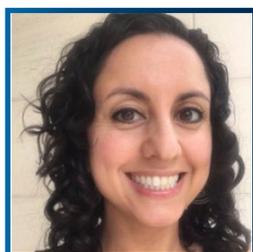
Daphne Bernstein
*Vice President of Sales
Sagora Home Office*

For the past thirty years, Daphne has played a leadership role in senior housing sales, either at the regional level, national or corporate roles. She has even served two terms on the Colorado Commission on Aging. We are excited to have her join our team.



Aryana Burgos
*Creative Content Coordinator
Sagora Home Office*

Aryana received her Bachelor of Arts in Public Relations from Texas Tech University but specialized in health and visual communications research. She enjoys exploring Fort Worth in her free time.



May Bohon
*Digital Content Manager
Sagora Home Office*

May holds a Bachelor of Science Degree in Marketing and Advertising from the University of Texas at Arlington. Her digital portfolio includes both agency and client side experience. She also volunteers as a social media manager for her church.



HOME OFFICE BIRTHDAYS & ANNIVERSARIES

Lance McKinley.....7/8	Treca Gilbreath.....4 years
Christina Lincoln.....7/12	Robert Bullock.....26 years
Lacey Larson.....7/15	Karen Chappell.....7 years
David Blacklock.....7/16	Cayce Jones.....2 years
Robert Bullock.....7/22	Derek Gay.....2 years
Claire Gegenheimer...7/31	



Are you longing to take that dream summer vacation, but lacking the funds? Don't worry! Accounting's shared 7 money saving tips to help you get there!



1. Set aside money for something specific. Whether it is a car, down payment for a house, or a vacation, if you have a goal in mind, it will help motivate you to stick to your plan.

2. Wait 30 days before making an expensive or unnecessary purchase. This will ensure that you only buy things that you really want and reduce impulse buying.

3. Download apps on your phone. Apps that help you set up a budget and track what you spend can help you see where you spend your money, and where you can cut down. There are also apps that help you compare prices and alert you of sales.

4. Cook at home more often. Cooking at home cuts down on cost in a multiple of ways, not to mention usually results in a healthier meal. You can also make larger portions and save it for another dinner, or take it to work for lunch.

5. Sign up for reward cards and get on email lists. Companies often send out flash sale emails to these customers that are not made public.



6. Shop sales and off season. Many stores have sales up to 20% off on major holidays. You can reduce the amount you spend and increase your savings just by changing the times you shop.

7. Set aside one day a week to not spend any money.

Special shout out to **Aberdeen Heights**, who made the club in May but was missed in June's newsletter!

100% CLUB

Based on the occupancy report for June 30, 2017

It is exciting to see our communities reach 100% occupancy. With so many award-winning campuses in our portfolio, I'm looking forward to having even more communities in the club next month. Congratulations to **The Brennity at Fairhope** and **Rio Terra!**

Daphne Bernstein
Vice President of Sales



THE BRENNITY
- AT FAIRHOPE -

RIO TERRA


ABERDEEN HEIGHTS

Sagora's got Talent

JULY LIFESTYLES' THEME

A round of applause to the residents and associates that displayed their talents on the Facebook stage!
Thank you for sharing your gifts with the world!



LIFESTYLES IN THE SPOTLIGHT

Jessica Saenz, Lifestyle Director, Adante Senior Living

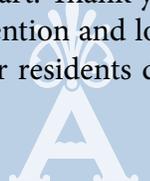


"I come to work every day because I enjoy it. It's a privilege to serve my wonderful residents."

Over the three years that Jessica has worked at Adante Senior Living, she has become a vital piece to our community puzzle. Jessica truly embraces Sagora's core values of communication, empowerment, commitment, and excellence, exemplifying them through her programs and teamwork each and every day.

Some activities she has provided and planned with her residents recently include providing health seminars, partnering with Bright Girls Camp for intergenerational programming, encouraging residents to showcase their talents by giving them the spotlight each week, and enjoying a day roasting marshmallows.

Jessica is encouraging, funny, tech savvy, but her greatest quality is her servant's heart. Thank you Jessica for the attention and love that you give your residents day in and day out.



ABRAKEBABRA

By Josh Swanson
Senior Regional Culinary Specialist

Summertime is here and that traditionally means it's grilling season. One of the more famous (and one of my favorite) items you can cook on your BBQ grill is the classic Shish Kebab. Just like the title infers, there is just something magical about the Kebab.

Humans have been applying the food-plus-stick-plus-fire concept to anything that runs, flies or swims since man first figured out that grilled food is tastier than raw. But the term shish kebab was made famous by the Turkish and literally means "gobbets of meat roasted on a spit or skewers." It is believed that this type of cooking originated from soldiers from a Turkish army

who would load up pieces of lamb on their swords and grill them over an open fire.

Over the years, the Kebab has morphed into many variations. Lamb has been replaced with just about any meat you can imagine. Vegetables are more prominent now and sometimes are even the main attraction. Even fruit has made its way to the skewer to be gilled into bite-sized tasty morsels. You can even find recipes for dessert kebabs.

My personal favorite recipe takes a nod from the original origins of the dish.

For my Summertime Kebab, you'll need:

Beef Tenderloin cut into 1 inch cubes

(Sirloin tips are more affordable)

Red onion

Red Pepper

Yellow Pepper

Cherry Tomatoes

Marinade and Sauce:

32 oz. Plain Greek Yogurt

Three Cloves of Garlic *(minced)*

1/3 cup of lemon juice

1/2 cup red onion

1/2 tsp. chili powder

1/2 tsp. cumin

1/2 tsp. turmeric

1/2 tsp. fresh ground black pepper

1/4 tsp. cayenne pepper *(optional)*

3 tbsp. Fresh Parsley

3 tbsp., Fresh oregano



Place all the ingredients for the marinade into a food processor and pulse until evenly combined. Reserve 1/3 of the marinade for a dipping sauce. Place cut-up beef into a shallow dish and cover with marinade. Marinate for at least 4 hours or overnight. Wash vegetables and cut onion and peppers into 1 1/2 inch pieces.

To assemble the kebabs, skewer all the ingredients making sure to alternate.

Set your grill temp to medium heat and oil the grill rack slightly so the kabobs don't stick. Cook until the desired doneness, but I recommend no more than medium. Take off grill and let rest for 5-10 min. Serve with reserved marinade.