

# Tequesta Terrace seniors self-reflect, share for 2013

**BY AMY JONES**

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We are now a few weeks into the New Year and many people are trying hard to stick to their resolutions.

Even seniors in their 90s and 100s at Tequesta Terrace Assisted Living are using the New Year as a time to self-reflect and decide how to better themselves. And they all had fun doing it!

They all agreed on one thing – it doesn't hurt to make a resolution, and it's a good exercise to try and stick to it. Many seniors got into the act ...

**LIKE VINNIE GIANNONE**

"I think resolutions are very good ideas! They help a lot, especially if they help you improve yourself," said 92-year-old Vinnie Giannone, Tequesta Terrace Assisted

Living resident. "This year, I am working on keeping the faith, taking care of myself, my friends and my family, and ensuring my loved ones are safe and sound."

But seniors admit that it is not always easy to follow their resolutions, and sometimes they are short-lived. However, they do believe that sticking to them for a few weeks or months helps in the long run.

**OR, GEORGE HEIDEMAN**

"We are all imperfect. We are all human, but it certainly does not hurt to make them," said 100-year-old George Heideman, Tequesta Terrace Assisted Living resident. "When we make a resolution, it shows that we intend to do them."

At 100 years and 9 months old, Heideman is writing a book about the U.S. Constitution, and that book is part of his resolution.



At 100 years and 9 months old, George Heideman, left, is writing a book about the U.S. Constitution, and that book is part of his resolution. Vinnie Giannone, right, resolves to take care of himself and ensure his loved ones are OK.

"Resolutions are such silly subjects. Like every other fool, I make them, too," quipped Heideman.

"I made them all my life and I never stuck to them. I have a lot of objectives this year and a lot of things I want to do. I am writing a book to help save the country, and my resolution is to work on my book"

The staff at Tequesta Terrace Assisted Living find it inspirational to hear about resolutions from the residents. The residents' goals and dedication help to keep the staff on track.

"I just love knowing what the residents hope to accomplish in the upcoming year," said Lisa Gallagher, executive director for Tequesta Terrace Assisted Living. "They show me all the time that you are never too old to better yourself."

"I think we can all learn from their example."

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