Dancing Through Retirement
By Michelle Houriet, Executive Director
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We know the residents of Independence Hill Retirement Community, Assisted Living and Independence Village – an adult neighborhood of homes – love to dance. Besides bringing back loads of memories of jitterbug contests, sock hops, and Saturday night dances, it’s also just plain fun! That’s why each spring and fall, the team at Independence Hill hosts a big band dance. This age group has no stranger to quality music, so a fantastic live big band – like the River City Band – is brought in to entertain. In fact, one of Independence Hill’s long-time residents has been a drummer in the River City Band for years.

To keep the big band dance events new and exciting, each of the dances has a theme and the ballroom, the food and the entertainment are all planned to match. This spring’s theme was Arabian Nights featuring Middle Eastern cuisine and belly dancers. As with most functions, the Independence Hill management team, and many residents, take the theme seriously and jump right in providing great costumes for the occasion. One resident even wore authentic Middle Eastern clothing from their time living in Saudi Arabia.

In the past, Independence Hills has also organized a Hollywood Nights theme, complete with a red carpet entrance. The team even dressed as movie stars from the 1920s through the 1950s. Other past themes have included a Venetian Masquerade Ball, a 1940s Speakeasy, and Moulin Rouge, just to name a few.

The great generation Independence Hill serves loves to dance, so staff also organizes Friday night dances in the Pub every other week. To say the residents have a blast is an understatement. It is not uncommon to get a few thank you notes from them afterward. The Independence Hill Food and Beverage team always provides incredible hors d’oeuvres and even takes part in the fun throughout the evening. Long tenured Executive Chef Raymundo Torres has quite the dance moves. The ladies line up to dance with him at these special events. He has no problem putting down his tray and getting those twinkle toes out on that dance floor!

Besides being an event that all three of the Independence Hill communities can enjoy together, many family members also attend. “I love seeing the sons or grandsons of our residents escorting their mom or grandmother to the dance,” remarked Michelle Houriet Vountour, Executive Director of the Independence Hill Communities. “What a sight for us and a beautiful moment in time for them. Savoring moments like these is just one of the reasons I have been here for over 16 years…it just never gets old!”

If you would like to learn more about Independence Hill, please contact one of Independence Hill’s Lifestyle Specialists, Sherrill or Laura at (210) 209-8956. Be sure to let them know about your favorite hobbies so they can invite you to join in at an upcoming event.

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.

Taking A Break From Business

Unfortunately, working too hard and waiting too long between vacations may not be good for your health or the future of your business. One long-term cardiovascular study reported a link between frequent vacations and longer, healthier lives, and another found that men who skipped vacations for several years were 30 percent more likely to have heart attacks than those who took at least one week off from work each year.*

A little bit of rest and relaxation could help you reduce stress, refresh, and become a more productive leader upon your return. It also may allow your employees to grow. Moreover, a company that runs efficiently in your absence can enjoy together, many family members also attend.

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