Hardy Oak’s Adventure To Mill Spring Cabin

Submitted By Lisa Ray

This week Hardy Oak Second Graders went on a Texas pioneer adventure to Mill Spring Cabin, at Bradley Middle School. Some of the exhibits included a one-room school house, general store, artifacts museum, cabin, tipi, and covered wagon.

The Mill Springs Cabin has hosted more than 50,000 elementary students and thousands of other Texans in the last 15 years. The Cabin’s history program is the only one of its kind in the state, and has touched the lives of more than 50,000 students.

Students created their own rock art based off of Native American petroglyphs. They also participated in numerous games played by the pioneer children during Westward Expansion.

One Of A Kind Kids Camp
~ Summer Adventures!

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

When we tell people we held a summer kids camp at Independence Hill, people can’t imagine it. But for those who have experience the unique and creative things that happen daily at Independence Hill Retirement Community; they aren’t surprised. With a successful GrandPal’s program with a neighboring elementary school we knew first hand how powerful the interaction between children and senior citizens. They each have so much to give the other and the talks they share are priceless.

In June 2013, Independence Hill held its first kid’s summer camp that went on for four weeks. This camp would be active, interactive, character building, filled with fun, teachable moments, and no electronics… showing only one movie per week. The goal was to build relationships and ensure a summer to remember. Afterall… the American dream and best summer stories are those of “summer at grandma and grandpa’s.”

Working with Family Endeavors, Independence Hill merged the community calendars with the camp calendar to make sure the interactions with residents were happening daily. Everyone was invited on the weekly field trips, the ongoing opportunities to ask questions and tell stories, as well as time for some good old’ fashioned fun with hand painting, swimming, taking silly photos, a bike and pooch parade, tea parties, playing billiards, chess and so much more. It is so evident that the number one thing kids want is attention, which is so present in every day interactions with their GrandPals. Bottom line… this has developed into an extremely memorable “summer at GrandPals!”

In fact, one father who usually works Monday through Thursday, spent his Fridays doing special things with his son and daughter. On their first week of this camp, the kids told their dad, “I hope you are ok spending this Friday alone, because we are going to camp.”

Leah Patranella, who had both of her boys at the camp commented, “I am happy and sad all in on Happy I signed my boys up for the last two weeks at this camp and sad I didn’t sign them up for all four! The amenities are so perfect, my sons are ready to sign my husband and I up for when we are older.” Another camper kept asking when he could live there and keep trying to talk his parents into moving the whole family in. As funny and precious as this may sound, it is a testament of the feeling that is true within the walls of this community.

This Adventure at the Hill is a first, and back by popular demand this year our camp weeks are June 15th through July 10th with “parent friendly hours” of 7:00am – 6:00pm.

Space is limited so call Family Endeavor’s (at (210) 431-6466 ext. 146 today to sign up.

Our residents move to Independence Hill to “live a great life” and Independence Hill wants to make sure they live life to the fullest. Having too much fun and a worry free retirement is the dream Independence Hill offers its residents. Those who call Independence Hill home have all kinds of opportunities to do new and exciting things. Schedule your personal tour at (210) 209-8956 and let us treat you to a savory lunch at our on-site restaurant style dining room. See it for yourself… maybe you have a dream that Independence Hill can help fulfill!

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.

God Bless America

RAHEEL BENGAU, MD
CHRIS WATSON, PA-C

SERVICES PROVIDED
• We will help you transfer your old prescriptions here!

FREE Delivery with 3 or More Rxs

A Phamy

Avoid the crowded parking lots and long lines at the chain stores!

• Locally Owned & Operated!
• Overnight Delivery!
• Friendly, Bilingual Staff!
• All Insurances Accepted!
• We will help you transfer your old prescriptions here!

Stone Oak Location Now Open
at 110 Stone Oak Loop, 78258
Phone: 210-598-2678 Fax: 210-255-8358


Tricity Pain Associates
Quality Care, Delivered.

CONDITIONS TREATED
• Lower Back Pain
• Neck Pain
• Shoulder & Arm Pain
• Herniated & Bulging Discs
• Sciatica
• Knee Pain
• Failed Back Surgery Syndrome
• Headaches & Migraines
• Arthritis Pain
• Fibromyalgia
• Muscular Pain
• Spinal Stenosis
• Reflex Sympathetic Dystrophy

SERVICES PROVIDED
• Medication Management
• Epidural Steroid Injections
• Lumbar, Cervical & Thoracic Facet Joint Injections
• Lumbar Sympathetic Block
• Stellate Ganglion Blocks
• Joint Injections
• Botulinum Injections for Myofascial Pain & Dystonias
• Peripheral Nerve Blocks
• Radio Frequency Neurolysis
• Selective Nerve Root Blocks
• Discograms
• Spinal Cord Neurostimulation
• Morphine Pumps
• Doctor Referrals

San Antonio • Seguin • New Braunfels
210.268.0129 830.626.1000
www.tricitypaindoc.com www.sapaindoc.com

One Of A Kind Kids Camp
~ Summer Adventures!

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

W hen we tell people we held a summer kids camp at Independence Hill, people can’t imagine it. But for those who have experience the unique and creative things that happen daily at Independence Hill Retirement Community; they aren’t surprised. With a successful GrandPal’s program with a neighboring elementary school we knew first hand how powerful the interaction between children and senior citizens. They each have so much to give the other and the talks they share are priceless.

In June 2013, Independence Hill held its first kid’s summer camp that went on for four weeks. This camp would be active, interactive, character building, filled with fun, teachable moments, and no electronics… showing only one movie per week. The goal was to build relationships and ensure a summer to remember. Afterall… the American dream and best summer stories are those of “summer at grandma and grandpa’s.”

Working with Family Endeavors, Independence Hill merged the community calendars with the camp calendar to make sure the interactions with residents were happening daily. Everyone was invited on the weekly field trips, the ongoing opportunities to ask questions and tell stories, as well as time for some good old’ fashioned fun with hand painting, swimming, taking silly photos, a bike and pooch parade, tea parties, playing billiards, chess and so much more. It is so evident that the number one thing kids want is attention, which is so present in every day interactions with their GrandPals. Bottom line… this has developed into an extremely memorable “summer at GrandPals!”

In fact, one father who usually works Monday through Thursday, spent his Fridays doing special things with his son and daughter. On their first week of this camp, the kids told their dad, “I hope you are ok spending this Friday alone, because we are going to camp.”

Leah Patranella, who had both of her boys at the camp commented, “I am happy and sad all in on Happy I signed my boys up for the last two weeks at this camp and sad I didn’t sign them up for all four! The amenities are so perfect, my sons are ready to sign my husband and I up for when we are older.” Another camper kept asking when he could live there and keep trying to talk his parents into moving the whole family in. As funny and precious as this may sound, it is a testament of the feeling that is true within the walls of this community.

This Adventure at the Hill is a first, and back by popular demand this year our camp weeks are June 15th through July 10th with “parent friendly hours” of 7:00am – 6:00pm.

Space is limited so call Family Endeavor’s (at (210) 431-6466 ext. 146 today to sign up.

Our residents move to Independence Hill to “live a great life” and Independence Hill wants to make sure they live life to the fullest. Having too much fun and a worry free retirement is the dream Independence Hill offers its residents. Those who call Independence Hill home have all kinds of opportunities to do new and exciting things. Schedule your personal tour at (210) 209-8956 and let us treat you to a savory lunch at our on-site restaurant style dining room. See it for yourself… maybe you have a dream that Independence Hill can help fulfill!

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.