Take Charge Of Your Retirement Destiny
By Michelle Houriet, Executive Director
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As we age, most of us want to live independently as long as possible. The last thing we want is to burden our children who are working or recently retired themselves, and have their own lives and responsibilities. It was once the norm to move in with your children, but seems to no longer be the preference for aging adults. Seniors are now planning ahead for their future and choosing their retirement community so their children do not have to make that choice for them. It really appears to be a “win-win” for everyone!

Living in a retirement community allows you many freedoms, as you do not have to rely on your family for daily needs, such as transportation or your social calendar. It is also wonderful to have great meal options and great friends to dine with. Establishing great friendships with people your own age who share your common interests and giving you the freedom to visit with your family for those memorable times… this lifestyle gives you the best of both worlds! There is definitely something to be said about maintaining your privacy and having your own place to hang your hat!

If you have not looked in to a retirement community yet, it is never too early. Deciding on a community that is the best fit for your lifestyle is very important and visiting communities to experience it for yourself is key. Start today by attending the Independence Hill Assisted Living Open House on July 30th 4:00pm - 6:00pm. You will be pleasantly surprised by the unique way we have brought the beauty of the outside into our atriums, the extensive calendar of events, and touching relationships between our team and residents.

While you are there you can also learn about our other communities within the same campus that offer independent full service apartments/cottages and a resort-style neighborhood of homes for active adults 55+. Like anything else, planning ahead is empowering and will allow you to choose your destiny. At Independence Hill Retirement Community, the Lifestyle Specialists have years of experience helping seniors find the best place to call “home”!

We would love to help you with making your retirement decisions come true. Please RSVP by July 27th at (210) 209-8956 for our Open House.

Cheers to your Happy Retirement!
Independence Hill Retirement Resort Community is located in Stone Oak at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencehill.com.

Bring Coastal Grilling To Your Backyard
By Blake Groomer
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Can’t make it to the coast this summer? Bring the coast to you and to your grill! Enliven your backyard recipe repertoire by swapping the standbys -- burgers, steaks, and chicken -- for something new. Yes, it’s super-healthy—it’s an excellent source of lean protein and some types of fish, such as salmon, are phenomenal sources of omega-3 fats, which are good for your heart and your mental health. But, seafood can be intimidating if you’ve never grilled it before and the possibility of ruining a meal can be daunting when making your summertime menus. With a few tips and tricks of the trade though, you’ll find that you too, can be a seafood grilling master!

First step when grilling anything, especially fish, is to preheat your grill on high. This does a number of things. Bringing the grill up to temperature will help in caramelizing the fish and provide the defined grill marks that supply the immense flavor all griller love. Having the grill preheated will also lessen the amount of time your fish is on the grill, resulting in less opportunity for your fish to dry out.

The second trick; use plenty of oil! Be sure after you scrape your grill grates clean with a grill brush, to oil the grill rack to reduce the chance of sticking.

Third, the most common question; how long do I cook it? Use the Canadian cooking method! Do 5 minutes per side per inch of thickness. So if you have 1 inch thick steak of swordfish, cook for 5 minutes on one side, flip, and 5 minutes on the other and you’re done!

It’s really that simple and so delicious. If you’re dealing with more delicate fillets or smaller seafood items like shrimp I recommend grilling on foil. If you’re cooking larger fillets or whole fish use a grill basket to make flipping the fish over easier and the fish will be less likely to break and fall apart on you. My last and most important tip is to use good seasonings. Don’t drown your seafood in salt, MSG, and other seasonings used to mask the natural flavor of these ocean treasures. Our seasonings Giby’s Fish Camp and Rick’s Treaux Gourmet Spices let the treasures. Our seasonings Giby’s Fish Camp and Rick’s Treaux Gourmet Spices let the natural fl avor of these ocean treasures shine through.

Enjoy your sumptuous seafood grilling and keep on the lookout for Groomer’s Seafood’s fabulous book of grilling recipes. My last tip is to never throw your seafood on the grill at full blast heat. A medium heat will get you the best results.

Hope to see you soon!

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