O

e of the most important things we can do in life is to listen, really listen, to the wants and needs of others around us. It’s not always the easiest thing to do for some but at Independence Hill Retirement Community we pride ourselves in our ability to truly listen to our residents. We strive to do this in every aspect of serving our residents, especially when choosing what events, activities, and outings we plan; we ask! From the moment a resident moves in we are working to find out what their interests are, what hobbies they like to do, and what they’ve always wanted to do. Then we go to work matching them up with neighbors that have similar interests and directing them to activities right up their alley.

Many of the activities and events we have on our calendar today have been inspired by resident suggestions or interests they have told us about. For example, dancing is enjoyed by many so we added bi-monthly dances in our pub, ballroom, and line dancing lessons in addition to our twice a year Big Band Dances. While dancing is not a surprising request we have had singing, gardening, and wine tasting interests. From this has developed our wonderful 55 member “Hill Toppers” chorus, who perform several times per year. Many of our residents never thought they would sing again, “What a great surprise it was to me to be able to join the chorus right where I live,” comments a long time member of the Hill Toppers.

The gardening request came from residents who once grew their own fruits and vegetables. Out of the desire to once again cultivate produce bloomed the Garden Club. They have produced a variety of peppers, tomatoes, kale, cauliflower, turnip greens, and strawberries. Once they harvest; our Chef takes their harvest and cooks them a special dinner.

What you do in your retirement should be something you enjoy! Choose a place to live where life and social activity are abundant. Come see all that Independence Hill has to offer; a full social calendar, great food, and a team ready to serve. Call (210) 209-8956 to speak to one of our Lifestyle Specialists and set up a complimentary lunch and tour today.

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.

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 from the sea. Whether you go for fish, shrimp skewers, lobster or more, there’s something here at Groomer’s Seafood for every taste!

I love cooking seafood on the grill because it’s so fast and, because most seafood is relatively mild, it readily absorbs smoky flavors. Also, as many of you know, seafood is incredibly healthy! Seafood is 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. Seafood can be intimidating though 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 grillers 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 a 1 inch thick steak of swordfish, cook for 5 minutes on one side, flip, 5 minutes on the other and you’re done (adjust this if you’re doing something like Ahi tuna for just a quick sear instead of cooking all the way through)! 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 sea taste like the sea with just a little boost of flavor, and they are all natural!