

GOOD Life News

at Cypress Palms

FEBRUARY 2019

www.cypressalf.com



Sweethearts' Dinner

We will be hosting a special Couples' Night for our lovely couples on Valentine's Day, Feb. 14! We will be serving a spring mix salad with strawberries, petite filet with lobster tail, garlic chive mashed potatoes, asparagus, and Crème Brulee for dessert. Rebecca will be serenading you on the violin. Please sign up at the Front Desk by Feb. 7 if you and your loved one are interested in attending.



Life Enrichment Outings

- Friday, Feb. 1 at 4 p.m.: Dinner at Slyce Pizzeria
- Tuesday, Feb. 5 at 9:30 a.m.: Balloon Volleyball Competition
- Tuesday, Feb. 12 at 9:30 a.m.: Hard Rock Casino
- Friday, Feb. 15 at 4 p.m.: Dinner at Ozona Blue
- Tuesday, Feb. 19 at 10 a.m.: Shopping at Walmart
- Tuesday, Feb. 26 at 10:30 a.m.: Lunch at Culver's
- Thursday, Feb. 28 at 1 p.m.: Francis Wilson Playhouse, \$26

February Theme Days

- Feb. 1: Red for Heart Health Day!
- Feb. 3: Jersey for the Super Bowl!
- Feb. 8: Oriental for Chinese New Year!
- Feb. 14: Hearts for V-Day!
- Feb. 15: Animals!
- Feb. 22: Red, White, Black for Academy Awards!

**Our Talk.
Our Walk.
Every Day!**

**Platinum Service®
Standard #7**

"I never say "no" to an opportunity to serve our residents and to improve their living experience."

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents' requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*"A good head and a good heart are always a formidable combination."
– Nelson Mandela*

Merry Christmas and a Happy New Year!



Photo and Art Gallery

Please join us on Feb. 20, from 2 to 4 p.m., as we showcase some of the amazing artwork our very own residents have accomplished either in the past or the present! From beautiful photographs taken during Photography Club, to painted



canvases produced at Paint and Sip, come support your fellow artists in all they have created! With a live piano performance as well as champagne and other hors d'oeuvres served, it will be one classy afternoon!

New Neighbor Welcome

Please welcome:

- Louise M. Rose D. Marjorie M. James O. Hermaine "Mo" O.

American Heart Month

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for men and women.

Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups, even if you think you are not sick. Partner with your doctor and health care team to set goals for improving your heart health, and don't be afraid to ask questions and trust their advice.

Add exercise to your daily routine. Start off the month by walking 15 minutes, three times each week. By midmonth, increase your time to 30 minutes, three times each week.

Increase healthy eating. Cook heart-healthy meals at home at least three times each week and make your favorite recipe lower sodium.

Take steps to quit smoking. If you currently smoke, quitting can cut your risk for heart disease and stroke.

Take medication as prescribed. Talk with your doctor about the importance of high blood pressure and cholesterol medications. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.

Please join us on Feb. 1, which is also National Wear Red Day, in wearing red in support of American Heart Month.



Resident Birthdays

- | | | |
|-------------------|------------------|------------------|
| Joann N., 5th | Mary M., 20th | Kenneth M., 27th |
| Helen H., 9th | Loretta G., 23rd | Charles G., 29th |
| Fred R., 17th | James O., 23rd | |
| Margaret L., 20th | Donna C., 24th | |

Employee Birthdays

- | | |
|--------------------------|----------------------------|
| Denise McCall, 1st | Denise Stephens, 13th |
| William Crawford, 4th | Nacole Jones, 19th |
| Carlos Bobe, 4th | Kuma Puiyi Blackburn, 21st |
| Kylee Barkman, 10th | Michael Mabel, 22nd |
| Kimberly Underhill, 13th | Leva Mikoniene, 23rd |
| Luke Kidd, 13th | Rebecca Sun, 28th |

Resident Spotlight: Rose D.

A long time ago, Rose was visiting a friend when an unknown man, Jerry, came over. Rose's friend looked over to Jerry and told him, "You two are going to end up together." Lo and behold, Rose and Jerry were married for over 60 years. They have two sons, Bart and Jonathan, plus a foster-child named Mickey. She and her husband owned a pizzeria for several years in Dumont, N.J., called The Flaming Grill. Their son, Bart, helped them in the restaurant. Rose's lasagnas were such a big hit in the community, she would sell trays of them during the holidays. She also owned a donut machine and sold them for \$.65 a dozen. Unfortunately, the pizzeria burned down from a fire through no fault of their own, and they ended up losing everything. Rose went on to do costume designs for the University of Nevada. Rose can often be seen playing cards downstairs in the Lobby with her friends. Join Rose on Feb. 21 for her segment of "This Is My Life" as she teaches you how to make her famous lasagna!



Soaring: Supporting the Spirit

When I first began working as the Spiritual Director at The Palms, I was, of course, handed a job description. There were many tasks and responsibilities, but above all, there was one essential thing which must be my focus every day. Put simply, I am asked to "show up and ask myself, 'Who can I love today?'" Wow! Talk about a dream job! I set my heart on falling in love with the residents and staff at The Palms. I ran across this quote which sums it up for me:

"Love is just a word until someone comes along and gives it meaning." -Paulo Coelho

I begin and end my days giving thanks for each of you, for all the ways our residents and staff express love, care and compassion for one another, giving true meaning to the word "love."

Join me at our spiritual programming this month as we focus on this month's theme of love.

-Becca



CYPRESS PALMS

Senior Living

400 Lake Avenue NE, Largo, FL 33771
727-559-7888 | www.cypressalf.com



ALF #8113

MANAGED BY
 The Goodman Group

Staff

Executive Director

Victor J. Piperata II

Director of Nursing

Dianna Slutzker, RN

Life Enrichment Director

Jessica Baranowski, CTRS

Director of Marketing

Michelle Cooper

Resident Care Coordinator

Brittany Masi

Memory Care Coordinator

Cindy Elliott

Resident Services Director

Marnie Matheny

Executive Chef

Mathew Varner

Plant Operations Director

Peter Sala

Spiritual Director

Becca Bass

Montessori Moments

Principle #5

"I always focus on the person's strengths and abilities in what they can do."



*Doris and Earl making pecan cookies for staff working on X-mas Day!
"Never help someone with a task at which they feel they can succeed."*



Like Us on Facebook

@CypressALF

Visit facebook.com/CypressALF to see pictures and catch up on all the fun here at Cypress Palms. This is a great way for family members and friends to stay connected!