



CHRONICLES

APRIL 2012

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EXECUTIVE CORNER

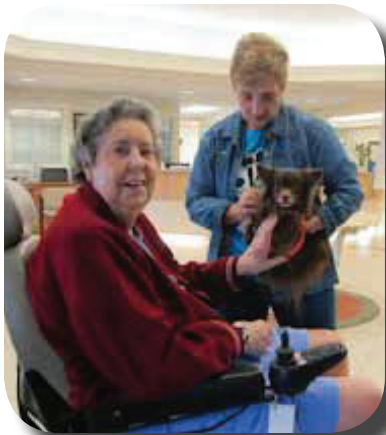
With spring comes renewal of body and spirit. Having completed our exterior renovations (building painting and tiled entry way), we look forward to our spiritual renewal through the celebrations of Easter and Passover. We are excited to host our annual celebratory events: Easter Dinner on Sunday, April 8, and a community Seder on Wednesday, April 11. We hope to host many families for these traditional events! April is also National Parkinson's Disease Awareness Month. We are excited about the progress made by our Parkinson's Outreach Program. Participation in our daily Parkinson Friendly Exercise Programs now regularly exceeds 20 people. Our monthly events draw more than 30! We are excited to host our Second Annual Parkinson's Resource Fair on Saturday, April 14, 2012, at 10 a.m. in the Cypress Lobby and Auditorium. Several prestigious local experts have committed to present the latest in research and quality of life issues impacting those with Parkinson's Disease. In closing, I hope you and your family enjoy the festive spring holidays. Thank you for the continued privilege of serving you and your family.



*Avi M. Elias,
MHA, NHA
Executive Director*

PINELLAS COUNTY ANIMAL SERVICES

A big thank you for sharing your "Furry Friends" with us!



SENIOR SPOTLIGHT

Paula was born on July 18 in Alabama. She was the eldest of five children born to Huey and Cora S. She went to elementary school and junior high and graduated from Thompson High School. While growing up she had many jobs, including tending to the chickens, picking tobacco and cotton, helping her mother take care of her siblings and running the house.

After graduation Paula made a brave decision to join the Army. Her family was taken aback, but she knew she wanted more out of life than what her small town could offer. She enlisted in the Women's Army Corps and has never regretted her decision. Her basic training was in Staten Island, N.Y., where she excelled in every aspect. She decided to train to be a medical assistant. Upon completion of her basic training, she worked in several military hospitals taking care of the wounded soldiers upon their return from combat. Her most fascinating experiences were when she worked with the brain injured soldiers, helping them deal with reality. She has many stories to share and a kind word about each of her patients.

While she was in the WAC, Paula met her first love, William C. The tall, handsome soldier caught her eye and her heart. The two married shortly after the war ended and started their civilian life together. Settling down in Staten Island, they started their family. First came William, their beautiful son, followed by two daughters, Joy Ann and Rangel. Life was going in the right direction until an accident left Paula widowed and a single mother with three children.

Once again, Paula demonstrated her strength as she raised the children, often working two jobs to do so. Soon, Paula met and fell in love with her second husband. Mr. Francis A. and Paula were married on Nov. 18. He made a promise to be a good father to her children and a good husband to her. They continued their life together in Staten Island. They lived in Rhode Island and eventually moved their family to St. Petersburg, Fla., when Francis retired. After the children had grown into lives of their own, Paula and Francis

enjoyed retirement life. The best part was yet to come — grandchildren! Paula and Francis enjoyed spoiling their grandchildren to the fullest each and every day. On many Sundays the family looked forward to “mama’s homemade fried chicken and biscuit supper.” No one even comes close to making fried chicken like Paula! Another sad day came when Francis passed away in 1998. Paula was once again on her own.

Paula’s love has always been her children. Now, instead of three, she counts six — Marilyn, John and Clint were added to the family when her children married. She also loves her grandchildren. She lights up when asked about Bill, Clint or Andy and enjoys their visits to the fullest. Her fondest memory of the past couple years is attending her grandson Clint’s wedding in Ft. Lauderdale. Paula is now proud to say she has three wonderful grandsons and one beautiful, sweet, granddaughter, Robin!

Paula still enjoys her angel and bell collection, which she proudly has displayed in her apartment at Cypress. Her bell collection includes bells from all over the country, and her angel collection includes over 50 angels.

Paula is an avid reader, enjoying one book after another. She looks forward to Sundays and reading the paper from the front page to the back page. She is known to enjoy a nice glass of wine or a hearty scotch from time to time. Most of all, Paula enjoys sharing her time with her family and friends.



Paula A.

HAPPY EASTER AND HAPPY PASSOVER FROM DINING SERVICES

The month of April gives our Dining Services Team an opportunity to help our residents celebrate one of the holiest times of the year: the holidays of Easter and Passover. On Sunday, April 8, we will feature a traditional Easter meal in all Dining Rooms. On Wednesday, April 11, we invite residents to RSVP for our annual ritual feast, the Passover Seder. We wish a happy Easter and happy Passover to all residents, family members and staff.

— *Matthew Brooks, Dining Services Director*

BONSAI WISDOM

Take a sheet of white paper and draw a circle on it. Did you draw a small circle or a large circle? This is revealing; it is a clear indication of whether one has a limited or an expansive consciousness. Now, as near to the center of the circle as you can, place a dot. The dot represents your point of awareness in the infinite realm of Universal Mind. You are the center of your world. The circle represents the limitation that you place upon infinite Life living through you. It will be interesting to note how large a circle you drew in the first place. Some draw minute circles, others extend their circle to the limit of the page.

Now, erase the circle. It will no longer matter whether it is small or large. You now have only the dot left. You are now the center of a circle without a circumference. This, by the way, was Socrates' definition of man — the center of a circle without a circumference. By erasing the circle you have eliminated the boundary of your world and entered into the infinite Life of Mind.

As you contemplate the faint tracing of the circle just erased, ask yourself, "What were the limitations that I had imposed upon myself?" You are an infinite being without boundaries. Your new life begins today!

— Socrates/Jack Addington/Bonsai Ian McGarrity, CTN
The Bonsai Holistic Center

MARKETING NEWS

On April 14 Cypress Palms will be hosting its Second Annual Spring Parkinson's Resource Fair in the Cypress Auditorium from 10 a.m.-2 p.m. Light refreshments will be provided. Listed below are some of the presenters:

- Terry McClaine, MSN, ARNP, USF Movement Disorder Center — Latest Updates in Research
- Eden Feldman, MSW, Director of Outreach, USF Parkinson's Disease and Movement Disorders Center — Anxiety, Depression and Parkinson's
- Bob Harmon — Personal Success Story
- Dr. Dean Gobo, Neurosurgeon, Morton Plant Hospital Bay Care Health System — Risks and Benefits of DBS Therapy
- Melissa Gallagher, ND, Founder, Healthy Being Wellness Center — Benefits of Holistic Healing
- Donna Cesare, MBA, Public Relations Director, Deloach & Hofstra, P.A. — Life Care Planning/Elder Law Attorney

There will also be more than 12 vendors with a variety of information on Parkinson's Disease, research, etc. For more information, please contact Sadie/Adriane at Cypress Palms 727-559-7888.

HEALTH CARE MATTERS

April is National Parkinson's Month, so here are a few facts provided by the Parkinson's Disease Foundation. 60,000 people in the United States are diagnosed every year. As many as one million Americans and an estimated seven to 10 million people worldwide live with Parkinson's disease. The average age of onset is 60. Approximately four percent of individuals are diagnosed before age 50. The key motor symptoms of Parkinson's are tremor, slowness of movement (bradykinesia), muscular rigidity/stiffness and postural instability (impaired balance and coordination).

BIRTHDAYS

Gisella M., 1st (Employee)

Roland F., 4th

Antionette S., 4th (Employee)

Elizabeth S., 6th

Christopher B., 12th
(Employee)

Gina M., 12th (Employee)

Frances S., 13th

Chelbie L., 14th (Employee)

Dolly Z., 14th

Edith T., 21st (Employee)

Carolyn F., 21st (Employee)

Suzanne O., 25th

Paula G., 25th (Employee)

Nancy B., 26th

Marnie M., 27th (Employee)

Martha C., 28th (Employee)

Alma H., 30th

WELCOME HOME TO OUR NEW RESIDENTS

Ila R.

Helen (Jane) S.

Donald S.

Marjorie R.

Elsie W.

Vera M.

Lorraine T.



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A COMMUNITY
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Stephanie Reimund

Director of Dining Services

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Associate

Lenah Robles

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Associate

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Marnie Matheny

Executive Chef

Ken Skovira

Plant Operations Director

Peter Sala

Environmental Services Supervisor

Tammy Pennington

Assisted Living Nursing Coordinator

Marie Parler, LPN

UPCOMING EVENTS

- April 2: Target Outing
- April 4: Spring Craft Fair
- April 5: Spring Egg Hunt With Our Grandfriends
- April 8: Easter Sunday Family Luncheon
- April 9: Red Hatters to The Columbia
- April 11: Passover Seder
- April 16: Bahama Breeze
- April 19: Volunteer Luncheon
- April 19: Larry the Watch Guy
- April 23: Golf Cart Outing to Keene Plaza
- April 30: Pete and Shorty's