



CYPRESS PALMS

Senior Living

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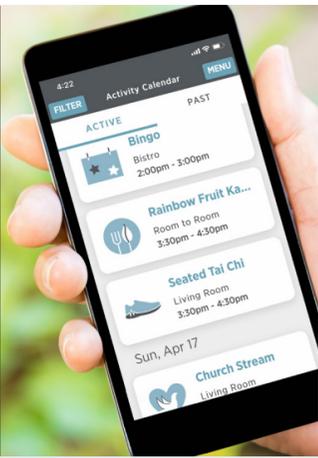
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MANAGED BY The Goodman Group

## TEAM MEMBERS

### Executive Director

Melissa Wojewnik

### Director of Nursing

Dianna Slutzker, RN

### Director of Sales & Marketing

Mary Wiley

### Life Enrichment Director

Jessica Baranowski, CTRS

### Spiritual Care Director

Tracie Ashley

### Executive Chef

Alan Cunningham

### Plant Operations Director

Peter Sala

### Resident Services Director

Barbara DeFalco

### Director of Volunteer Services

Margie Ratcliff



## IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Marjorie M.
- Vivian P.
- Barbara K.



## NEW RESIDENTS

We would like to welcome our newest residents!

- Dwight B.
- Jean H.
- Eileen O.
- Patsy B.
- Fredrick H.
- Francis O.
- Margaret C.
- Kathleen M.
- Carol R.
- Curtis G.
- Jan M.
- Susan W.



## BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Barbara U. - 4/11
- Susan R. - 4/23
- Margaret C. - 4/17
- Margot F. - 4/25



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# Good Life NEWS

at Cypress Palms

APRIL 2024

## MOMENTS WITH MELISSA

As the April rains bring a sense of renewal, we are delighted to introduce a new member to our community family. Let's extend a heartfelt welcome to Barbara DeFalco, our new resident services director! Barbara officially joined us on March 11, and we couldn't be happier to have her expertise and dedication enhancing our community.

With over 17 years of experience in senior health care, Barbara brings a wealth of knowledge and a compassionate spirit to her role. Barbara has held various roles throughout her career, from possessing an ALF Core license to serving as a memory care director and even stepping in as an interim administrator. Her diverse background underscores her adaptability and unwavering commitment to delivering exceptional care. Yet, it's not only her professional achievements that make Barbara an invaluable addition to our team. Her genuine connections with families, residents, and colleagues mirror her profound passion for serving others and cultivating a warm, supportive atmosphere. We are sure you've seen her bustling around the community. If not, please stop by and say hi!

In the coming weeks, Barbara will gradually acclimate herself to her new responsibilities, familiarizing herself with each of you and the unique dynamics of our community. Let's take a moment to welcome her wholeheartedly and share our anticipation for the positive impact she will undoubtedly bring. Here's to April showers, new beginnings, and the exciting journey ahead!



Resident Services Director Barbara DeFalco

Melissa Wojewnik  
Executive Director

## APRIL IS PARKINSON'S AWARENESS MONTH

We've united to raise awareness and funds for the Parkinson's Foundation Moving Day, A Walk for Parkinson's! Whether you register to join our team (Rock Steady Boxing at The Palms of Largo) or donate, you're helping us make life better for the 1 million people with Parkinson's and the nearly 90,000 more that will be diagnosed this year. Your support is crucial in helping the Parkinson's Foundation fulfill its commitment to finding a cure and enhancing the quality of life for those living with Parkinson's today.

Rock Steady Boxing (RSB) is a non-profit organization that provides exercise programs specifically designed for individuals living with Parkinson's disease, and we're proud to offer RSB at The Palms of Largo. The Parkinson's Foundation has their annual Moving Day Tampa Bay walk on April 27. This will be the Rock Steady Boxing at The Palms of Largo's 8th year participating! If you want to join our team or make a donation, email [leah.einboden@thepalmsoflargo.com](mailto:leah.einboden@thepalmsoflargo.com) or go to our team page [www3.parkinson.org/goto/RSBAtThePalmsOfLargo](http://www3.parkinson.org/goto/RSBAtThePalmsOfLargo).

Thank you for supporting our team and the vital work of the Parkinson's Foundation!

## MONTESSORI MOMENTS

**Principle #4:** I try to talk less and demonstrate more.

"I am only one, but still, I am one. I cannot do everything, but still, I can do something; and because I cannot do everything, I will not refuse to do something that I can do." —Helen Keller



## THE CYPRESS SCOOP

### Valentine's Day

This Valentine's Day, our community saw an outpouring of love as residents, families and team members purchased Valentine-grams for their loved ones. These thoughtful gestures included a carnation, balloon, teddy bear and chocolate, with the option for a serenade by a barbershop quartet.

Beyond spreading smiles and love, these grams also raised over \$300 for the American Heart Association in honor of February's American Heart Month! It was heartwarming to see the joy these gestures brought while also contributing to such a vital cause. Thank you to everyone who participated in making this Valentine's Day extra special and meaningful for our community!



### Chinese New Year

Celebrating Chinese New Year (the Year of the Dragon) was a blast with Edi Minelli from Just Us Duo! She had us all up on our feet, dancing away, while her entertaining trivia kept the excitement going. Congratulations to Marcella for winning the fabulous door prize at the end of the event. Here's to a year ahead filled with prosperity, happiness and good fortune for everyone!

### Mardi Gras

We let the good times roll with a Mardi Gras celebration filled with king cake, authentic New Orleans cuisine, and toe-tapping jazz music by The Jazz Phools that transported us to the French Quarter! Donning their masks and beads, everyone's energy was infectious, and the joy of the occasion was palpable. Until next time, "laissez les bons temps rouler!"



## SOARING®: SUPPORTING THE SPIRIT



We all know the saying "April showers bring May flowers," but here in sunny Florida, spring has already arrived. And just like any season, it comes with typical activities we enjoy like gardening, putting out spring-y décor, taking a walk outside and much more.

For many, spring cleaning is also a ritual that accompanies the season. Even though it is not nearly as fun, going through stacks of old mail or deep cleaning drawers and closets has great value; it is an important part of keeping our spaces healthy and tidy. You may be thinking, "What does this have to do with Soaring in the Spirit?" In just the same way we need to clear out clutter and do some deep cleaning every so often in our homes, we also need this within ourselves. It is important for a healthy mind and spirit to do the same. If we were clearing through clutter in our houses, we might put things into boxes labeled, "keep, give away and trash." In just the same way we can do that within ourselves. Here are some ideas to ponder:

- **KEEP** – What are treasured memories that bring you joy? What are qualities you love about yourself (even ones you may have forgotten) that can still serve you well? What daily habits are good for your well-being you can keep in place?
- **GIVE AWAY** – Is there anything about yourself you can let go of? Is there anyone you need to forgive? Maybe this includes forgiving yourself, or freeing yourself from shame or disappointment.
- **TRASH** – Are there any insecurities you need to throw away? Any anger or resentment? These tend to keep us from thriving within ourselves and living a life with joy.

I imagine you can think of others, and I'd love to hear how you're doing with spring cleaning of your mind and spirit. If you need any help sorting through your "piles," I am always glad to be there for you. Let's get cleaning!

With love and friendship,

*Tracie Ashley*  
Spiritual Care Director

## TEAM MEMBER BIRTHDAYS

- Antoinette S. - 4/4
- Carolyn F. - 4/21
- Wyatt C. - 4/7
- Denise N. - 4/26
- Nyesha F. - 4/14
- Martha C. - 4/28

## THIS IS MY LIFE: CAROL

In the heart of Long Island, New York, a Christmas Eve miracle was born—Carol, affectionately named "Christmas Carol" by her mother. Growing up as the eldest among six siblings, Carol naturally assumed the role of caretaker, guided by her parents, Robert and Evelyn. Her father's craftsmanship in carpentry and subflooring not only shaped her upbringing but also instilled in her a strong work ethic and a knack for hands-on skills. Meanwhile, her mother's passion for sewing fostered creativity and a love for craftsmanship in Carol's life, culminating in her mother's handmade prom dress.



One highlight of Carol's childhood was her time at 4-H Camp, an experience she fondly recalls as a highlight of her youth. In matters of the heart, Carol's love story with her husband Charlie unfolded over persistence and devotion. Charlie's unwavering pursuit eventually won her over after three years, leading to a whirlwind romance and marriage three months later, just days after Valentine's Day.

Together, Carol and Charlie raised two sons, Charles and Carl, each carving their paths in the world of arts and hospitality. Charles' culinary expertise and flair for floral design is in high demand, while Carl, a musical prodigy since the age of 5, dazzled audiences with his first performance at 10. Immersed in jazz culture through his family, Carl has shared the stage with legends like Cecil Bridgewater and Jack Sheldon, jammed with the Duke Ellington Band, and now, after 13 years, shines alongside Billy Joel, even gracing the Grammy stage in February. Through his career, Carol frequented Rodney Dangerfield's club and watched jazz sessions with Johnny Carson and Merv Griffin. Carol fondly remembers that Nat Adderley told her family, "If you're betting on people, bet on Carl because this horse is going to win."

Carol's own journey took her through diverse career paths, from journalism to banking, and even door-to-door sales, where she overcame language barriers to share her faith by selling Bibles. Her dedication extended beyond her professional endeavors, as she played an active role in community initiatives, advocating for vocational training opportunities for youth through her involvement in PTA and the School Board of Education.

Now a cherished member of the Cypress Palms community, Carol continues to radiate warmth and enthusiasm, brightening every room with her infectious smile. Her recent initiative to start a choir here reflects her passion for music and community engagement, enriching the lives of her fellow residents. Thank you, Carol, for sharing your light with us!

## THANK YOU, VOLUNTEERS

National Volunteer Week will be celebrated from April 21–27. We will recognize our adult volunteers in their specific communities from April 23 to April 25, while our student and young adult volunteers will be recognized in a separate event in May.

Our resident and community volunteers are an essential part of our residents' lives, their families and our team. They have consistently supported various departments such as life enrichment/memory care, dining, nursing, marketing, volunteer services, spiritual care, The Learning Center, and Rock Steady Boxing. Recently, they have also started supporting the human resources, maintenance and transportation departments.

We now have an additional volunteer cornerman in our Rock Steady Boxing Program, and capable volunteers are assisting human resources. These selfless volunteers fulfill specific weekly requests from nursing by escorting residents who would like to stroll around the campus, as well as a recent request for a dog-walking volunteer. While this volunteer is providing a valuable service, she has also struck up a friendship with our resident, the pet's owner. Other volunteers have shared their organizational skills with our residents by assisting them in settling in when they first become residents.

I am pleased and proud of our amazing volunteers.

*Margie Ratcliff*  
Volunteer Services Director

## TEAM MEMBER OF THE MONTH: GERARDO



In the bustling corridors of Cypress Palms, there's a quiet force that brings a sparkle to our floors and a smile to our faces. Gerardo, our esteemed floor tech, embodies the essence of dedication, warmth and unwavering commitment to excellence.

Originally from Puerto Rico, Gerardo started his journey at Cypress Palms over four years ago. His meticulous attention to detail ensures that our floors gleam with pristine brilliance, creating an environment of comfort and cleanliness for all.

With two children, Gerardo treasures family time and enjoys refurbishing cars, attending concerts, and embarking on adventures. His roots in Puerto Rico instilled a love for animals, as he used to own a farm there. Plant Operations Director Peter states, "Gerardo always has a smile on his face and never says no." Housekeeping Supervisor Charisse appreciates his playful jokes that lighten the atmosphere with his teammates.

Congratulations on this well-deserved recognition, Gerardo! You truly embody the spirit of excellence at Cypress Palms.