

# GOOD Life News

at Cypress Palms

FEBRUARY 2018

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## Spirituality Spotlight

**Service of Remembrance:** Thursday, Feb. 15

Our quarterly Service of Remembrance will be held at 2 p.m. on Thursday, Feb. 15, in the 1st floor activity room. We will gather to remember Cypress Palms residents who passed away in October, November and December 2017. This is our opportunity to come together to celebrate the life we shared with each one of them here at Cypress Palms. Family, friends and staff are all invited.

**Ash Wednesday:** Wednesday, Feb. 14

Ashes will be distributed at Cypress Palms, room to room, by St. Catherine of Siena Parish. Becca will also be available to distribute ashes to residents wishing to receive them in observance of the beginning of the Christian season of Lent.

Prayer and Share continues each week at 10:30 a.m. in the 4th floor library. During this month of love, come experience God's love in this weekly gathering.

— Becca

## 100 Women Who Care Grant Award Reception

Debbie Truche of Caregivers Support Network is very pleased to announce that CSN has been selected by a philanthropic organization, 100 Women Who Care, to be awarded an \$11,400 grant. This grant will go directly to scholarship awards in 2018 in addition to our normal awards. As an added bonus, the Richard

M. Schulze Family Foundation is matching a portion of this donation which is expected to be around \$2,500. Julie Webster and Brenda George from 100 WWC and several representatives for CSN attended a reception at The Plaza on Thursday, Jan. 11, for the check presentation. A video highlighting Caregivers Support Network's origin and mission was shown to our guests to give them a sense of what CSN is all about. Debbie is honored that CSN has been chosen, and she is eager to share this news with all those on the campus who have contributed so generously to CSN throughout the years.



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

**Platinum  
Service®  
Standard #19**

*"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."*

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!



## Opportunity for Care Partners to Provide Feedback on Montessori Inspired Lifestyle

Our community has incorporated the Montessori Inspired Lifestyle (MIL) approach into Pearls of Life® to best discover the treasures within each resident. In addition to our community, The Goodman Group has implemented the Montessori approach in all of the managed senior living and health care communities in the state of Florida. This approach is the foundation of care provided to assisted living and memory care residents. The central values of this resident-driven approach are respect, dignity and equality shown to all persons.



One of our Pearls of Life residents, Bea K., demonstrating the Montessori lifestyle of a resident-driven activity.

We're dedicated to providing person-centered care, and as an effort to continuously improve that care, we want to hear from you. The Goodman Group is collaborating with Larkin University in Fort Lauderdale, Fla., and international expert and Fulbright Scholar, Dr. Norbert Vajda, to collect feedback.

Starting February 2018, we invite you to participate in a 30-45 minute interview either over the phone or in person at our community. The focus points will be communication with the residents, activities, environment, behavior and engagement, as well as family member's mood. All personal data will be protected.

Your participation is greatly appreciated as we seek to strengthen the program and provide even better services to the residents and their families.

If you are interested in learning more about the study, please contact Phyllis Gaspar, Ph.D, RN, National Director of Research and Development for The Goodman Group, at 419-280-5252 or let one of the leadership team members at the facility know you are interested.

Cypress is having a Family Night for 2nd Floor Pearls of Life residents and family members on Feb. 22 at 5 p.m. to roll out the Montessori program and answer any questions you may have. If you are interested in attending, please sign up with Jessica or Megan in Life Enrichment.

## Valentine's Day

Please join us for a lovely Valentine's Day Dinner on Feb. 14 at 5 p.m. Bring your sweetheart or a friend! Please let Life Enrichment know to reserve your spot by Feb. 7.

## Book Club: The Ocean at the End of the Lane

Attention all book lovers! Every third Wednesday at 2 p.m., join us for our monthly book club gathering! This month's book is about an unnamed man who returns to his hometown for a funeral and remembers events that began 40 years earlier.

Contact Life Enrichment for a copy of the book: "The Ocean at the End of the Lane!"



## New Neighbor Welcome

Please welcome:

Donald P.	Edwin K.	Helen H.
Margaret L.	John "Jack" C.	Mary B.
Janet G.	Kale H.	John B.

## Life Enrichment Outings

**Friday, Feb. 2, at 4 p.m.:** Dinner at Mellow Mushroom

**Wednesday, Feb. 7, at 11 a.m.:** Man Cave Outing to Hooters

**Tuesday, Feb. 13, at 9:30 a.m.:** Balloon Volleyball Competition

**Friday, Feb. 16, at 4 p.m.:** Dinner at Chili's

**Tuesday, Feb. 20, at 10 a.m.:** Shopping at Walmart and Lunch

**Wednesday, Feb. 28, at 10:30 a.m.:** Lunch at Golden Corral

## American Heart Month

With Valentine's Day and American Heart Month, February is focused on the heart.

Cardiovascular exercise is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.

Also, please join us in wearing red every Friday this month in order to raise awareness for American Heart Month.

## Resident Council New Time

Resident Council will now be held on the third Thursday of the month starting at 10 a.m., followed by Food Chat at 10:30 a.m. Come and let your voice be heard! The next meeting is on Feb. 15.

## Resident Spotlight: Donna C. and Doggie!

Donna was born in Plymouth, Ind. She moved to Florida when she was 13. Donna was married for 11 years and has twin boys, Michael and Matthew, and a daughter, Denise, who works as an LPN at Cypress. Donna worked in the '60s as a Soda Jerk as well as for AT&T Paradyne for several years, then went to work on a school board and as secretary to the principal at a Special Ed. School in Pinellas County.

Donna is very friendly and likes meeting new people. In school, Donna was voted most hilarious and had to wear a football uniform to have pictures taken for the yearbook! Donna has won many awards for synchronized swimming for the state of Florida and has even imitated Emmett Kelley and had lunch with him. Donna's parents were members of Tides Hotel and Bath Club, where she met many famous people, including Marilyn Monroe. Donna has a little Parti Yorkie named Doggie who loves to be held and visit!



## Photo of the Month!



Erma O. celebrating her 100th birthday with the King of Rock himself, Elvis!

## Resident Birthdays

Joann N., 5th  
Myrl D., 12th  
Margaret Lynne H., 20th  
Loretta K., 23rd  
Donna C., 24th  
Kenneth M., 27th

## Employee Birthdays

Denise Mccall, 1st  
Nicole Gordon, 2nd  
William Crawford, 4th  
Carlos Bobe, 4th  
Roqual Tillman, 5th  
Kylee Barkman, 10th  
Denise Stephens, 13th  
Luke Kidd, 13th  
Elisei Carcalete, 18th  
Tania Morgan, 18th  
Nacole Jones, 19th  
Nykia Bell, 20th  
Kuma Puiyi Blackburn, 21st  
Michael Mabel, 22nd  
Kurtisha Williams, 24th  
Rebecca Sun, 28th





## Staff

**Executive Director**

Victor J.  
Piperata II

**Director of Nursing**

Dianna  
Slutzker, RN

**Life Enrichment  
Director**

Jessica  
Baranowski, CTRS

**Director of  
Marketing**

Michelle Cooper

**Director of  
Community  
Relations**

Adriane Evert

**Resident Care  
Coordinator**

Brittany Masi

**Memory Care  
Coordinator**

Denise Noyes

**Life Enrichment  
Coordinator**

Megan Hays,  
Sand Pearl,  
Pearl Essence

**Life Enrichment  
Coordinator**

Johnny Limbaugh,  
Assisted Living

**Resident Services  
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Marnie Matheny

**Executive Chef**

Chris Lyons

**Plant Operations  
Director**

Peter Sala

**Platinum Service®  
Ambassador**

Kay Sherman

**Spiritual Director**

Becca Bass

## “Sharing the Love” Rock Messages

Join us on Feb. 1 at 2 p.m. to “share the love” by painting inspirational sayings on rocks that we will then put out into the community to hopefully inspire others. This movement is called the “Kindness Rocks Project.” On each of the rocks, we will put the hashtag #CypressRocks so we can follow each of our rocks on their journey of love via social media. Below are examples of different rock messages.



### Like Us on Facebook

@CypressALF

Visit [facebook.com/CypressALF](https://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!