

GOOD Life News

at Cypress Palms

MAY 2017

www.cypressalf.com

Cinco de Mayo Fiesta

Cinco de Mayo — or the fifth of May — commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.

Here at Cypress, we are celebrating the Mexican holiday with a scrumptious taco bar and margaritas! The party starts at 2 p.m. with a fun and upbeat mariachi band but come down starting at 1:30 p.m. for a special Latin Dance performance! It will be a day full of Mexican celebrations you won't want to miss!



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

**Step into
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Spirituality Spotlight

Did you know The Goodman Group's spirituality program is called "Soaring — Supporting the Spirit"? That is why I am here at Cypress Palms, to do all I can to support the spirits of our residents. Sometimes, that involves religious or spiritual programming (like my weekly Prayer and Share). Most of all, I spend time visiting with residents one-to-one, companioning them in this season of life, honoring each person's unique journey. Sometimes, residents come together for a common project to help others, as happens at Palms with a Purpose to be held this month on Monday, May 15. Helping others can help spirits soar!

One of the most sacred aspects of our program is helping one another say goodbye. When one of our residents passes away, we need to take time to remember each one, celebrating the time we shared at Cypress Palms. I want to announce we will begin holding a "Service of Remembrance" periodically to honor Cypress Palms residents who have passed. The first of these services will be held on Thursday, June 1, at 2 p.m. Invitations are being extended to families of those who have passed away in 2017. I hope residents, staff and families will plan to attend this special occasion.

— Becca

Ballroom Dancing for Seniors!

Cypress is teaming up with Magic Dance Club to bring you ballroom dancing for Seniors!

“If dance is an expression of the human spirit, then it is best expressed by people of all abilities.”

Now, let’s remove the old stereotypes about the elderly.

Our seniors come from a generation who love to learn new things. They have seen the world evolve in ways those much younger than them have a hard time imagining.

If you are immobile or in a wheelchair because of the effects of aging, dancing can have a substantial impact on your mental and physical health.

Dance was a popular social event for many of our seniors in their youth. They would attend military dance gatherings, ballroom dance events and even country club socials. They enjoyed dancing the Jitter Jive, Swing, Waltz, Cha-Cha, Tango, Conga and Boogie-Woogie in the ‘30s-‘50s. Then the ‘60s brought the Chicken Dance, Bunny Hop and the oh-so-popular Twist. Our seniors love of music and dance has not diminished in their old age.

Jasmine Pasch, author of In Touch, wrote “We must not underestimate the effect of enjoyment. Having fun is a serious business, with dramatic effects on human well-being.” The benefits of dancing are numerous for the elderly. It doesn’t matter if they are in a wheelchair or suffering from Alzheimer’s disease, dancing will bring about positive effects on the person’s life, and well being.

- Dancing rejuvenates the spirit: Dance can be considered a form of “fun” exercise, and we all are aware of the benefits exercise has on our moods and bodies. Music alone has a way of taking us back in time, jogging our memories to recall things that may have been forgotten otherwise. Reminisce and remember the good ole’ days. Reduce stress, increase energy, muscle tone, coordination and flexibility, and even get a better night’s sleep.
- Dancing builds confidence and reduces social isolation: Heather Hill, a dance therapist from Australia and author of the book “Invitation to the Dance: Dance for people with dementia and their carers” believes dance for a person with dementia is a form of communication between two people. Caregivers have been amazed by the connections music had in stimulating concealed emotions, and in some cases verbalization that hadn’t been noted before.
- Dancing lowers certain risks to your health: The National Heart, Lung and Blood Institute reports dancing can reduce your risks of heart disease and lower your blood pressure. Dancing builds stamina, which in turn helps improve the circulatory system, and sweating, which releases toxins from your body. The researchers at Albert Einstein Center in Philadelphia, Pa., have found the mental challenges associated with the memorizing of dance steps are essential for brain health — this in turn, reduces the risk of developing dementia and Alzheimer’s disease.

There are many seniors today already experiencing the joys and health benefits that dance has brought and continues to bring to their lives. The social aspect of dancing alone is helping seniors to stay connected with others, feel young again, bring spontaneity back to their lives and express themselves through the meaningful movements of dance that happen so naturally to the tune of music. Whether you suffer from Alzheimer’s disease or you are confined to a wheelchair, don’t minimize your abilities. Music and dance can produce many rewards in your life!

We will be taking the bus to Magic Dance Club on May 10, at 10 a.m. Please sign up with Jessica in Life Enrichment if you are interested in this fun and exciting opportunity!



Dancing is an expression of happiness.

New Neighbor Welcome

Please welcome:

Geri C.

Vera B.

Bea K.

Marie A.

James K.

Memorial Day

Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades.

Please join us at the Plaza the Friday before Memorial Day, May 26, at 11 a.m., for a special Memorial Day Celebration to honor all of our fallen heroes who gave their life to protect our country. We will be providing golf cart rides to and from the Plaza starting at 10:30 a.m.

On Memorial Day, May 29, we will be hosting a Memorial Day BBQ starting at 12 p.m. Please sign up with Jessica in Life Enrichment if you would like to attend the BBQ!



Seder Meal

Passover began with a first night Seder hosted by Regal Palms. Jewish residents from Cypress Palms joined residents and families from all five facilities on The Palms of Largo campus. The Passover Seder was led by Cantorial Soloist Laura Berkson from Temple B’Nai Israel. Songs, prayers, a festive Seder plate and a delicious Passover feast were enjoyed by all. Residents shared memories of their family Passover celebrations as all joined the festivities. Spiritual Director Becca Bass remarked, “It was a privilege to join this remarkable celebration highlighted by the retelling of the Exodus story. What a joy it was to gather our Jewish residents together from Imperial, Royal, Regal, Cypress and Sabal Palms as one Palms of Largo community.”



Becca and Reba G. enjoying their meal together!

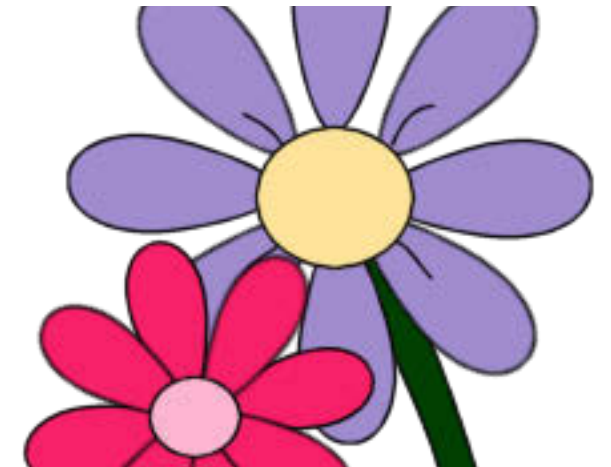
Mother’s Day Brunch

Please join us for a lovely Mother’s Day Brunch on May 14! We will be serving a buffet-style meal with Carved Turkey Breast, Carved Pork Tenderloin, a Shrimp Scampi Station, a Pasta Station, Assorted Breakfast Pastries, Breakfast Lasagna and an Assorted Dessert Table. Denise will be our lovely entertainment on the harp. If you would like to attend, please sign up at the Front Desk by May 8!



Flower Fridays!

To celebrate May and spring, please wear flowers every Friday this month!



Resident Birthdays

James F., 16th

Ada G., 19th

James N., 29th

Shirley W., 31st

Employee Birthdays

Alice Garcia- Lara, 5th

Emma Maldonado, 8th

Johnny Limbaugh Jr., 20th

Emily Hall, 25th

Elizabeth Bennett, 29th



400 Lake Avenue NE
Largo, FL 33771
727-559-7888
ALF #8113



A PLATINUM SERVICE®
COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director
Victor J. Piperata II

Director of Nursing
Dianna Slutzker, RN

Life Enrichment Director
Jessica Hartle, 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 Director
Marnie Matheny

Executive Chef
Chris Lyons

Plant Operations Director
Peter Sala

Platinum Service® Ambassador
Kay Sherman

Spiritual Director
Becca Bass

Life Enrichment Outings

May 3 at 11 a.m.: The Man Cave's Lunch Outing to Longhorn Steakhouse

May 10 at 10 a.m.: Ballroom Dancing lessons for Seniors!

May 12 at 4 p.m.: Dinner at Smokey Bones

May 17 at 10 a.m.: Shopping at Target and Lunch

May 25 at 12 p.m.: Lunch at the Plaza

May 26 at 4 p.m.: Out to Dinner at Grill Smith

May 31 at 10:30 a.m.: Out to the Beach and Lunch at Palm Pavilion



Like Us on Facebook

Go to 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!