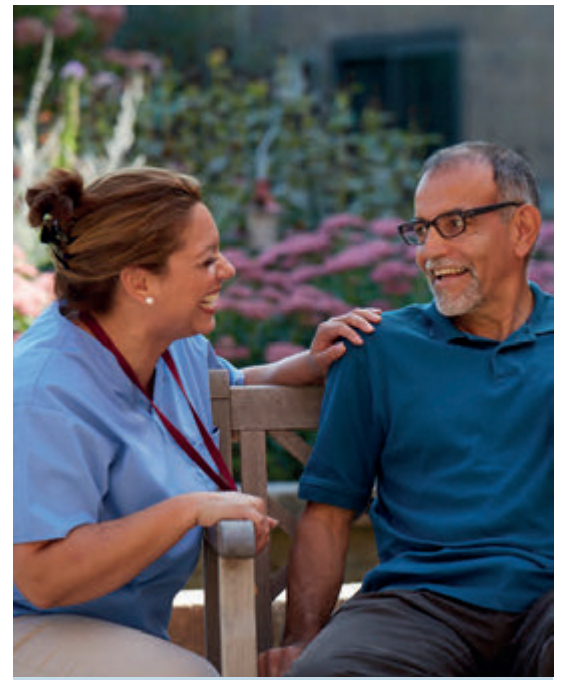


GOOD Life News

at Cypress Palms

NOVEMBER 2018

www.cypressalf.com



The Fight Against Alzheimer's

National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide. Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease.

Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention. Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer's Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages. Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion and familiar music from the patient's past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult. Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer's to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.

To do our part, Cypress will be having an Alzheimer's Bake Sale on Nov. 16 in order to raise money for the cause and spread awareness. If you would like to donate baked goods for the sale, please see Jessica in Life Enrichment. Join us in wearing purple every Friday this month as well!



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

**Platinum Service®
Standard #4**

"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.

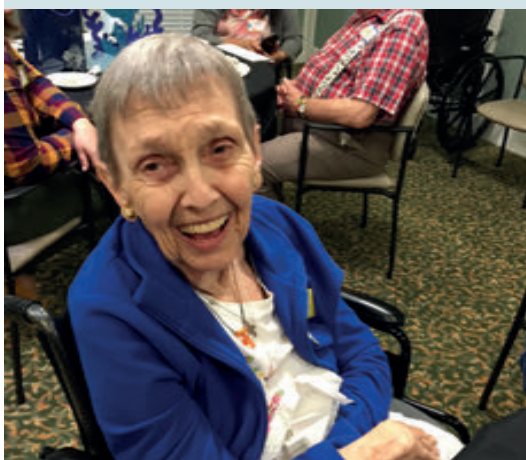
New Neighbor Welcome

Please welcome:

- Helen M.
- Roy H.
- Chong B.
- Jean W.
- Betty H.
- Charles "Chuck" G.
- George T.
- Katherine "Kay" B.

Resident Spotlight: Catherine T.!

Catherine was born in Chicago, Ill. She is the middle child of two sisters. She attended Secretary School and from there, worked for Material Service Corp., which is the environmental and safety department, for 17 years. She loved ballroom dancing at her favorite place, The Paradise Ballroom, where she met her husband, Carl, who she was married to for over 50 years. The night they met, her husband actually asked her friend to dance, and when her friend declined, he then asked Catherine, which she obviously accepted, stating "He was a hunk!" That dance worked out for the both of them because they went on to dance together for the rest of their lives! Catherine and her husband had two kids together, a daughter and son. They lived in Chicago until they got married, then moved to Lyons, Ill. Her kids ended up moving to Florida when they grew up, so Catherine and her husband followed and she has been living here ever since. Catherine loves the active lifestyle at Cypress Palms and can be found participating in all of the many exciting programs offered here. If you see her in the hallway, make sure you stop and say hello!



Pink Photos of the Month!



Residents and staff dressed in pink for Breast Cancer Awareness Month!



Loretta was our lovely sales woman for our Breast Cancer Awareness Fundraiser!

Employee of the Month: Becca Bass!

Becca has served as Spiritual Director since August 2016. She loves spending time with residents individually and in the range of programs she has developed, including Prayer and Share offered weekly. Becca truly values working alongside Maryann Gillooly to meet the spiritual and religious needs of our residents. Becca enjoys music, playing her flute, doing agility training with her dog, Teddy, and playing golf. Becca has been a wonderful addition to Cypress Palms, and we are so lucky to have her on our team! Thanks for all you do, Becca!



Soaring: Supporting the Spirit

November is a time for giving thanks. Did you know that having an attitude of gratitude has been said to boost the immune system, lead to better sleep, lower blood pressure and decrease loneliness? Sounds like a winner to me. How about starting a gratitude list, just three things a day?

One way to cultivate gratitude is to help others in need. Palms with a Purpose, our way of giving back to the community, will be held on Monday, Nov. 12, at 10 a.m. Join us in the first floor activity room to assemble personal care items for residents at the Bay Pines VA facility. As we honor our veterans, we hope this activity will be a way for us to express our gratitude towards those who have served our country.

There are many activities planned to support the spirit at Cypress Palms including Faith in Film on Monday, Nov. 19, and our weekly Prayer and Share on Thursdays at 10:30 a.m.

I am grateful for each of you!

— Becca

Thanksgiving

Our Thanksgiving meal will consist of:

- Deviled Eggs
- Autumn Pear Salad with Raspberry Vinaigrette
- (Bibb Lettuce, Cucumber, Red Onion, Pears, Toasted Walnuts and Blue Cheese Crumbles)
- Cream of Mushroom Soup
- Roasted Turkey Breast
- Mashed Potatoes with Gravy
- String Beans with Garlic Butter
- Celery and Herb Bread Stuffing
- Honey Glazed Virginia Ham
- Candied Yams
- Roasted Brussels Sprouts and Butternut Squash Medley
- Pumpkin or Pecan Pie

If you are interested in attending this meal on Nov. 22, please sign up at the Front Desk by Nov. 15. Guests are \$15.



Holiday Tree Lighting

Come down on Nov. 28, at 6 p.m., and watch as the Lobby comes to life! We will be having a Holiday Tree Lighting party as we turn on all of the Christmas lights together. Live music, Christmas carolers and a cookie and hot chocolate station are just some of the events happening during our Tree Lighting. We will also have a special surprise visit from Santa you won't want to miss! Put on your Christmas sweater and come enjoy this wonderful event with family and friends to get you into the Holiday spirit!



Veterans Day

To honor our veterans this Veterans Day, we will be having a Veterans Day Ceremony and entertainment on Nov. 12 at 2 p.m. Please join us in honoring our veterans and enjoying live entertainment and refreshments. We will also be taking part in a Palms with a Purpose event at 10 a.m. to put together care packages to send to the soldiers serving in Iraq to brighten up their holiday season. Don't miss out on being part of this great community service event.



Life Enrichment Outings

Friday, Nov. 2, at 4 p.m.: Dinner at Bob Evans

Tuesday, Nov. 6, at 10:30 a.m.: Lunch at Cozy Corner

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

Friday, Nov. 16, at 4 p.m.: Dinner at PJ's Oyster Bar

Tuesday, Nov. 20, at 10 a.m.: Shopping at Dollar Tree and Lunch

Tuesday, Nov. 27, at 10:30 a.m.: Lunch at Cracker Barrel

Thursday Lunches

Starting in November, Thursday lunches downstairs in the Auditorium will be taking place on the first and third Thursday of each month. Lunch will be served in the Auditorium from 12-1:30 p.m., on a first come first serve basis on those days. In November, they fall on Nov. 1 and Nov. 15. On the same note, the Resident Breakfast Club will be switching from the third Thursday to the first Tuesday starting Nov. 6. If you have any questions regarding these two events, please contact Chef Mat at x3356.

Resident Birthdays

Mason C., 11th

Janet J., 23rd

Employee Birthdays

Michelle Cooper, 1st Martinez Vidalina, 9th

Vivian Lyonga, 6th Loretto Talley, 14th

Angelor Williams, 7th Dianna Slutzker, 19th

Amoy Bonner, 8th Yvonne Yeorgans, 20th

Kathleen Sutton, 9th



CYPRESS PALMS

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ALF #8113

MANAGED BY
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Life Enrichment Director

Jessica Baranowski, CTRS

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Michelle Cooper

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Memory Care Coordinator

Cindy Elliott

Resident Services Director

Marnie Matheny

Executive Chef

Mathew Varner

Plant Operations Director

Peter Sala

Platinum Service® Ambassador

Kay Sherman

Spiritual Director

Becca Bass

No Tipping Policy

With the Holiday season approaching, please keep in mind Cypress has a no tipping policy. We understand our staff work very hard and you would like to thank them in some way, especially around the holidays. If that is the case, we do offer an Employee Holiday fund for staff to receive a bonus at Christmas time. If you are interested in donating to this fund, please see the Front Desk for details.

Carmen S., Resident Council Treasurer



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!