

# GOOD Life News

at Cypress Palms

AUGUST 2018

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## Resident Spotlight: Royce H.

Royce was born in Ashburn, Ga., and is one of four siblings. Royce went to college for three years and then went on to medical school for four years, where he was a part of Alpha Omega Alpha Honor Medical Society. Right after college, Royce joined the Air Force as a general medical doctor. He performed surgeries, delivered babies and worked with general medicine. After his time in the military, Royce eventually made it down to Florida and became an orthopedic surgeon in St. Petersburg. Royce has three children with his wife of over 40 years, Jane. Royce loves playing golf, laughing and socializing with others! He says: "I'm not 90, I'm 18 with 72 years of experience!"



*Royce with a picture of the house he was born in Ashburn, Ga.!*

## Employee of the Month: Nicole Uschak!

Nicole has worked at Cypress Palms for about two years, starting off as a Life Enrichment Assistant. She has now been the receptionist for one year. She loves to do arts and crafts and will occasionally help out the Life Enrichment team with gift baskets for special events! She also loves going to the beach, so if you can't find her, that's where "shell" be! Nicole's smiling face is what our visitors and family members first see when arriving at Cypress Palms. She greets everyone who walks into our building with a smile and a positive attitude. Thank you, Nicole, for being a part of our Cypress team!



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

**30 Years  
Recognizing  
Senior  
Citizens Day**

The United States Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom, leadership, and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include: starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

## Photos of the Month



Statia and Nancy working hard painting their picture at Paint and Sip!



Steve enjoying an Ages Entwined® moment with a child from the Learning Center!



Jack and his family celebrating his 101st birthday!

## Multicultural Fair

A multitude of cultures are coming to Cypress Palms! Come down on Aug. 17, from 10 a.m. to 12 p.m., and learn about different countries and their cultures including India, Scotland, Thailand, Germany, Ukraine, Italy and Bulgaria! From sampling foods to enjoying their different entertainment, you won't want to miss out on this unique learning opportunity. Following the event, join us for a Bulgarian "Sharenitsa" Folk Dance as well as a Didgeridoo Down Under Happy Hour to enjoy an authentic Australian performance! It will be a day to immerse yourself in a variety of cultures; don't miss out!



## Soaring: Supporting the Spirit by Becca Bass, Spiritual Director

With great frequency, I hear the words "thank you" in the air at Cypress Palms. One wise person wrote: "If the only prayer we ever say is 'Thank you,' that would be enough!" Of course, life is not that simple, but having a grateful heart puts smiles on our faces and on the faces of those around us. The month of August is a long, hot one. I hope some of the following programs will "support your spirit" in the coming days:

Join me for Faith in Film on Monday, Aug. 13, at 5:30 p.m., in AR1. Come join us for pizza, pop and the movie! Also, to celebrate the 50th Anniversary of the Diocese of St. Petersburg, we are offering a tour and Mass at St. Jude Cathedral on Monday, Aug. 27. Sign up with Life Enrichment. We will use our helping hands to help others during Palms With A Purpose on Wednesday, Aug. 1, at 4 p.m. These are just a few of the programs intended to lift your spirits during the dog days of summer. Stay cool and stay connected!

## Resident Birthdays

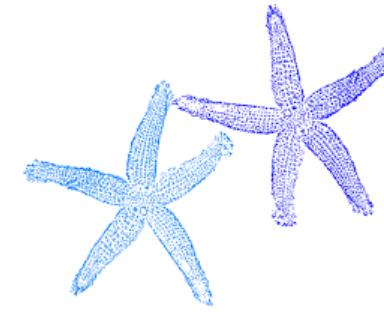
Virginia J., 5th      Pauline B., 10th      Andree M., 21st  
Ruth H., 7th      Ingeborg P., 14th      Ellen R., 28th  
Martha C., 9th      Keith S., 15th

## Employee Birthdays

Alisha Suttle, 3rd      Mikaele Legrand, 11th  
Brittany Lamar, 5th      Pamela Thomas, 12th  
Renee Beyett-Harris, 6th      Luis Espinoza Campos, 18th  
Kyla Harris, 7th      Jael Carrera Alsina, 22nd  
Kwesi Owusu, 9th      Leah Maputol, 23rd  
Nicole Uschak, 11th      Brittany Osborne, 25th

## Friendship Day!

Did you know Aug. 5 is Friendship Day? To celebrate, on Aug. 9, we are teaming with Regal Palms to bring you a fun day of meeting new friends! The theme is "Under the Sea," and residents from Regal Palms will be joining us for this "fin-tastic" event! The "sail-ection" of themed refreshments, "cray-sea" good entertainment and "dolphin-ately" delightful decorations will be so "spe-shell", that by the end of the event, you'll "shore-ly" "fish" we had more time! Bring a friend and come to this "boat-iful" gathering of friendship; anyone is "whale-come!"



## Theme Days

Friday, Aug. 3: Palm Trees for summer!  
Friday, Aug. 10: Tacky Day because why not?  
Friday, Aug. 17: Multicultural for the Multicultural Fair!  
Friday, Aug. 24: Sunglasses for August!  
Friday, Aug. 31: Cowboy for the Western Hoedown!

## Life Enrichment Outings

Friday, Aug. 3 at 4 p.m.: Biff's Burger Car Show  
Tuesday, Aug. 7 at 10:30 a.m.: Lunch at Duff's Buffet  
Tuesday, Aug. 14 at 10 a.m.: Hard Rock Casino  
Tuesday, Aug. 21 at 10 a.m.: Shopping at Walmart  
Friday, Aug. 24 at 4 p.m.: Dinner at Red Lobster  
Tuesday, Aug. 28 at 10 a.m.: Western Museum, \$15  
Please sign up with Life Enrichment as soon as possible, as seating on the bus is limited.

## New Neighbor Welcome

Please welcome:

- Donald H.
- Claire L.
- Carol C.
- Joanne W.
- Margaret (Peggy) G.

## Western Hoedown

Howdy! On Aug. 31, come on down to the Saloon and enjoy a Western Hoedown! With your favorite entertainers Keith Coleman and Ruby Tuesday as Johnny Cash and June Carter and a special performance by a fabulous group of line dancers, you won't want to miss out on the fun, ya'll! Put on your cowboy hat and jeans and saddle up for a dag-on good time!

Earlier in the week, we will also be taking a trip to the James Museum of Western Wildlife and Art Exhibit! The tickets are \$15; please sign up with Life Enrichment if you are interested in going!

Yeehaw!



## '60s Tuesday Night Mixer: Woodstock

You asked, we answered! Starting every month, we will be offering different music from the 1960s until now! We understand the population at Cypress Palms is forever changing, and we need to change along with it!

On Aug. 7, join us for a Tuesday Night mixer with the theme that all of our '60s babies will remember: Woodstock, which actually took place 49 years ago this month. Bring your tie dye and your bell bottoms and enjoy live entertainment from the Rolling Stones, Jimi Hendrix and even Led Zeppelin! Let your inner Flower Child loose and come "jam" out to this far out and groovy Woodstock party a go-go! Peace out!





CYPRESS PALMS

Senior Living

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ALF #8113

MANAGED BY  
 The Goodman Group

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Becca Bass

## TED Talks

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment

and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages.

Every other week, we will be choosing a new TED Talk to project on the big screen, followed by a discussion of the topic. The two topics for the month of August are “How Language Shapes the Way We Think” and “Let’s Change the Way We Think About Old Age.”

Check out your calendar for dates and times!

**TED**  
Ideas worth spreading



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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!