

GOOD Life News

at Cypress Palms

AUGUST 2017

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Victor's View

Cypress Palms is excited to welcome our new pharmacy, ValueMed by PharMerica, to our campus! We transition Aug. 1. ValueMed by PharMerica has served the pharmacy needs of assisted living and nursing facilities for over 30 years, operating over 100 pharmacy locations that fulfill the daily medication needs of hundreds of thousands of assisted living and nursing facility residents throughout the country. At PharMerica, they have a singular focus on service, collaborating with their clients to develop products and services that help them provide quality care, control costs and remain compliant with ever-changing regulations. ValueMed will host several family education nights in August to answer questions, assist with transition and address concerns. We will post and share event times once they are confirmed. This is a great added value to our campus, to our residents and families — we are very excited about this partnership!



Sincerely,

Victor

Executive Director

Employee of the Month: Denise McCall!

Denise has been a nurse for her entire career with a background in Pediatric Hospice and ALF administration. She has been at Cypress for about seven months. Denise is married with one daughter. Her fellow employees describe her as warm and caring, as well as positive and upbeat! She loves her Maltese dog, Izzy, and enjoys bringing her in on weekends to visit with the residents. On top of that, she is very festive and enjoys getting all the staff to dress up during the holidays! Thank you for all you do, Denise; Cypress is lucky to have you!



Our Talk. Our Walk. Every Day! 29 Years Recognizing Senior Citizens Day

The U.S. 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.

Boop-oop-a-doop!

Betty Boop is celebrating her 87th anniversary on Aug. 9! Created by Max Fleischer, Betty has gone from a cartoon character depicted as a French poodle in the animated short "Dizzy Dishes," released on Aug. 9, 1930, to curvaceous sex symbol two years later, to merchandising icon today. Boop, whose red dress, bob haircut, saucerlike eyes and gold loop earrings are indelible, has starred in more than 100 cartoons, two syndicated comic strips and two animated musical TV specials on CBS. Although Clara Bow is often given as being the model for Boop, she actually began as a caricature of singer Helen Kane. Help us celebrate Betty's anniversary by watching a special showing of her cartoons and paying tribute by making a Betty Boop craft involving wine glasses! Don't miss out on all of the fun, Betty Boop-esque programs taking place on Aug. 9!



The Palms of Largo Valiant Veteran Art Therapy Program

The Plaza has partnered with The Veterans Art Center of Tampa Bay and artist, author and entrepreneur, Kathy Saltamacchio. We are excited and so proud to be offering this great program to our Palms of Largo Veterans.

About this unique opportunity:

- Every Tuesday from 11 a.m.-3 p.m.
- Art exhibit and showcase
- Assistance as needed to all participants
- Classical music will be introduced into sessions
- Field Trips to local art museums
- History will be given on art and art therapy
- Opportunities for nature painting
- Testimonials appreciated from participants at the end of course

Please let Jessica in Life Enrichment know if you are interested and need assistance getting to the Plaza!



Resident Spotlight: Arcola "Koli" W.!

Koli was born in 1929 in Warsaw, N.Y. She married her husband, Bruce, when she was 21, and they raised one son named Steven together. Before being a housewife and staying home to raise her son, she worked for her father at his General Electric Appliance Store. She would occasionally work for her husband's father, as well, doing insurance. She and her husband moved to Florida in her late 20s. Koli enjoyed volunteering in the church and in schools during her free time. She was very active in her youth and especially enjoyed skiing and swimming! Even though her grandkids and great-grandkids live all around the world, she loves when they come and visit her as often as they can. Koli enjoys life here at Cypress as a silent observer but always with a smile. Be sure to stop and say hello if you see her in the hallway!



Chef's Creations

Ever wonder what goes in to my cooking? Want in on the secrets? Please join me in a new program titled "Chef's Creations," where I will be cooking for you! At this special cooking demonstration once a month, I will be cooking a special treat, all right in front of you. It will be interactive and educational! You will have the opportunity to taste my creation and tell me what you think. Suggestions are welcome. I will see you on the first Thursday of every month!



— Chef Chris

Fashion Show and Tea

Cypress will be putting on a Fashion Show and Tea Party on Aug. 10, at 2 p.m. Come down to "ooh and aah" over our beautiful and familiar models! We are modeling clothes from BonWorth, and you will be able to purchase anything you see, plus more, for a discounted price. Tea and treats will be served. If you would like to be a model, please see Life Enrichment!

Matinee Opera Players Presents: Summer Lovin'

Are you looking for the perfect way to spend a Sunday afternoon? Well, look no further! The Resident Opera Company of Pinellas Park is more than just opera; they perform a show tune or two, a popular song or two and of course, selected arias from well-known operas. They will be performing at the Performing Arts Center on Aug. 6. Their show will focus on romance and composers like Wagner, Verdi and Schubert. There will also be a special act, Divonnicci, a classical crossover trio, performing with them.

There will be free snacks at intermission, raffles and door prizes in an air-conditioned and very accessible theater. \$5 admission fee per person. Please sign up with Jessica in Life Enrichment if you are interested in attending.



Spirituality Spotlight

Whatever form spirituality takes, Soaring™, a Goodman Group proprietary program, supports residents in finding peace and purpose. We understand that everyone wants to live each day as fully as possible. This program is a unique approach to spiritual care. It's unlike any program at the intersection of senior living and health care, and it's making a real impact.

Becca Bass, Spiritual Director, is readily available for you. Her direct line is 727-674-4687. You can also ask the receptionist to take down your contact information, and Becca will get in touch with you. Becca is available for visits with individual residents and also offers programs at Cypress Palms.

Life Enrichment Outings

Wednesday, Aug. 2, at 11 a.m.: Man Cave Outing to Mugs

Friday, Aug. 18, at 4 p.m.: Dinner at Red Lobster

Sunday, Aug. 6, at 2 p.m.: Matinee Opera Players

Wednesday, Aug. 23, at 10:30 a.m.: Picnic at Eagle Lake Park

Wednesday, Aug. 9, at 10 a.m.: Shopping at Dollar Tree and Lunch

Wednesday, Aug. 30, at 10 a.m.: Hard Rock Casino and Lunch

New Neighbor Welcome

Please welcome:

Robert W.
Raymond M.
Loren H.
Helga T.

Joseph M.
Peggy M.
Larry S.
Samuel R.

Blanca M.
Roger H.
Kathryn H.

Happy Birthday, Lucille Ball!

The woman who will always be remembered as the crazy, accident-prone, lovable Lucy Ricardo was born Lucille Desiree Ball on Aug. 6, 1911, in Jamestown, N.Y. With "I Love Lucy" (1951), she and Desi pioneered the three-camera technique now the standard in filming sitcoms and the concept of syndicating television programs. Lucille Ball died at home, age 77, of an acute aortic aneurysm on April 26, 1989, in Beverly Hills, Calif.

To celebrate Lucille Ball's birthday this month, come downstairs every Tuesday at 6 p.m. to watch reruns of "I Love Lucy!" and reminisce about all the laughs you used to have with Lucille on the screen!



Resident Birthdays

Jeanne F., 1st
Arazella D., 1st
Virginia J., 5th
Keith S., 15th
Olney A., 18th

Employee Birthdays

Alisha Suttle, 3rd
Brittany Lamar, 5th
Renee Beyett-Harris, 6th
Kyla Harris, 7th
Kwesi Owusu, 9th
Nicole Uschak, 11th
Luis Espinoza Campos, 18th
Junior Fuller, 20th
Brittany Osborne, 25th



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Executive Chef
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Plant Operations Director
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Spiritual Director
Becca Bass

Art Show: Aug. 24

Come downstairs between 2 and 4 p.m. for a special Cypress Resident Art Show! We will be showcasing the lovely art work our creative residents have made; art they have done here at Cypress or in the past that they would like to show off! From 2:30-3:30 p.m., we will also have a strolling flamenco guitarist to keep us entertained while you look around! If you would like to be a part of the Art Show and showcase art from now or from the past, please contact Jessica in Life Enrichment to reserve a spot.



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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!