

GOOD Life News

at Cypress Palms

JUNE 2018

www.cypressalf.com



Victor's View

Cypress Palms and My InnerView — we need your input! As the Executive Director, I want to be sure we are delivering The Platinum Service® Standards as outlined by The Goodman Group to our residents, families and other involved individuals. Cypress Palms will be conducting this survey annually, and response rate is critical. We need to have a response rate of 90 percent; if we send out 100 surveys, we need 90 back to best gauge our performance and create a plan to address. We want to earn your Excellent Responses!

We are committed to providing excellent care and service. My InnerView, an independent outside resource, has been commissioned to conduct a satisfaction survey of our residents, families and other involved individuals. We are asking for your assistance in completing the short survey, designed to give us feedback on levels of satisfaction with the care and service we provide. Your input will help us in two very important ways. It will help us identify opportunities for improvement, and it will also help us to identify areas in which our staff has achieved excellence in the care and service they deliver.

Watch your mail for this envelope! The envelope will contain the survey from My InnerView.

Important Information:

- It will take only a few minutes of your time to complete the survey.
- Your responses are confidential. Surveys are processed by My InnerView and a summary report is prepared. This report does not include any information that can be linked to individual responses.
- There is a form for written comments. If you choose to submit comments, the form will be shared with us. It is not necessary for you to identify yourself on the survey or comment form.
- We strive for excellence, and we need your input so we can continue to improve in areas that are important to you.

Stay Tuned:

We will notify you when the window opens to complete the survey either through letters, posters, word of mouth, etc. The round-about dates will fall in June.

For more information about this survey, go to www.myinnerview.com/satisfaction.

We appreciate your time and assistance, and thank you for choosing Cypress Palms!

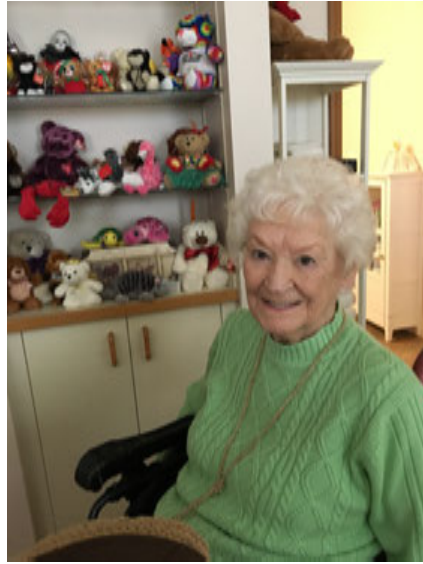
**Our Talk.
Our Walk.
Every Day!**

National Safety Month

Summer is a great time to start thinking about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month to help raise safety awareness. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.

Resident Spotlight: Mary S.!

Mary was born and raised in Pittsburgh, Pa. She and her husband, William, had two sons together. Mary worked in the Empire State Building for 10 years as a comptometer operator! She actually worked on the 17th floor at the Empire State Building in 1945 when the B25 Crash took place. Luckily, she had taken that day off! Mary hates the cold, so she and her family decided to move down here to the sunshine state! Mary had a passion for makeup and loves experimenting with it. Therefore, she became a cosmetologist for 10 years! Her hobbies include ceramics, sewing and reading autobiographies. She also loves all animals, the outdoors and swimming. If you spot her in the hallway, stop and chat for awhile! Hint: you can usually find her in our arts and crafts programs!



Father's Day Lunch

Please join us for a fantastic Father's Day Lunch to celebrate our wonderful fathers on June 17 at 12 p.m. We will be serving BBQ ribs, grilled ribeye steak with bourbon glazed shrimp, twice baked potatoes, sauteed baby carrots and chocolate lava cake for dessert! Nick Smart will be playing all of your favorite tunes on the piano immediately following lunch, so stick around and enjoy! If you would like to sign up for this lunch, please contact the Front Desk by June 11!



Save the Dates

June 7 at 2 p.m.: During National Fishing and Boating Week, we are grabbing our poles and heading to the lake to go fishing (just behind Cypress)!

June 15 at 1:30 p.m.: An ice cream truck is coming to Cypress Palms for National Flip Flop Day! Your first ice cream is on us!

June 23: Pink Flamingo Day! Come down and enjoy a special Flamingo Bingo at 1:30 p.m.!

June 25 at 9 a.m.: Voting Registration. The elections office will be here to register you to vote.

The Longest Day

On June 21, 2018, the longest day of the year and summer solstice, thousands of people will join together to show their love for those affected by Alzheimer's disease, and Cypress Palms is no different. Please join in wearing purple and showing your support. Also, come down at 1 p.m. for an Alzheimer's Fundraiser where all proceeds go to support the cause.



Spirituality Spotlight

Palms with a Purpose was a true community effort when residents and teams gathered in advance of Mother's Day to sort and fold infant and children's clothing for a charity, Mothers of Minors, which helps single moms and dads.



Many hands make light work! Ellen R., Jane H. and Christine L. working together during Palms with a Purpose event.

In June, spiritual programming will include our weekly Prayer and Share on Thursdays at 10:30 a.m. in the 4th floor library. This group has really grown to include residents from every floor at Cypress Palms. We share around a weekly theme, then offer prayer for one another and for those who are on our hearts and minds. All are welcome!

We are also pleased to now offer a monthly worship and communion service on the third Wednesday of each month at 1:30 p.m. Clergy from St. Paul United Methodist Church lead this service which is open to all regardless of religious affiliation.

Lastly, we have a new Faith in Film series on the third Monday of each month (June 18 at 5:30 p.m.). We are enjoying supper together and watching and discussing a film which has a religious or spiritual theme.

It is such a blessing to journey with each of you!

— Becca

Photos of the Month!



Rawr, Keith!



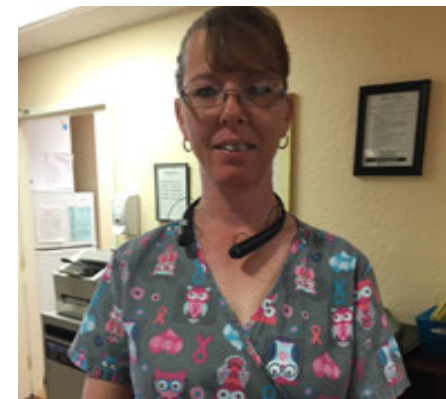
George B. having a blast at our Spring Fling!



Frank W. at our Mexican fiesta!

Employees of the Month!

Thank you to these outstanding staff members for being a part of our Cypress family! Your dedication and kindness do not go unnoticed; we're lucky to have you!



Denise Stephens, a phenomenal CNA, is the Employee of the Month for April and has been at Cypress for three years as well!



Clarissa Maldonado, our wonderful Life Enrichment Assistant, is the Employee of the Month for March and has been at Cypress for three years!

Life Enrichment Outings

Friday, June 1 at 4 p.m.: Dinner to Mellow Mushroom

Sunday, June 3 at 2 p.m.: Opera Performing Arts

Tuesday, June 5 at 10 a.m.: Shopping at Hospice Thrift Store and Lunch at Ford's Garage

Wednesday, June 13 at 11:30 a.m.: Rays Game at Tropicana Field

Tuesday, June 19 at 3 p.m.: Movie Theater at Largo Mall

Thursday, June 21 at 10:30 a.m.: Play at Ed Fletcher's Theater

Friday, June 22 at 4 p.m.: Dinner at German Bistro 2

Tuesday, June 26 at 10:30 a.m.: Lunch at Chopsticks Super Buffet

Thursday, June 28 at 10:30 a.m.: Automobile Museum (Plaza Outing)

"The Savannah Sipping Society" Dinner Theater

June 21 at 10:30 a.m.: Lunch and play at Ed Fletcher's Theatre. Tickets are \$36 per person, which includes a full buffet lunch and a presentation of "The Savannah Sipping Society." The play is a delightful, laugh-a-minute comedy of four unique Southern women, all needing to escape the sameness of their day-to-day routines, all drawn together by fate. For more information, please see Jessica in Life Enrichment. Tickets must be paid for by June 11.

Resident Birthdays

Aubrey B., 5th

Janis S., 6th

Mary W., 7th

Alice S., 10th

Roger H., 11th

Stephen R., 11th

Sam R., 14th

Jack A., 22nd

Roger J., 27th

Employee Birthdays

Tanya Pawlowski, 2nd
Robin Millican, 2nd
Mary Brown, 2nd

Ella Carrero, 12th
Victor Piperata, 19th
Blazenka Mead, 23rd
Miroslaw

Tywoniu, 25th
Jay Galletta, 25th
Elizabeth Brandt, 27th
Kenneth Hanke, 29th



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ALF #8113

MANAGED BY
 The Goodman Group

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Life Enrichment Coordinator

Katie Garcia,
Pearl Garden

Life Enrichment Coordinator

Johnny Limbaugh,
Assisted Living

Resident Services Director

Marnie Matheny

Plant Operations Director

Peter Sala

Platinum Service® Ambassador

Kay Sherman

Spiritual Director

Becca Bass

Theme Day Fridays!

June 1: Wear butterflies to celebrate Butterfly Education and Awareness Day

June 8: Wear your ties for Father's Day

June 15: Throw on some beachy clothes for National Flip Flop Day

June 22: Wear pink a day early for Pink Flamingo Day

June 29: Dress in your Disney for our Disney Happy Hour

Thursday, June 21: Wear Purple for Alzheimer's Awareness

New Neighbor Welcome

Please welcome:

Jane H.

Corinne L.

Loretta G.

Susanna K.

Christine L.

Catherine T.

Gloria N.



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!