

GOOD Life News

at Cypress Palms

OCTOBER 2017

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Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About one in eight women born today in the United States will get breast cancer at some point.



BREAST CANCER
AWARENESS

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram — the screening test for breast cancer — can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families and individuals to get involved.

On Oct. 11, at 10 a.m., come down and support the cause by purchasing pink goodies and receive a free breast cancer awareness pin! All proceeds will go to benefit the Susan G. Komen foundation! Also, every Wednesday this month, think pink and wear a pink shirt to show your support!

Our Talk. Our Walk. Every Day!

Health Literacy Month

This annual October observance is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopt a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit blog.thegoodmangroup.com.

Mystery Month!

October is Mystery Month! Prepare to be mystified by a magician, be horrified by the godfather of horror, Vincent Price, be mystified by a Witch's Brew Tea Party, have a "boo"-rific time at the Haunted House party on Friday, Oct. 13, where you will have your fortune told, and wait until you see our Murder Mystery show where you yourself will be a part of the mystery! We will end the month with our spooktacular Halloween Carnival! Check your calendar for dates!



Resident Spotlight: Loren H.!

Loren was born in DeRuyter, N.Y., and has two children and three grandchildren. He came to Florida in 1954 and states he would rather mow grass here than shovel snow up north! Loren was a meat cutter at MacDill Air force Base for 32 years. He jokes that he “still has ten fingers and ten toes!” Loren loves baseball and has season passes to the Rays Game. He also enjoys watching sports on TV. Loren loves to meet new people and socialize at the many programs offered at Cypress, as long as they don't interfere with sports! If you see Loren in the hall, stop and say hello!



A Tribute to Vincent Price

Actor, writer and gourmet, Vincent Leonard Price, Jr. was born in St. Louis, Mo., to Marguerite Cobb (Wilcox) and Vincent Leonard Price, Sr., president of the National Candy Company. He traveled through Europe, studied at Yale and became an actor. He made his screen debut in 1938, and after many minor roles, he began to perform in low-budget horror movies such as House of Wax (1953), achieving his first major success with House of Usher (1960). Known for his distinctive, low-pitched, creaky, atmospheric voice and his quizzical, mock-serious facial expressions, he went on to star in a series of acclaimed Gothic horror movies, such as Pit and the Pendulum (1961) and The Abominable Dr. Phibes (1971). He abandoned films in the mid-1970s, going on to present cooking programs for television — he wrote “A Treasury of Great Recipes” (1965) with his second wife, Mary Grant — but had two final roles in The Whales of August (1987) and Edward Scissorhands (1990). He also recorded many Gothic horror short stories for the spoken-word label Caedmon Records. Vincent Price died at age 82 of lung cancer and emphysema on Oct. 25, 1993. Join us every Sunday this month as we remember Vincent Price through his “scary” movies!



Spirituality Spotlight

One of the things I most enjoy about serving as the Spiritual Director at Cypress Palms is gathering with residents weekly for Prayer and Share. Each Thursday at 10:30 a.m. in the 4th floor library, residents from a variety of faith traditions join in conversation around a topic of relevance in our daily lives. I prepare a handout each week featuring material which stimulates conversation and connection. We always listen to a song, offer our prayer requests and draw support and encouragement from one another. Prayer and Share is truly a place to “come as you are.” No one is expected to share unless they feel the desire to do so. If you have not yet joined this special group of residents, give Prayer and Share a try. We would love to welcome you to our circle of faith.

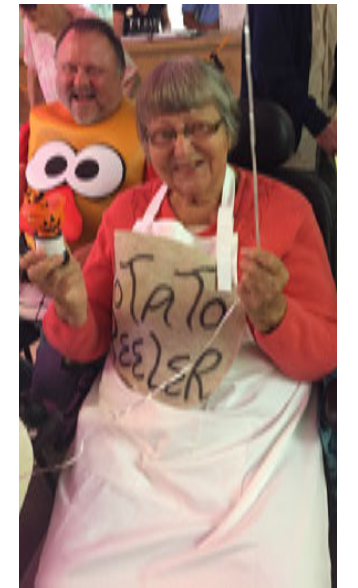
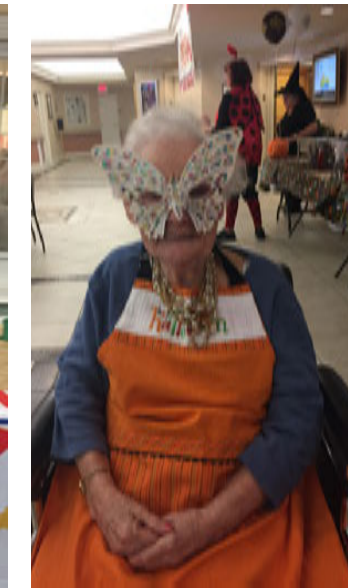
Service of Remembrance is scheduled for Oct. 19.

When one of our residents passes away, we need to take time to remember them, celebrating the time we shared at Cypress Palms. Our next “Service of Remembrance” will be held on Thursday, Oct. 19, to remember Cypress Palms residents who passed away in late May, June, July and August 2017. Invitations are being extended to families of those who have passed away during this time. I hope residents, staff and families will plan to attend this special occasion.

— Becca Bass

Halloween Carnival!

It's that time of year again when we start off our Holiday season with the annual Cypress Palms Halloween Carnival! We will have midway games, a food court, prize booth and special carnival attractions such as our famous face painter, balloon art extraordinaire and a photo booth. We will also have a sideshow you don't want to miss! Don't forget to wear your costume for our costume contest and bring your pumpkin for our pumpkin decorating contest. Trophies will be given for different categories that will be announced prior to the carnival! The Carnival will start at 1:30 p.m. and will end at 4:30 p.m. with our trophy giveaways! Check out these pictures from last year's Halloween carnival and have a Happy Halloween!



Aging Gracefully Series Continues — Monday, Oct. 16

Maureen Connors, PhD in Counseling Psychology, will return to Cypress Palms for Part 2 of our new “Aging Gracefully” Series. Maureen's topic in October will be “Aging Is Not for Sissies.” Bette Davis said it well when she used that phrase years ago to describe this time of life. We don't want to be sissies, but how can we remain hopeful and joyful even when we have to live with loneliness, forgetfulness, illness and/or chronic pain?

Life Enrichment Outings

Wednesday, Oct. 4, at 11 a.m.: Man Cave Outing to The Pub

Friday, Oct. 6, at 4 p.m.: Dinner at PJ's Oyster Bar

Wednesday, Oct. 11, at 10:30 a.m.: Lunch at China Wok

Friday, Oct. 20, at 4 p.m.: Dinner at Longhorn Steakhouse

Tuesday, Oct. 24, at 9:30 a.m.: Balloon Volleyball Competition

Wednesday, Oct. 25, at 10 a.m.: Wal-Mart and Lunch

New Neighbor Welcome

| | |
|-----------------|------------|
| Please welcome: | Alex R. |
| John B. | Andree M. |
| Carla L. | William M. |
| Margaret H. | Walter L. |
| Irmgard G. | Evelyn L. |

Resident Birthdays

| | |
|------------------|------------------|
| Irvin L., 7th | Deloris H., 19th |
| Reba G., 8th | Henry B., 21st |
| Eileen J., 9th | Frances L., 21st |
| Doris K., 14th | William J., 25th |
| Mary H., 16th | Gerard B., 28th |
| Harry E., 18th | Vasant S., 30th |
| Dorothy H., 19th | |

Employee Birthdays

| | |
|-----------------------------|--------------------------|
| Dustin Roberts, 3rd | Michele Moseley, 21st |
| Christina Wessling, 9th | Myles Hartsfield, 22nd |
| Marie Horta Hernandez, 10th | Michael Perrucci, 25th |
| Jeff Bell, 17th | Fatime Zogolo, 28th |
| | Jessica Baranowski, 28th |

Highlights & Happenings

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|---|--|
| 10/5: The Tiger Experience | and the Octopus |
| 10/10: Taco Tuesday | 10/18: Murder Mystery Show |
| 10/11: Breast Cancer Awareness Pink Fundraiser | 10/19: The Breakfast Club |
| 10/12: Witch's Brew Tea Party | 10/19: Valiant Veterans® Luncheon |
| 10/13: Haunted House Party | 10/19: Service of Remembrance |
| 10/16: Residence Players Acting Group | 10/21: October Birthday Bash |
| 10/16: Aging Gracefully | 10/24: Pizza and Movie Night |
| 10/18: Resident Council Meeting | 10/26: Mystical Magician |
| 10/18: Book Club: Lily | 10/31: Halloween Carnival |

CURRENT
happenings



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Becca Bass

Cypress Choir!

Do you love to sing?
Would you like to be a part of the Cypress Choir? Come down every Tuesday at 2:30 p.m. and be a part of the magic!



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!