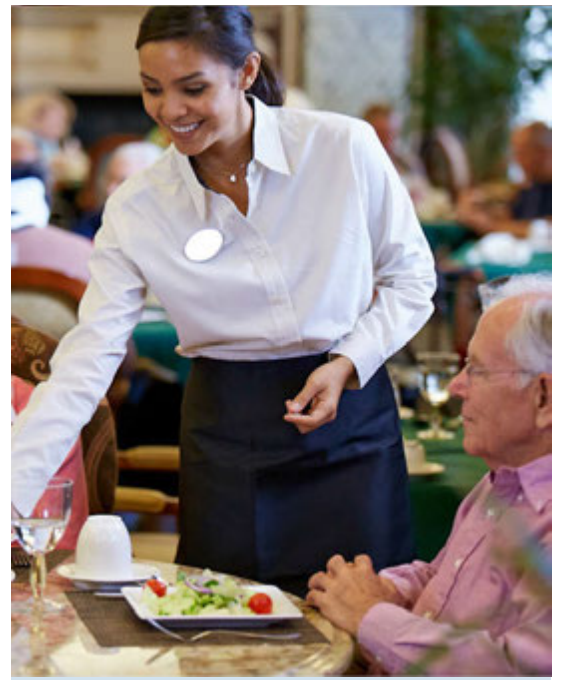


GOOD Life News

at Regal Palms

JULY 2017

www.regalalf.com



We Love Our Volunteers

Our campus volunteer appreciation luncheon was held on April 27 in the Sidney A. Goodman Ballroom at The Largo Community Center. Each volunteer received a thank you gift and a certificate of appreciation. Regal Palms' dining services provided the lunch.

The Palms of Largo currently has 180 adult, 20 teen and more than 40 canine volunteers! In 2016, these volunteers contributed 11,886 hours of participation to our community. These dedicated individuals are truly priceless. Thank you for your ongoing commitment to our residents. You are truly priceless.



Cooper Dunlap, canine superhero!

Employee of The Month

Congratulations to Roberta "Bert" Boyle, our Employee of the Month! Bert says she was born and raised in a small town as "short as me" called Sturgeon Bay, Wisc. She came to Florida in 1986 and was married in 1988. Bert and her husband, Eric, have a Shih Tzu named Cody that is loved dearly. Bert never says no to chocolate and loves boating with her husband on the weekends! Bert has been working in the health care industry for over 30 years. She says, "I love my job here at Regal as Quality Coordinator."

Thanks for all of your hard work "behind the scenes" here at Regal, Bert! You are truly an asset.



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

**Enjoying
the Summer
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

Viva Italiano!

Like most Italian festivities, you have to start out with a feast! Our wonderful culinary team delighted our taste buds for sure. For starters, we enjoyed pasta fagioli soup and fennel salad. For the main entree, we had a choice of homemade cheese lasagna with meatballs, chicken saltimbocca or shrimp scampi. The toasty-warm garlic breadsticks were a must! There was no denying the tiramisu for dessert was a crowd-pleaser.

After dinner, we headed up to the Palm View Room for entertainment by "The Frank and Dean Experience." These two talented gentlemen kept our hands clapping and feet tapping along to all our favorite Sinatra and Martin tunes. The Life Enrichment team served wine and cannolis during intermission. We also had a lot of fun with our Mona Lisa photo prop. The night was a success. Grazie!



"Speciale famiglia" (Special family!)



"Mangia" (Eat!)

"Molto bene" (Very good!)

Gene is "bello" (Handsome!)

Anne looks "bella" (Pretty!)



"Amiamo la nostra famiglia" (We love our family!)

Fourth of July Happenings

Celebrate America by wearing the colors of the day: red, white and blue! In the PVR, we will have special entertainment provided by Don Juceam at 2 p.m., followed by patriotic parfaits at 3:15 p.m. and America trivia at 3:45 p.m. For dinner, enjoy a special BBQ fare lovingly prepared by our Dining Services team. Then join your neighbors for the fireworks watch party at 8 p.m. on the 3rd floor balcony, complete with refreshments! Happy birthday, America!



Happy Fourth of July

Resident Request Outings

July 5 at 11:15 a.m.: Guy's lunch out with Rich to Japanese Steak House

July 12 at 4:15 p.m.: Dinner at The Beachcomber

July 19 at 10:15 a.m.: Thrift store treasures

July 26 at 10 a.m.: Hard Rock Casino
Kindly sign up for all outings in the black book at the reception desk.



Thank you to our Transportation Department for all you do each and every day.

Welcome, Life Enrichment Assistant, Rebecca Grant

We are pleased to introduce you to Rebecca, our newest team member. Rebecca is excited to be here at Regal Palms, having served many years working with senior citizens. Rebecca is a native Floridian, having been born in raised in Indian Rocks as a "beach brat," as she puts it. Rebecca enjoys traveling and even spent a five year period on the road living in an RV! She states that her two grandchildren are the loves of her life and she also adores her cat, Sweet Pea.

Please join us in welcoming Rebecca.



Alzheimer's Fundraiser

Chinese Auction

Regal Palms lobby

July 27, 2017

4 to 6 p.m.

Drawings start promptly at 6:15 p.m.

Tickets are 25 cents each or 5 for \$1



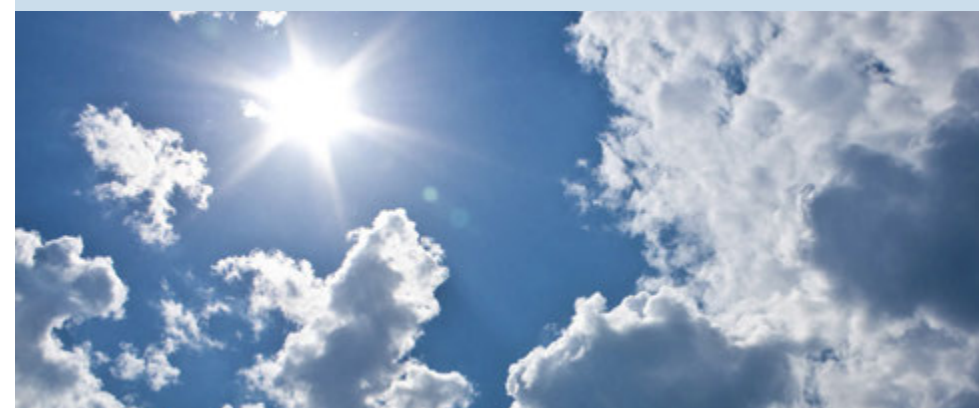
All proceeds benefit our Walk to End Alzheimer's team fund.

Now accepting gently used items for our event. Kindly bring your donation to the Activity Center by July 14 (No clothes or shoes, please).

See Life Enrichment for more information.

Spiritual Spotlight: Evening of Remembrance

All are welcome to our quarterly service honoring the residents of Regal Palms who have recently passed away. Please join us on Tuesday, July 25, at 7 p.m., in the Palm View Room, as we remember those who have touched our lives. Spiritual Director Becca Bass will officiate the service. Refreshments will follow this 30-minute program.



"What we have once enjoyed, we can never lose..." - Helen Keller

Resident Birthdays

Mitzi W., 1st	George T., 16th
James D., 6th	Beegie A., 21st
Marilyn S., 7th	Patricia C., 22nd
Theresa M., 8th	Mary C., 24th
Thelma C., 12th	Jeri E., 29th
Bev F., 12th	Allen H., 31st
Karen G., 13th	

Employee Birthdays

Cyara Leide, 1st
Ashley McGarrath, 2nd
Miayla Campbell, 8th
Robert Beaugard, 9th
Malou Barnard, 9th
Ming Lin Williams, 11th
Jennifer DeVuyst, 13th
Tammy Dunlap, 13th
Rachel Rosario, 16th
Linda Nevitt, 29th
Jeffrey Jackson, 30th
Patricia Ceraolo, 30th

Anniversaries

Wolfgang & Kate R., 7/6/1957

Photo of The Month



Henry and Annie having a good day at the Hard Rock Casino.



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Richard M. Lewis

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Lindsey Edwards

Life Enrichment Director
Tammy M. Dunlap

Resident Care Coordinator
AnneMarie Hughes, LPN

Director of Dining Services
Rob Meli

Resident Services Director
Linda J. Sclafani

Our Collection Drive Continues

The box of donated items we collected to take to Bay Pines VA was such a success the residents have asked we hold another collection drive during the month of July. Thank you to everyone who donated. Some of the items we collected were toothbrushes, toothpaste, lotions, mints, pens, puzzle books, deodorant, shampoo and body wash. It's just a small way to say thank you to our cherished Veterans.



Like Us on Facebook

Go to facebook.com/RegalALF to see pictures and catch up on all the fun here at Regal Palms. This is a great way for family members and friends to stay connected!

