

GOOD Life News

at Regal Palms

OCTOBER 2018

www.regalalf.com

Walk to End Alzheimer's

There are a few ways you can help.

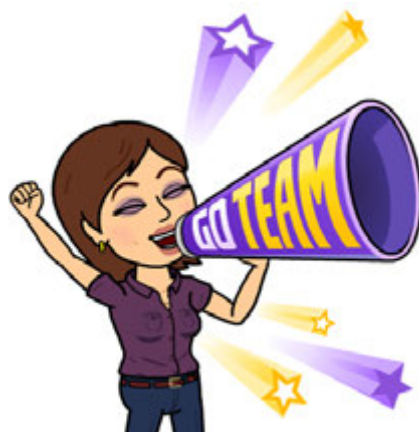
Our last fundraiser for the 2018 walk will be a bake sale in the lobby on Friday, Oct. 12. If you would like to participate, please bring your tasty homemade (or store bought!) delight to the receptionist by 8 a.m. the day of the sale. As a reminder from your sweet tooth, don't forget your money!

If you would like to join our team, please go to www.alz.org/walk. We are listed under The Palms of Largo. We'd love to have you walk with us! Go team POL!

Can't make the walk? That's okay; you can still make a donation to our team online at the website noted above.

We will gladly share our fundraising accomplishments in the November issue of the Good Life News.

Thank you for your constant support. Hopefully one day, Alzheimer's will just be a memory.



Yay, team Palms of Largo!

Gratuity Committee Update

You may be aware that Regal Palms' resident Bill E., who recently passed away, led the committee of residents who graciously collected and distributed the staff's annual gratuities. Bill kept meticulous records and committed many hours to the cause. His dedication and organization, as well as his calm and pleasant presence at Regal, are missed by both staff and residents.

Bill's good friend and neighbor, Don M., has accepted the responsibility of leading the committee. Residents Linda P. and Mary T. will continue to support in the distribution during the holidays.

The committee, formerly known as the "Resident Council," will now be known as the "Gratuity Committee."

As you may know, Regal Palms has a no-tipping policy. The beauty salon accepts tips because they are not employed by Regal. No staff members should be offered tips for service. Residents and their families who choose to show their appreciation of the staff can contribute to the fund in two ways: cash can be placed in one of the two gray boxes opposite the elevators on the first floor, or checks can be made out to "Regal Palms Gratuity Committee" and put in the boxes or mailed. If mailing a check, the envelope should be addressed to Regal Palms Gratuity Committee.

The committee is dedicated to carrying on the tradition of showing appreciation to the staff during the holidays, and the staff are very grateful. Thank you, Don, for taking on this responsibility, and thank you, Mary and Linda, for your assistance.



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

**Health
Literacy
Month**

This annual observance month 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 adopting 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.

Photo of The Month



Stormy and Evelyn seem to be having a serious conversation!

Resident Request Outings

- Oct. 3 at 11:15 a.m.: Lunch at Pal Joey's
 - Oct. 10 at 9:45 a.m.: Thrift Store Treasures
 - Oct. 17 at 11:15 a.m.: Lunch at Sweet Tomatoes
 - Oct. 21 at 2 p.m.: Scenic Bus Ride
 - Oct. 23 at 9 a.m.: Hard Rock Casino (We are sharing the bus with another community. If you'd like to go, please be sure you are available to go so we have a confirmed count for seating on the bus. Kindly sign up for this outing by Monday, Oct. 15. The bus will return by 4 p.m.)
 - Oct. 24 at 4:15 p.m.: Dinner at Largo Family Restaurant
- The white sign-up book is located at the reception desk. Please plan to arrive 10 minutes before the scheduled time.

Employee of the Month

This month, we celebrate the Platinum Service® provided by staff member, Maria Topczij! Maria is well known in the dining room, with her endless patience and cheerfulness. Originally from New Jersey, she has been a Floridian since 1985. Maria has worked at Regal for the last five years and says that her position has taught her to be humble, adding, "If I can make one person smile, I've done my job!" She acknowledges her coworkers in the dining room, saying "this award would not be possible without them!" In her spare time, she loves spending time with her kids, Brandon, 19, and Sophia, 14, as well as her mom, Toni, who some of you might know from her days at Regal and The Plaza. She enjoys walks on the beach at sunset and rollerblading on the causeway with her longtime boyfriend, Vincent!



Thank you for all you do!

October Highlights

We will have crazy sock day, Alzheimer's bake sale, craft fair, silly hat day, Halloween shirt day, annual pumpkin patch fun, trick-or-treating Goldens, pre-Halloween party with music at The Plaza, ghosts and goblins from The Learning Center, laughs n' latte's and our annual witches brew tea party! What will your costume be this year?

Check the monthly calendar for dates, times and locations of our special events.

National Assisted Living Week Memories

Due to our printing deadline, photos of all our National Assisted Living Week fun will be highlighted in the November issue of the Good Life News.

Save The Dates



Annual fall craft fair and shopping bazaar on Thursday, Oct. 18



Annual holiday tree lighting celebration on Thursday, Nov. 29.

Resident Birthdays

- | | | | |
|------------------|------------------|------------------|-----------------|
| Gerald S., 7th | Annie B., 12th | Dorothy G., 17th | Henry B., 24th |
| Matty M., 7th | Henry E., 13th | Anita S., 21st | Barry S., 28th |
| Judy H., 9th | William H., 14th | Sharon K., 21st | Sigrid B., 29th |
| Mary Kay C., 9th | James P., 15th | Irene P., 24th | |

Employee Birthdays

- | | | | |
|-----------------------|---------------------|------------------------|--------------------|
| Robert Boyd, 6th | Patrice Prior, 13th | Belinda Woods, 18th | Kyndal Sluss, 30th |
| Jalisa Dickerson, 9th | Jeff Bell, 17th | Berthaliz Torres, 22nd | |

Anniversaries

Duke & Jennifer O., 10/25/1997

Welcome to The Life Enrichment Team!

Join us as we welcome new Assistant, Sharlin Avila. Sharlin has worked at Regal Palms for a year and a half, starting as a server in the Dining Room, with a recent promotion to the Life Enrichment Department. Sharlin was born in Ecuador but was raised in New Jersey. She has lived in Florida for the last three years with her grandmother and uncle. Sharlin is attending St. Petersburg college in pursuit of a nursing degree. In her spare time, she enjoys walking on the beach, visiting animal shelters (would love to have three dogs someday!) and catching up on her homework. When asked what she likes most about working at Regal, she states, "having fun and getting to know the residents." Sharlin, we like having fun and getting to know you, as well!



Regal Palms Soaring: Support the Spirit by Becca Bass, Spiritual Director

The month of October signals a season of letting go, especially in the north, where leaves change and the temperature signals that winter is on its way. While we don't have the same types of clues from nature here in Florida, pausing to reflect on how our lives invite us to let go is part of the spiritual life. Please know I am here to be of support as you navigate this season of life. I came upon a wise saying which reads: "Knowledge is learning something every day. Wisdom is letting go of something every day."

For those who have experienced loss, we have teamed up with Empath Health to offer a Grief Support Group at The Plaza. The six-week series begins on Thursday, Oct. 4, from 1:30-3:30 p.m. To sign up for the series, call The Plaza at 674-1107. This group will offer an environment of hope, acceptance and cooperative learning.

Join me for "Faith in Film" on Monday, Oct. 22, at 5 p.m., in the PVR. We will watch "The Letters," a drama about the life and ministries of Saint Mother Teresa. Pizza and soda provided.

On Tuesday, Oct. 30, we will offer our quarterly "Service of Remembrance" for Regal residents who have passed away in the past few months.

Going Green with Judy

Last month, Tammy and I met with Laura from the City of Largo. We discussed our new recycling initiative and how best to implement here at Regal.

We're starting small in hopes of making a big difference...

- If you would like to participate, you will be given a blue bag (see photo) for your aluminum cans. Let Life Enrichment know when it needs to be emptied!
- If you have cardboard, please let your housekeeper know so they may take it to the recycle bin in the parking lot.
- All trash rooms now have a blue basket for newspapers and a white one for glass.

Together we can do it!





REGAL PALMS

Senior Living

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ALF #9570

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Resident Services Director

Linda J. Sclafani

Plant Operations Director

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Thank you to our Regal Palms' veterans. We appreciate your dedication to our great country and will never forget your sacrifices.

Annual Candy Drive

We are having our annual candy drive from Oct. 1 through Oct. 29. Our collections will be used for our friendly Halloween ghost and goblin guests from The Palms of Largo Learning Center. The children will trick-or-treat and have their Parade of Costumes in the lobby on Wednesday, Oct. 31, at 10:30 a.m. If you'd like to donate, please drop off your candy to our Life Enrichment Department by Oct. 29. Thank you!



Like Us on Facebook

@RegalALF

Visit 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!