

# GOOD Life News

at Regal Palms

JANUARY 2019

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To our residents, family members and staff, we wish you a happy and healthy new year.

## Thank You, Regal Residents!

All residents are invited to the Resident Appreciation Social on Monday, Jan. 7, from 1:30-2:30 p.m., in the Palm View Room. This is a special time for the staff to spend time with you and to say thank you for their holiday gift. Light refreshments will be served.

## The Flu and You

Helpful hints: You can boost your immunity with positive health choices such as nutritious food, sound sleep and low stress. An annual flu vaccination is the best prevention. Contrary to popular belief, you cannot get the flu from the vaccine. Please wash your hands often, carry hand sanitizer and cover your mouth and nose with a tissue when you sneeze or cough. If you don't have a tissue, cough into your elbow. Avoid others who are sick, refrain from putting your hands near your mouth, nose or eyes, and drink lots of water. If you start to show signs of illness, please notify nursing immediately.

## Pirates Invade Regal!

Wednesday, Jan. 23, at 1:30 p.m., in the PVR.

Pirate-theme apparel appreciated!

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

### Platinum Service® Standard #6

*"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."*

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

## Annual Tree Lighting

Regal held its annual tree lighting party on Nov. 28. Rich, our Executive Director, welcomed everyone and thanked them for attending. Spiritual Director Becca shared heartfelt words of the season and the new year. Then the countdown for the lighting was on! Our reigning Homecoming 2018 King and Queen, Tom and Helen, flipped the switch that illuminated our beautiful 12 foot tree! Next, the balcony lit up, the falling icicle lights sparkled as they flowed off the balcony, and everyone's favorite, our traditional snow fall! Our evening entertainers, Dan and Lenah of One Dan Band, started off their portion of the evening with, what else, "Let It Snow!"

Our Dining Services Department prepared a wonderful array of hors d'oeuvres, festive drinks and tasty desserts. The Life Enrichment Department made sure everything was just perfect for the big night. The nursing team and our marketers were very busy elves!

Resident Linda P. delighted us with a beautiful song of light and love. Fellow resident Nina S. shared a family tradition of the spelling of Christmas to a song that everyone participated in.

Thank you to all our residents and family members who attended and to our awesome staff who make Regal Palms such a great team!



Scottie, Jodie, Jennifer and Tony



The weather forecast was bright with a good chance of snow!



Annie and Henry



Good Old Saint Nick with his friend, Nancy



Ray and Angie



Tom and Helen were in charge of the magical light switch.

## Employee of The Month

Congratulations to Steve Johnson in Plant Operations as this month's honoree. Steve was born and raised in Kentucky and has worked at Regal for 14 years. He loves his job and enjoys singing for the residents on special occasions. Steve loves spending his free time with his wife (a Marine Corps veteran,) his two children and working out. When asked what he would like to share about himself, Steve said, "I leave my family every morning to come be with my family, the residents. What a blessing to have it all! I pray I can grow older working here." We feel the same, Steve. Here's to many more years together!



A man of many talents

## Resident Request Outings

Jan. 2 at 11:15 a.m.: Lunch at Olive Garden

Jan. 9 at 11:15 a.m.: Lunch at Culvers

Jan. 16 at 9:45 a.m.: Thrift Store Treasures

Jan. 20 at 2 p.m.: Scenic Bus Ride

Jan. 24 at 12:30 p.m.: Largo Community Center presents "Nearly Diamond...The Neil Diamond Experience" Tickets are \$14/prepaid by Jan. 10. Cash or check made out to City of Largo. See Tammy for more information.

Jan. 30 at 4:15 p.m.: Dinner at Red Lobster

Kindly sign up for all outings in the white book at the reception desk. These outings are resident-requested destinations. If you have a suggestion for an outing, please see Tammy.

## Hanukkah Memories

On Monday evening, Dec. 3, residents from across the Palms of Largo campus gathered to celebrate the season of Hanukkah. Regal Palms hosted the festive evening, serving potato latkes and jelly filled donuts. The entertainment was provided by the choir from Temple B'Nai Israel, led by Cantorial Soloist Laura Berkson. Residents from Royal Palms, Regal Palms and Cypress Palms sang along to traditional favorites.



Our beautiful Menorah in the lobby



Lila and Gerry



Temple B'Nai Israel choir

## Soaring: Supporting the Spirit

Hello dear residents,

I hope you will join me in the following programs this month:

- **Prayer & Share:** Each Tuesday at 11 a.m./PVR(with the exception of Jan. 1)
- **Ageing Gracefully:** Thursday, Jan. 10, at 2 p.m./PVR
- **Mitzvah Day with Temple B'Nai Israel:** Sunday, Jan. 27, at 9:30 a.m./AC
- **Featured Faith:** Monday, Jan. 28, at 5 p.m./PVR
- **Service of Remembrance:** Tuesday, Jan. 29, at 3 p.m./PVR
- **A Visit to The Holy Land:** Wednesday, Jan. 30, at 1:30 p.m./PVR

I wish you a very happy and healthy new year,

Becca

## National Activity Professionals Week Jan. 21-26

Join in the celebration of the Regal Life Enrichment team during NAPW. Since they like to have fun, we hope you will participate in a week full of theme dress up days.

Jan. 21: Mixed Up Monday

Jan. 22: Tie-Dye Tuesday

Jan. 23: Pirate Day/Wacky Wednesday

Jan. 24: Throw-Back Thursday

Jan. 25: Fun Friday

Be creative, be brave but mostly, have fun! That's what the LE team hopes to bring to you each and every day! See the flyer board for more information.

## Resident Birthdays

Rose N., 1st

Bernard H., 3rd

Linda P., 4th

Regina A., 6th

John K., 7th

Dorothy B., 7th

Faye B., 8th

Louise N., 9th

Jim S., 15th

Gwen D., 17th

Aline T., 18th

Jeannette S., 23rd

Ellen S., 25th

Rosalia M., 28th

Peg S., 30th

Norma Y., 30th

Gene E., 31st

## Employee Birthdays

Lori Roe, 3rd

Lisa Jensen, 4th

Tammy Saleeba, 7th

Kenyetta Evans, 8th

Elka Brazier, 18th

Tia Riolo, 26th

Jaclin De Witte, 29th

## Anniversaries

Frank & Eileen O., 1/23/1965

## Calling All Regal Gentlemen

This month's "Gents Only Get-Together" will be Thursday, Jan. 17, at 3 p.m., in the Palm View Room. Our guest speaker will be Executive Director, Rich Lewis. Kindly sign up in the white outing book located at the reception desk by Jan. 14.



REGAL PALMS

Senior Living

300 Lake Avenue NE, Largo, FL 33771  
727-437-1350 | [www.regalalf.com](http://www.regalalf.com)



ALF #9570

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The Goodman Group

## Staff

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Richard M. Lewis

**Director of Nursing**  
Natasha Belichka, RN

**Sales and Marketing Director**  
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

**Plant Operations Director**  
Tom Schiro



*Due to the deadline of our January newsletter, memories after Dec. 11 will be featured in our February newsletter.*



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

## Mitzvah Day

Temple B'Nai Israel will be returning with their preschool children on Jan. 27 for Mitzvah Day, a day of community service. Join them in the Activity Center at 9:30 a.m. for a craft and songs. Everyone is welcome.



## Like Us on Facebook

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Visit [facebook.com/RegalALF](https://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!