

GOOD Life News

at Regal Palms

JULY 2018

www.regalalf.com

Happy Fourth of July!

We will be serving patriotic parfaits in the Palm View Room at 1:30 p.m. Then, stay for Val and her "Fourth of July Sentimental Journey Show" at 2 p.m. At sunset, you'll want to head to the third floor balcony for fireworks courtesy of the Largo Central Park. Light refreshments will be available.



Regal Palms Gives Back

"Palms with a Purpose" is a new activity to connect our residents with volunteer opportunities in the community. In honor of Memorial Day, three residents and two staff members from Regal visited the Community Living Center at the C. W. Bill Young VA Medical Center in St. Petersburg. We had the honor of spending quality time with our treasured veterans. The men and women we encountered loved sharing their stories, and we loved hearing them with a grateful heart. After our visit, we gave each of them a Palms of Largo insulated lunch bag that contained useful items such as shampoo, conditioner, toothpaste, a toothbrush, shaving cream, body wash, candy, cookies, peanuts, socks, writing paper, puzzle books and pens. These items were donated by our residents and staff. A few of our recipients said it felt like Christmas in May! Some couldn't believe the whole bag was for them. Others showed their gratitude by a handshake or a great big hug.

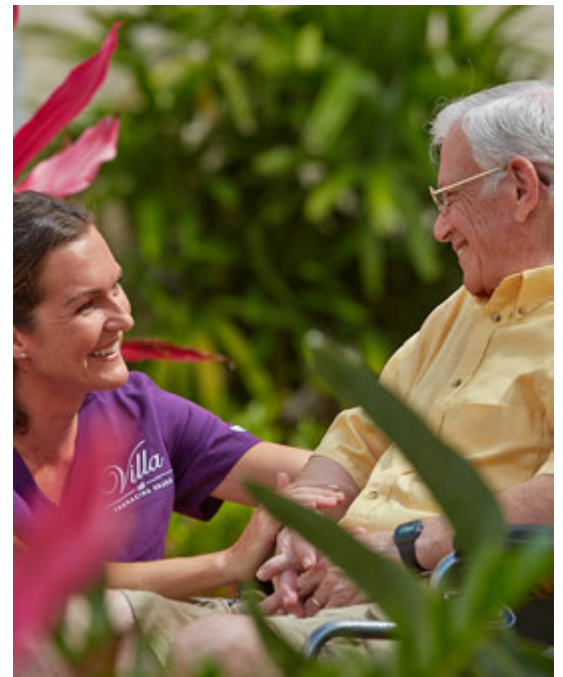
Thank you all for your support as we share the goodness of Regal Palms with others.



Sorting items for our VA goodie bags



The Palms with a Purpose team



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

**Platinum Service®
Standard #2**

"I build lifetime relationships with our residents by creating memorable experiences."

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

Photo of The Month



We're off the opera!

Going Green with Judy

I'm thrilled you found our first "Go Green" article interesting. Your positive comments are inspiring. In these articles, I plan to mix staggering statistics along with inspiring stories with a mixture of truth and hope.

Have you heard of 16 year old Bryon Stat? There's a 600,000 mile swatch of garbage and plastic between California and Hawaii. To make comparisons, it's three times the size of France, weighs as much as 500 jumbo jets and contains 1.8 trillion pieces of plastic. This young man has developed tubing devices to clean up this "patch." There are predictions this device will clean up this area by 2050. It will be launched in San Francisco Bay this July. Bryon is proof that all it takes is one person with a dream to change the world.

Did you know?

It takes 20 years for plastic bags, 4,000 years for glass, and 200 years for drink cans to decompose! Some plastics never decompose.

Kudos to Lego! They are now making their toy pieces out of plant-based plastics.

Thought for the month: "Be gentle with Earth" — *The Dali Lama*



Employee of The Month

Congratulations to Elaine in Dining Services. Elaine is originally from Pennsylvania, having lived in Clearwater for the last six years and working at The Palms of Largo for the last five. Elaine is proud to deliver Platinum Service® to our residents and enjoys working "with a wonderful group of people here!" In her spare time, she can be found on the beach at Honeymoon Island or with her son, Robert, and daughter, Joy, watching her grandchildren's sports events! Elaine, thank you for your dedicated service to our residents! You are appreciated.



Elaine Burke, Server with a smile!



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

Elevator Safety Tips

When waiting for elevators:

- Know your floor destination
- Push the elevator call button once for the direction you want to go in
- Be aware of health conditions that could contribute to falls or accidents
- Stand clear of the elevator doors and stand aside for exiting passengers
- If the arriving car is full, wait for the next car
- Don't attempt to maneuver in or stop closing doors, wait for the next car

When boarding elevators:

- Allow passengers exiting the elevator to clear before boarding
- Watch your step — the elevator car may not be perfectly level with the floor
- Stand clear of the doors — keep clothes and carry-ons away from the opening
- Hold pets firmly
- Passengers nearest to the doors should move first when the car arrives
- Push and hold the "Door Open" button if doors need to be held open, or ask someone to push the button for you
- Never try to stop a closing door, wait for the next car
- Once on board, press the button for your floor and move to the back of the car to make room for other passengers

When riding elevators:

- Hold the handrail
- Stand next to the elevator wall, if available
- Pay attention to the floor indicator on the panel
- If the doors do not open when the elevator stops, push the "Door Open" button

When exiting elevators:

- Be patient and do not push the those in front of you when exiting
- Watch your step - the elevator car may not be perfectly level with the floor

Resident Birthdays

| | | |
|-----------------|------------------|----------------|
| James D., 6th | Bev F., 12th | Mary C., 24th |
| Marilyn S., 7th | Karen G., 13th | Jeri E., 29th |
| Terry M., 8th | George T., 16th | Allen H., 31st |
| Derek S., 10th | Loretta F., 17th | |

Employee Birthdays

| | |
|-------------------------|------------------------|
| Mary Reckmeyer, 9th | June Marelllo, 28th |
| Malou Barnard, 9th | Linda Nevitt, 29th |
| Ming Lin Williams, 11th | Jeffrey Jackson, 30th |
| Tammy Dunlap, 13th | Patricia Ceraolo, 30th |

Spiritual Spotlight

Palms with a Purpose is an opportunity for Regal residents to give back to others through volunteer service. We are starting a new activity called "Coupon Clippers" twice each month to clip and send coupons to active duty and retired military personnel. Between now and then, please consider donating coupons from your Sunday paper in the box located in the Activity Center, and then come join us on July 9 and July 23 at 2:15 p.m. in the Activity Center for Palms with a Purpose Coupon Clippers!

Plan to join me for a new "Faith In Film" series on the fourth Monday of each month. The monthly series will begin on Monday, July 23, at 5 p.m., in the Palm View Room. Pizza will be provided, and we will watch a movie with a religious or spiritual theme. Our first movie will be "Heaven Is For Real." A short discussion will follow the movie for those wishing to stay.

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

— Becca

Resident Request Outings

July 5 at 10:15 a.m.: Shopping at Hobby Lobby (Don't forget your 40 percent off coupon!)

July 11 at 10:15 a.m.: Tampa Bay Rays vs. Detroit Tigers

(Tickets are \$17 prepaid to Life Enrichment by July 2)

July 18 at 9:45 a.m.: Thrift Store Treasures

July 25 at 4:15 p.m.: Dinner at Mellow Mushroom

Kindly sign up for all outings in the white book at the lobby desk. Plan to arrive 10 minutes prior to the scheduled departure time.

Residents Having a Regal Day!



What a beautiful smile!



Having fun at our Princess Tea party!



Photo prop fun!



REGAL PALMS

Senior Living

300 Lake Avenue NE, Largo, FL 33771
727-437-1350 | www.regalalf.com



ALF #9570

MANAGED BY
 The Goodman Group

Staff

Executive Director

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

Transportation Information

Just a friendly reminder when scheduling transportation services:

- Transportation hours: 7 a.m.-4 p.m.
- The more advanced notice, the better, especially if you need to use the bus with the lift for wheelchairs.
- All Monday appointments must be requested no later than 11:30 a.m. on the previous Friday.
- Appointments for the St. Petersburg and Palm Harbor areas should be scheduled no later than 12 p.m. For all other areas, please schedule your appointment no later than 2:30 p.m.
- When ready to return, call 727-423-7371. If you are unable to reach this number, call the Regal front desk at 727-437-1350.
- Please schedule one appointment per day, due to the large number of residents we serve on campus.



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!