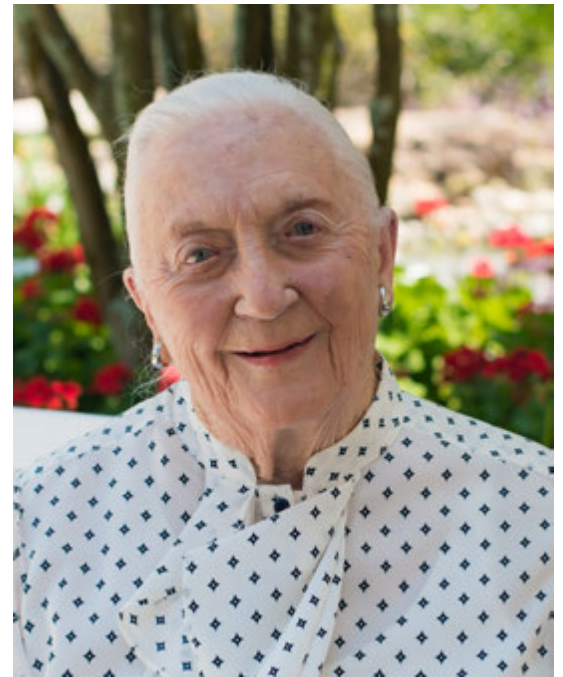


GOOD Life News

at Regal Palms

SEPTEMBER 2017

www.regalalf.com



National Assisted Living Week 2017

"Anyone who has spent valuable time in an assisted living community has seen how staff can come to think of their residents like family," said NCAL Executive Director Scott Tittle. "It takes a special person to work in our profession, and often, caregivers form bonds that can never be broken. This National Assisted Living Week, we want to recognize these amazing individuals who give their heart and soul to their residents, as well as those seniors and individuals with disabilities who leave a lasting imprint on their caregivers."

Established by NCAL in 1995, National Assisted Living Week (NALW) will be held September 10-16, 2017. This year's theme is inspired by a quote from the poet Maya Angelou: "Family isn't always blood, it's the people in your life who want you in theirs: the ones who accept you for who you are, the ones who would do anything to see you smile and who love you no matter what."

NALW Highlights:

- **Sunday, 9/10: Happy Grandparents Day!** If you are planning to dine in our Main Dining Room, kindly RSVP to the lobby desk at 437-1350 by Sept. 4. Seating times are 11:30 a.m. or 1 p.m. Dinner is \$17 per adult guest, \$8 per guest ages 8-12 and ages 7 and under are no charge. Reservations are required for parties of five or more. Victoria Garcia will provide lovely harp music to enhance your dining pleasure.

If you're in the mood for something refreshing before "GRAND" Bingo at 2 p.m. in the PVR, treat yourself to a tasty ice cream concoction in the Parlor at 1 p.m. After dinner, join us in the Palm View Room at 6:30 p.m. for gospel music with Frank Cannon.

(Continued inside)



*We're proud of our
Regal Palms family.*

Our Talk. Our Walk. Every Day!

Healthy Aging Month

This month's theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it's never too late to find a new career, sport, passion or hobby. She says, "Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

National Assisted Living Week 2017 (Continued)

- Monday, 9/11: Patriot Day. Attire for the day — Red, White and Blue.

The Plaza is hosting a Patriot Day Remembrance starting at 10:30 a.m. This annual event is always wonderfully orchestrated. Then, transportation will be picking us up at 1 p.m. for the annual cookie delivery to the Largo first responders. This is our twelfth year visiting our local police department, seven fire departments and SunStar EMS. We are thankful for all they do to keep us safe. See Tammy to RSVP your seat on the bus.

- Tuesday, 9/12: Luau Day! Attire for the day — Hawaiian.

1:30 p.m.: Sand Art Jewelry in the Parlor

2 p.m.: Depart for the Royal Palms Players Show

2:45 p.m.: Piña Coladas 'n' Hawaiian Appetizers in the Lobby

7 p.m.: Luau Show with Valerie in the PVR

- Wednesday, 9/13: Staff Appreciation Day! Attire for the day — Bright Colors.

A day to show our staff just how much they are appreciated!

11:15 a.m.: Lunch at Sweet Tomatoes

7 p.m.: The Mark Ralston Show

- Thursday, 9/14: Circus Fun Day! Attire for the days is ... fun!

Too many surprises to list! Check the flyer boards for specific events and times.

- Friday, 9/15: Regal Palms Third Annual Resident and Staff Variety Show.

The fun starts at 2 p.m. in the Palm View Room. Please see Tammy by Sept. 8 to sign up. Participation is encouraged and appreciated.

- Saturday, 9/16: Lemonade and Cookie Social at 1 p.m. in the PVR. Wrap up the week reminiscing about the week and chatting with your neighbors.

Pinellas County Supervisor of Elections Visit

A representative from the Supervisor of Elections office will be in the lobby at 1 p.m. on Tuesday, Sept. 19. She will be able to assist you with voter registration, address changes or answer any questions you might have. No appointment is necessary.



Resident Birthdays

Doris M., 4th	Doris M., 14th
Bill R., 6th	Mildred B., 14th
Earl B., 11th	Joe B., 28th
Elizabeth P., 11th	Seymour G., 29th

Employee Birthdays

Niesha Henderson, 1st	Slavka Stanoeva, 23rd
Samantha Binkowski, 4th	Michaela Palisoc, 24th
Gabby Harris, 9th	Naughdia Smith, 26th
Quillonda Ukoba, 17th	Precious Melvin, 27th

The Florida Orchestra

For The Florida Orchestra, it's an annual tradition to kick off their season with complimentary concerts all over Tampa Bay. This year TFO Brass Quintet will be here as they get ready to open its fiftieth anniversary season. Great storytelling, versatility and musical skill have made the quintet an audience favorite since it was founded in 1979. Join the fun at 7 p.m. on Thursday, Sept. 21 in the PVR.



TFO Brass Quintet

Resident Request Outings

- Sept. 6 at 11:15 a.m.: Men's Lunch with Rich to Miller's Ale House
- Sept. 13 at 11:15 a.m.: Lunch at Sweet Tomatoes
- Sept. 20 at 4:15 p.m.: Dinner at The Columbia
- Sept. 27 at 10:15 a.m.: Thrift Store Treasures

Kindly sign up for all outings in the black book at the reception desk. Please arrive a few minutes early for the scheduled pickup time.

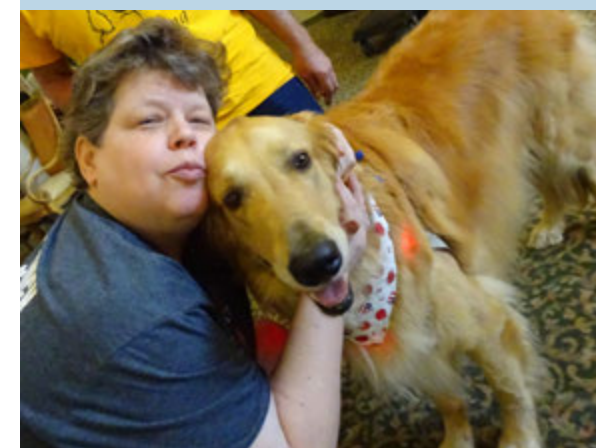


Spirituality Spotlight

One of things I most enjoy about serving as the Spiritual Director at Regal Palms is gathering with residents weekly for Prayer and Share. Each Tuesday at 11 a.m., a circle is formed in the Palm View Room and 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 you feel the desire to do so. So, if you have not yet joined this special group, give Prayer and Share a try. We would love to welcome you to our circle of faith.

Warmly,
Becca

Photo of the Month



Nancy sharing a hug 'n' kiss with Chance, our furry volunteer from The Golden Gang Retrievers

Save The Date

Vaxonsit Mobile will be on the Balcony to administer annual flu and pneumonia shots. Additional information will be available as the date nears.



STAFF: Wednesday, Sept. 27, 1:30-2:30 p.m.

RESIDENTS: Wednesday, Oct. 11, 2:30-4 p.m.

Employee of The Month

Congratulations to Tia Riolo, our Employee of the Month! Tia began her career in the Regal Palms' dining room, but was recruited to Plant Operations Assistant where she has truly excelled. One of her proudest moments was when she learned how to "cut" keys on her own! She now knows "the ins and the outs" of the department, not only working with the maintenance, laundry and housekeeping teams, but with various outside vendors, as well.

Tia, thanks for all you do. You are appreciated.



Just Another "Crafty" Day at Regal Palms

We brought the beach "in" with our Fun In The Sun Tea Party. The Palm View Room was full with

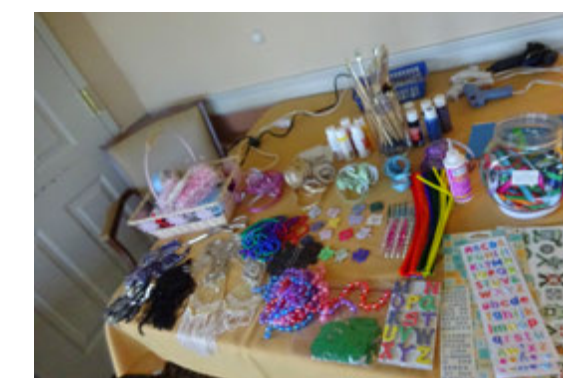


One of the many masterpieces

kites, sand pails, sunglasses, swimming fish, blow-up floaties and lots of smiles! As with any tea party, we like to add a little something different to go along with our refreshments, and this month was no different. Each place setting had a colorful flip-flop with matching flowers. The residents then designed their own unique creations with additional crafty items such as letters, ribbons, gems and bling! We made a total of 32 one-of-a-kind masterpieces!



Linda, Thea and Judy had fun creating their flip-flop door hangers.



We supply the fun ... the residents supply their awesome creativity!



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Aging Gracefully Series

Mark your calendar for a new four-part monthly program called "Aging Gracefully." Maureen Connors, Ph.D., is our presenter who will talk about a variety of topics most relevant to our elder years. Her topic for this month is Exploring Change and Transitions. Change is a part of daily life. Moving into a retirement community, having to give up driving and facing increased physical limitations are just some of the changes at this stage of life. Transitions are the spiritual and psychological processes that enable us to manage the change with grace and courage. This presentation is Thursday, Sept. 7 at 2 p.m. in the Palm View Room.

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!

