

# GOOD Life News

at Regal Palms

AUGUST 2017

www.regalalf.com



## Take Me Out To The Ballgame ... One More Time!

If you'd like to attend our final game for the season as the Tampa Bay Rays take on the Seattle Mariners at Tropicana Field on Sunday, Aug. 20, please see Tammy by Tuesday, Aug. 8 to sign up. Tickets are \$35 and include a souvenir hat. Lunch will be provided. Come cheer on our guys in blue! Go Rays!



*At bat is everyone's favorite, #3 Evan Longoria!*

## Resident Request Outings

**Aug. 1 at 11:15 a.m.:** Guys' Lunch Out with Rich at Mugs at Icot Center

**Aug. 9 at 11:15 a.m.:** Lunch at Frida's Cafe

**Aug. 16 at 10:15 a.m.:** Thrift Store Treasures

**Aug. 20 at 11 a.m.:** Rays Game (Advance Ticket Holders)

**Aug. 23 at 10 a.m.:** Tampa Bay History Center (Advance Ticket Holders)

**Aug. 30 at 4:15 p.m.:** Dinner at Guppy's

## Outing Information

It has been requested that when preparing for an outing, please be in the lobby on time. For the comfort and consideration of those residents already aboard the bus, transportation will only wait five minutes past the scheduled departure time.

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

**29 Years  
Recognizing  
Senior  
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

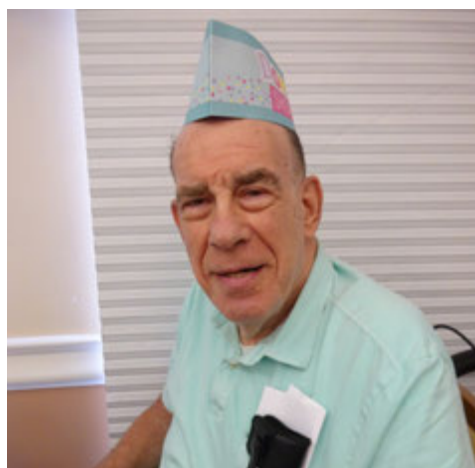


## Residents Having Fun!

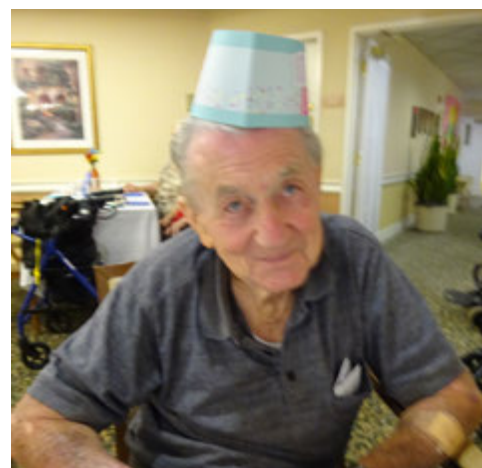
In honor of Father's Day, our monthly tea was themed with them in mind ... Dads n' Donuts! We had a variety of tasty desserts such as cinnamon rolls, scones, Danishes and of course, donuts! We stayed in the theme with our raffle prizes that included donut-shaped jewelry boxes, stationary and a custom earring and bracelet set. Everyone looks forward to the fun giveaways. The highlight of the event was our featured entertainment. We were blessed to have four unique gentlemen with their amazing voices from The Old Smoothies Quartet. They sang all the old favorites and brought back wonderful memories. One of our residents was one of the original members and he got up and sang with the group! It was truly a wonderful afternoon.



The "Old Smoothies" Barbershop Quartet



Bill



Jim



Bev and Thea



Joel



Joe and Millie



Anne and Irene

## Florida, the Sunshine State

You asked for it ... and you got it! We're going to the Tampa Bay History Center on Wednesday, Aug. 23. The bus will depart Regal Palms at 10 a.m. Your ticket price of \$7.50 (for a group of 10 or more) will include a docent-led tour.

Lunch is available at the Columbia Café, a branch of Ybor City's renowned Columbia Restaurant.

If you'd like to go, please see Tammy by Tuesday, Aug. 8 to sign up and pay for your ticket. The TBHC requires a deposit two weeks in advance so we need to have confirmed tickets at that time.



Exactly What You Didn't Expect.

## Spiritual Spotlight

Whatever form spirituality takes, Soaring, a Goodman Group proprietary program, supports residents in finding peace and purpose. We understand that everyone wants to live each day as fully as possible. This program is a unique approach to spiritual care. It's unlike any program at the intersection of senior living and health care. And it's making a real impact.

Becca Bass, Spiritual Director, is readily available for you. Visit Life Enrichment or the lobby receptionist for contact information.



## Employee of the Month

Robin Hinkley, CNA, is our employee of the month! Robin has been at Regal Palms 11 years and loves her job. Everyone agrees that it shows. She is patient, kind and gentle with those in her care, and for that, we are all grateful. Thank you Robin for being such a Platinum team member.

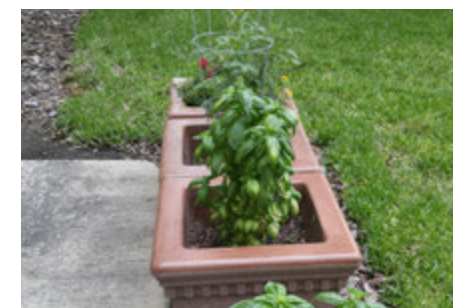


## Garden Club News

The Regal Palms Garden Club is off to a great start. After a Home Depot run for supplies, we had a lot of fun in the dirt! We now have 20 planters of blooming sweet mint, basil, tomatoes and butterfly gardens. Our plan is to use what we grow in our daily recipes. The garden is located just outside of the library doors on the first floor. As you can see by the photos, we are off to a good start. The sweet mint and basil are growing by leaps. The tomato plants already have baby tomatoes, and we've observed many butterflies soaring in and around the plants. Take a moment to check it out, and grab yourself a sprig of sweet mint for your iced tea!



Thank you, Kathy J., for all your hard work!



Our plants are in bloom only three weeks later.



One of our many visiting butterflies



Basil



Baby tomatoes

## Photo of the Month



It must have been a Cannon Country day by the looks of these two cowgirls!

## Resident Birthdays

Keith C., 10th  
Robert B., 11th  
Eleanor B., 11th  
Mary R., 15th  
Dorothy M., 18th  
Betty O., 21st  
Evelyn C., 21st  
Katherine V., 22nd  
Jane B., 23rd  
Helen B., 28th  
Helen J., 29th

## Employee Birthdays

Brennan Chessher, 1st  
Christopher McBride, 1st  
Kevin Tran, 4th  
Gilana Bliloshmi, 4th  
Matthew Powell, 6th  
Stephanie Jones, 13th  
Amanda Ashcraft, 13th  
Montana Wink, 14th  
Ian Boyd, 17th  
Terri King, 18th  
Synthia Jackson, 29th  
Gina Thompson, 31st





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## Staff

**Executive Director**  
Richard M. Lewis

**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

# The Palms of Largo Valiant Veterans® Art Therapy Program

The Plaza has partnered with The Veterans Art Center of Tampa Bay and artist, author and entrepreneur Kathy Saltamacchio. We are excited and so proud to be offering this great program to our Palms of Largo veterans.

About this unique opportunity:

- Every Tuesday, 11 a.m.-3 p.m.
- Art exhibit and showcase
- Assistance as needed to all participants
- Classical music will be introduced into sessions
- Field trips to local art museums
- History will be given on art and art therapy
- Opportunities for nature painting
- Testimonials appreciated from participants at the end of course



## Like Us on Facebook

Go to [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!

