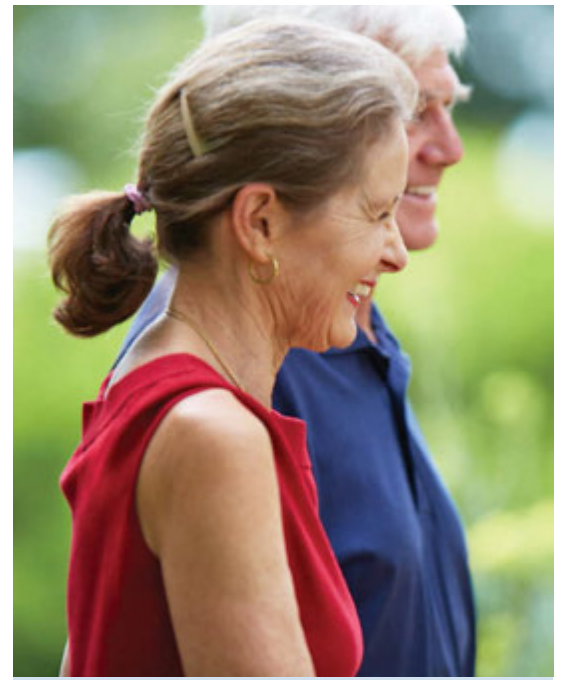


# GOOD Life News

at Regal Palms

JUNE 2017

www.regalalf.com



## Celebrate Dad

Join us for dinner on Sunday, June 18, in honor of Father's Day.

If you are planning to dine in our Main Dining Room, kindly RSVP to the lobby desk at 437-1350 by June 12. Seating times are 11:30 a.m. or 1 p.m. Dinner is \$17 per adult guest, \$8 per guest ages 8-12 and no charge for ages 7 and under. Reservations are required for parties of five or more.



Sunday, June 18

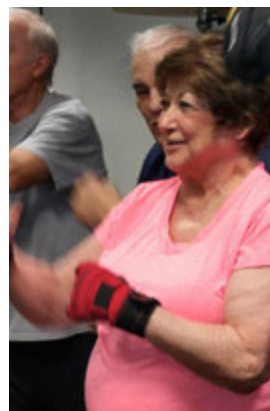
Also, on June 22, join the fun for our Dads n' Donuts Tea at 2:45 p.m. followed by The Old Smoothies, a local barbershop quartet.

## Rock Steady Boxing

Rock Steady Boxing enables individuals with Parkinson's to fight their disease by providing non-contact, boxing-style fitness programs that improve quality-of-life. Regal Palms' resident, Mary T. is a RSB



Mary enjoys giving "Parkie" a left hook.



Who says you can't look beautiful while hitting the bag?!

participant. When asked what the program has done for her, she states, "It has improved my strength and balance." She is also more aware of her surroundings and knows what to do if anyone tries to sneak up on her. She laughs, "Someone came up behind me as I was looking at the bulletin board and put his hand on my shoulder. I automatically put my elbow up defensively, nearly whacking him in his Adam's apple!" Mary, we are so proud of you!

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

## National Safety Month

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can "Keep Each Other Safe," this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!



## Residents Having Fun

The Saturday before Mother's Day, we had a painting party. We served wine and cheese and had a great time painting. Thank you to Brittany for guiding us! Everyone had a wonderful time.



Looks like Thea's been "framed"

Nancy is always ready with a smile!



The group with the finished product!



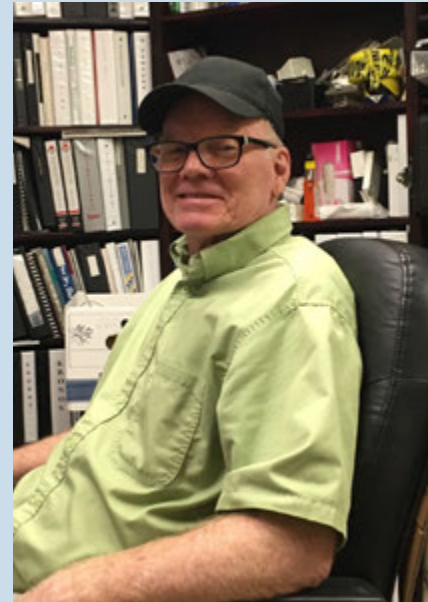
Our first painting party was a success!



Sig and Nina are really concentrating on their paintings.

## Saying Goodbye to a friend

Jim Lorenzen, Director of Environmental Services, retired on April 28, after nearly 16 years. We sent him off with a surprise party and served his favorite lunch of fried chicken with all of the southern trimmings. He received cards and messages from the staff. There were funny and touching speeches. There were lots of hugs with even more tears. Jim was a devoted member of the Regal Palms team. We will miss him terribly, but thank him for each and every day he gave to the residents, his team and his work mates. He is a true gentleman!



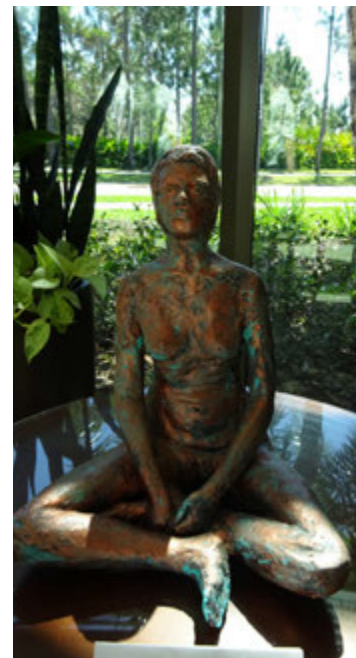
One of a kind!

## Men's Lunch Out

The first Wednesday of each month, several of the male residents from Regal and Cypress, along with both E.D.s, head out for some male bonding and great food at nearby restaurants. This month's outing is to Acropolis on June 7. The bus departs at 11:15 a.m. Try something different and make a new friend!

## Photo of The Month

This is an original masterpiece by our resident, Thea P. It was recently showcased in the art fair at The Plaza. Her creative talents are endless. She enjoys all mediums of art, and it shows in her beautiful creations.



## Resident Birthdays

Nina S., 2nd  
Mary T., 8th  
Tom S., 10th  
Helen S., 10th  
Dr. Allen B., 12th  
Robert W., 20th  
Roberta G., 27th  
Jennifer O., 28th  
Wolfgang W., 29th  
Richard A., 30th

## Employee Birthdays

Elaine Burke, 1st  
Gina Noah, 12th  
Rosita Felicie, 18th  
Rich Lewis, 19th  
Enrique Espinoza-Pantoja, 22nd  
Toney Brown, 22nd  
Susie Benenati, 22nd  
Jasmine Shoopman, 27th  
Jhona Bajar, 28th  
Sean McMahel, 29th

## Anniversaries

George & Dorothy M., 6/9/2005

## Resident Request Outings

June 7 at 11:15 a.m.: Men's Lunch with Rich at Acropolis  
June 14 at 11 a.m.: Lunch at First Watch  
June 21 at 10:15 a.m.: Thrift Store Treasures  
June 25 at 11:15 a.m.: Tampa Bay Rays (Advance Tickets Required)  
June 28 at 4:15 p.m.: Dinner at Longhorn Steak  
Kindly sign up for all outings in the black book at the reception desk.

## Employee of The Month

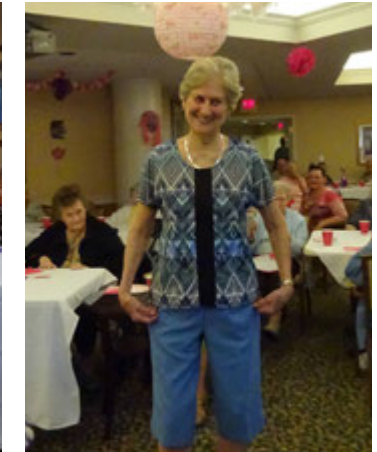
Jennifer DeVuyst, our Dining Services Manager, is our Employee of the Month. She runs the front of the house, manages the servers and helps where ever she is needed, with a smile. She's a great mentor to her team. Thank you, Jennifer, for all you do!



## Fashion Show & Tea Fun



Macy strolled the runway like a pro.



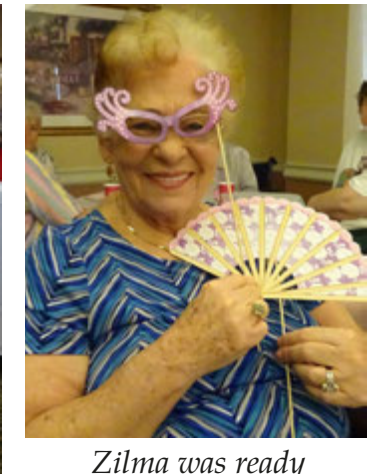
Dorothy looked cool and comfy in her spring outfit.



Millie looked pretty in her black and white ensemble.



Roberta modeled the latest in scarf fashion.



Zilma was ready for the camera with a bright smile.



Linda sparkled in her pretty blouse.



Florence having fun with our Mother's Day photo props.



Beegie is as pretty as a picture.





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## Staff

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Patti Cuyler, 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

## Hurricane Season Is Here

Hurricane season runs from June 1 through Nov. 30. We want to assure you that you are in the safest place possible; Regal Palms is structurally sound. There will be plenty of food and water available should the need arise. Also, family members are welcome to ride out the storm here with you. Please contact Life Enrichment for further information. Should a storm threaten our area, we plan to maintain all daily activities and schedules as much as possible. We have a huge generator that will keep our main operational needs supplied. Keep your fingers crossed for another quiet season.

## 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!

