

# GOOD Life News

at Regal Palms

MAY 2017

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## Mother's Day

Thursday, May 11

**11 a.m.:** Pre-Mother's Day campus-wide luncheon at The Plaza (RSVP by 5/4)

**2:45 p.m.:** Mother's Day Tea and Fashion Show in the PVR

**Saturday, May 13**

Painting Party (With Wine!) at 2 p.m. in the PVR

**Sunday, May 14:** Happy Mother's Day

If you are planning to dine in our Main Dining Room, kindly RSVP to the lobby desk at 437-1350 by May 9. 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.



*Happy Mother's Day to all of our beautiful Regal moms!*

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

**Step into  
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

## Employee of the Month

Congratulations to Life Enrichment Assistant Suzanne Wolfe, who is the Employee of the Month! Suzanne is a



cheerful lady who is always ready with a smile and a helpful hand. After consistently providing Platinum Service® to both residents and

coworkers, she will invariably ask, "Is there anything else I can do for you?" Suzanne's flexibility and professionalism make her an integral part of the Life Enrichment team at Regal Palms.



## Heroes at Home

We are collecting supplies to make boxes to take to our heroes at Bay Pines. Items we are looking for are shaving cream, disposable razors, hand sanitizer, tissues, etc. We'd also like to include fun items such as pens, puzzle books, crackers and candy. Of course, we'd like to be sure each box has a handwritten card of thanks for their service. If you'd like to help, please see Tammy in Life Enrichment.



## Dishing It Out With Rob

The meeting with dietician Pat Backer was very informative. She is a wealth of knowledge. Thank you all for participating and for making her feel welcome. If you have any other food-related topics that you'd like explored, please let me know.

I look forward to seeing you at our monthly Food Chat on Wednesday, May 10 at 2 p.m. in the PVR.

Be sure to make your Mother's Day reservations early, as this is one of the busiest holidays.

## Nurses Week, May 6-12

A big heartfelt thank you to our wonderful nurses who provide loving care along with Platinum Service®. We thank you for always being there for our medical needs or with a friendly ear when we just want to chat. Your dedication does not go unnoticed. Happy Nurses Week!

## Resident Request Outings

**May 2 at 1:30 p.m.:** Models' Fitting at Bon Worth

**May 3 at 11:15 a.m.:** Men's Lunch at LongHorn

**May 10 at 11 a.m.:** Lunch at Cheddar's

**May 17 at 10:15 a.m.:** Hard Rock Casino

**May 24 at 10:15 a.m.:** Thrift Store Treasures

**May 31 at 4:15 p.m.:** Dinner at Olive Garden

Kindly sign up for all outings in the black book at the reception desk.

## Memorial Day

Friday, May 26 at 11 a.m., The Plaza is hosting the annual campus-wide Memorial Day Ceremony. There will be invited guests and speakers from the community as well as our friends from Royal, Cypress, Sabal and Imperial Palms. Lunch will be available for our residents following the event.

Monday, May 29, our lunch will be a traditional barbecue affair. In the evening, "The Longest Day" will be shown at 7 p.m. in the Palm View Room.

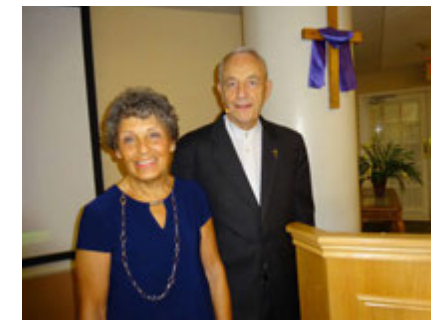
## Seder Dinner

Passover began with a first night Seder hosted by Regal Palms. Jewish residents and families from five communities on The Palms of Largo campus gathered for a Seder led by cantorial soloist Laura Berkson from Temple B'Nai Israel. Songs, prayers, a festive Seder plate and a delicious Passover feast were enjoyed by all. Residents shared memories of their family Passover celebrations as all joined the festivities. Spiritual Director Becca Bass remarked, "It was a privilege to join this remarkable celebration highlighted by the retelling of the Exodus story. What a joy it was to gather our Jewish residents together from Imperial, Royal, Regal, Cypress and Sabal Palms as one Palms of Largo community."



## Church of Regal Palms

Below are excerpts from a letter that was sent to Pastor Whiteside on March 17, 2017 from the Association of International Gospel Assemblies, Inc. (AIGA). During the April 2 service, the residents were read the letter in its entirety. They requested that this information be shared in our monthly newsletter.



*Kathy and Pastor Whiteside, The Church of Regal Palms*

Dear Brother Whiteside,

I am excited to contact you. If you didn't already know, AIGA has a Facebook page, and we would like to feature you, your ministry and your church.

To us, you, The Living Word of Ministry and The Church of Regal Palms, are an inspiration to us and to others. We feel your story needs to be shared. Our hope is to spotlight The Church of Regal Palms on our social media and also submit articles to "The Gospel Herald."

(We will be sure to pass along any further information concerning this project as it becomes available.)

## Resident Spotlight



*Kreative Ceramics is one of our favorite programs.*



*Mary Lou with Frank Cannon*

## Get Ready, Get Set ... Get FIT!

National Senior Health and Fitness Day is the nation's largest older adult health and wellness event, always held the last Wednesday in May. This year's twenty-fourth annual event is set for Wednesday, May 31. On this day, join more than 1,000 local organizations hosting health and wellness events for 100,000+ older adults.

Here at Regal Palms, you can be involved by participating in these special programs:

**9:30 a.m.:** Early Morning Stroll (Meet in the lobby)

**10 a.m.:** Exercise Your Brain (Not Your Typical trivia!), Lobby

**1:30 p.m.:** Chair Yoga, PVR

**2:30 p.m.:** Fruit Smoothie Social, PVR

**3:15 p.m.:** FIT Functional Fitness® and YOU! Are already attending our FIT Functional Fitness® classes? Yay for you! If not, please join us to see what this awesome program can do for you!, PVR



*May 31, 2017*

## Photo of the Month



*Looks like Hazel had fun at our St. Patrick's tea party!*

## Glitz n' Glam Tea Party

When you think of glitz and glam, what comes to mind? A Hollywood starlet with a feather boa? A flashy rock star in sequins? A supermodel in diamond-studded high heels? Well, whatever it is, we welcome you to dress in style for this fun-filled tea party on Thursday, May 18 at 3 p.m. in the fabulous Palm View Room! Now is your time to shine! The colors of the day are pink and purple!

## Resident Birthdays

Peggy N., 1st

John D., 16th

Betty R., 17th

Hazel C., 21st

Sandy E., 21st

## Employee Birthdays

Francina Thelusma, 1st

Carol Day, 15th

Wendy Ballow, 22nd



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## Staff

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Richard M. Lewis

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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

## Painting Party!

Have you heard about “painting parties,” where you sip wine and create your very own masterpiece? Well, you are invited to our party! Join the fun on Saturday, May 13 at 2 p.m. in the PVR. Brittany Redding, owner of Easel-y Amused, will be our private instructor. Seating is limited to 30 participants. Please RSVP to Tammy by May 5. Spectators are welcome!



*Come paint this beautiful flower!*

## 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!

