

GOOD Life News

at Pearl Garden at Regal Palms

AUGUST 2018

www.regalalf.com

Pearl Garden News

To ensure the safety of our residents, we ask that before you proceed directly to the fourth floor, you will first stop at the reception desk in the lobby. You will be asked to sign the guest book, inform the receptionist of your destination and obtain a visitors badge. The receptionist will phone the Pearl Garden nurses' station of your impending arrival. If you are taking your loved one off the floor, please be sure to complete our sign-out sheet located at the nurses' station. Thank you in advance for your compliance.

Pearl's
LIFE

Sunset Strolls Are Back

Every Friday at 5:45 p.m., we will head outdoors for some fresh air. It's a great way to unwind after a full day of activities. Don't feel like strolling the beautiful Palms of Largo grounds? That's okay, we can just sit on the porch and visit with our neighbors. Of course, our adventures are weather permitting.

Employee of The Month

Congratulations go to Nurse Amy Roberts! Amy is always cheerful, always smiling and always helpful. Amy was born in Erie, Pa., but moved to Florida at the tender age of four. Amy has been at Regal for one year and loves having a career that allows her to help others. In fact, when asked what she likes best about her job, she stated, "My residents!" Amy is all about family, her husband of 28 years, her four kids and her 14 (yes, 14!) grandchildren. When not spending time with the grandkids, she enjoys playing with her dog, Daisy, and her cat, Kiki, or walking along the beach at sunset. Amy is a true treasure to work with, and the residents of Regal just love her. Thank you, Amy, for everything you do.

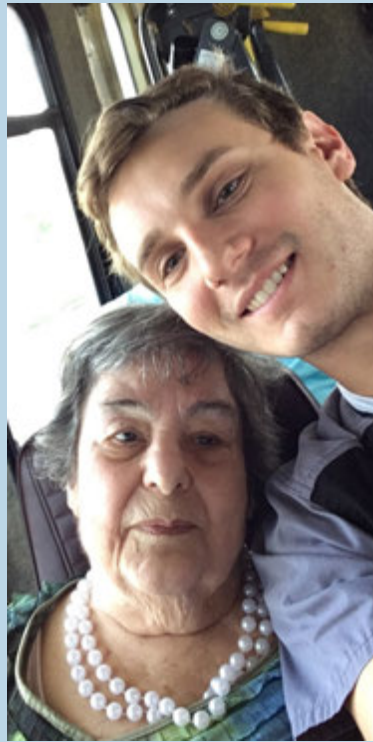


**Our Talk.
Our Walk.
Every Day!**

**30 Years
Recognizing
Senior
Citizens Day**

The United States 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.

Photo of The Month



Doris and Matt are all smiles as they tour Clearwater Beach on a recent scenic bus ride.

Resident Birthdays

Francesca D., 2nd
Elizabeth B., 16th
Don R., 19th
Jane B., 23rd

Employee Birthdays

Christopher McBride, 1st
Taquisha Golden, 2nd
Gilana Blloshmi, 4th
Matthew Powell, 6th
Amirah Anthony, 6th
Stephanie Jones, 13th
Ian Boyd, 17th
Terri King, 18th
Amy Roberts, 27th
Gina Thompson, 31st

Entertainment and Outings

Let Us Entertain You

- Aug. 1, 15 & 29:** Pearl Garden Chorus with Anita at 3 p.m.
Aug. 2: Victoria Garcia, Harpist, at 1:30 p.m.
Aug. 3: Tommy Johnson at 2 p.m. in the PVR
Aug. 4: Rich the Piano Man at 1:30 p.m.
Aug. 4: P.A.L.S. — Chloe' and Dolly Visit at 10:30 a.m.
Aug. 5: Louis Bravo at 6:30 p.m. in the PVR
Aug. 6 & 20: 2 Peace Band at 3 p.m.
Aug. 8: David McAbee at 3 p.m.
Aug. 9 & 23: Rhythm & Reason with James at 3 p.m.
Aug. 10: Carlo Lovasco at 2 p.m. in the PVR

On the Road Again

- Aug. 3, 10, 17, 24, & 31:** Ages Entwined® at 10:30 a.m. at The Plaza
Aug. 7 & 21: Scenic Bus Ride at 10:15 a.m.
Aug. 14 & 28: Music at The Plaza at 1:30 p.m.

Please RSVP for all outings with any Life Enrichment team member or our receptionist.

Special Events

- Aug. 8:** Gentlemen's Lunch at noon **Aug. 22:** Pearl Garden Tea at 3 p.m.

Congratulations to Jamie Ruthardt on Her New Position as the Receptionist on Pearl Garden

Jamie has worked at The Palms of Largo for 12 years, starting as a server in the dining room and eventually moving to the Life Enrichment Department for the last 10 years. Although the decision to leave Life Enrichment was not an easy one, Jamie came to realize she was ready for new challenges. The best part is she is able to make new memories with dear, old friends — staff, family members and most importantly, the residents of Pearl Garden! Jamie's sunny outlook and friendly smile made her the perfect candidate for this position. Be sure to stop by the nurses' station as you step off the elevator on Pearl Garden and wish Jamie the best of luck in her new role!



Hydration and You!

August is known as one of the hottest months of the year. This article will help you stay cool and beat the heat.

Did you know...

- **Excretion:** You can lose a pint to several gallons of urine a day.
- **Breathing:** When we inhale, moisture is added to the air as it passes to our lungs. The humidified air is then lost, once we exhale and the amount of water lost depends on the levels of humidity of the air.
- **Sweating:** We lose under a liter of water daily when it evaporates from the skin. This amount can increase dramatically when we sweat profusely due to vigorous workouts or high body temperature.
- **Digestion:** Generally, we lose little water through the digestive track. However, in the case of severe diarrhea and vomiting, a gallon or more can be lost.

Dehydration can cause a variety of symptoms including headaches, fatigue, lack of focus, dizziness and in some severe cases, fainting.

Proper hydration does more than just quench your thirst. It has numerous benefits to your health.

- Water is the main component of blood, which supplies cells with oxygen and nutrients and carries waste out of the body.
- Water regulates internal body temperature. Through the process of sweat production and evaporation, one's body can avoid overheating. The blood on the skin surface is cooled, and it carries this cooling effect to the body's interior.
- Water lubricates joints.
- Water cushions vital organs

Proper hydration positively impacts your productivity. According to studies, proper hydration works to promote good mental health, which has a positive impact on overall cognitive function.

The hydration station is available for you to help yourself. If you need any assistance or would like a different refreshment, please let any staff member know. You and your health are important to us.

News from the Garden Patch

The residents of Pearl Garden have truly embraced the Montessori Inspired



Lifestyle. They enjoy having more choices in their daily activities such as the movies that will be shown, their attire for the day and their after-dinner program. With great success, the residents now lead several activities themselves: exercise classes, reading round table, daily devotions and morning refreshments. They can also be seen assisting the staff with setting the tables for meals and making their own beds. The feeling of empowerment and independence has improved their self-confidence; therefore, we're seeing more engagement in programs and with each other.

As you can see, they take their duties seriously. Our "fruit committee" takes great pride in selecting, washing and preparing the day's delight that is used in the hydration station. Very often during the day, we see residents helping themselves to the cold refreshment or asking a fellow resident or staff member if they'd like a drink!

Next time you visit, stop by for a refreshing cup of fruit flavored water!



Mardy and Chelsea preparing the fresh lemons.



Kay is always so helpful.



Thank you to our Pearl Garden veterans. We appreciate your dedication to our great country and will never forget your sacrifices.



REGAL PALMS

Senior Living

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ALF #9570

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Plant Operations Director
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Having Fun...Country Style!



Cowgirl Barb!



Howdy, Fran!



Margaret with her sidekick, Barbara



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Visit facebook.com/RegalALF to see pictures and catch up on all the fun here at Pearl Garden at Regal Palms. This is a great way for family members and friends to stay connected!