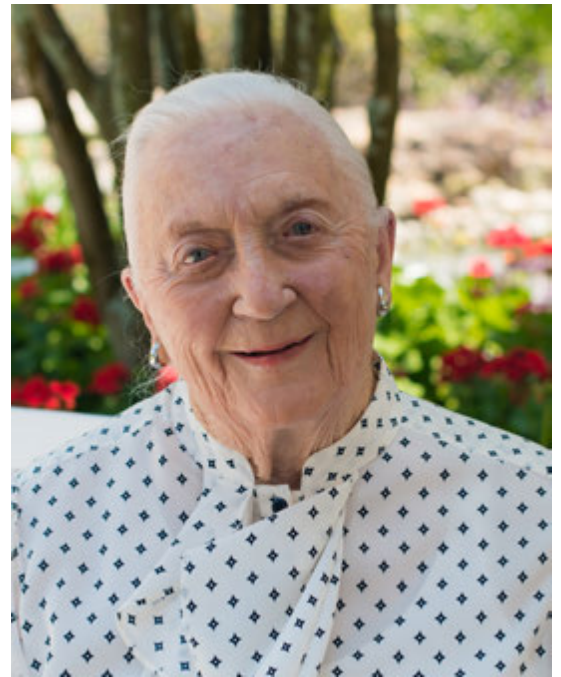


# GOOD Life News

*Pearl Garden 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."



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

### **NALW EVENTS:**

- **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 are planning to take your loved one out, please notify our receptionist. She will notate your pickup time for your loved one to be ready.

At 1:30 p.m., Charlie will entertain us with our favorite singalongs. If you're in the mood for something refreshing, treat yourself to a tasty ice cream concoction at 2:30 p.m. Residents, staff and family members are invited. "GRAND" Bingo at 2:45 p.m. where you can literally win "a grand!" To end the day and by resident request, Frank Cannon will be in the PVR at 6 p.m. for gospel music.

*(Continued inside)*

## 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 is red, white and blue.

The Plaza is hosting a Patriot Day Remembrance starting at 10:30 a.m. 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.

- Tuesday, 9/12: Luau Day — Attire is Hawaiian.

1:30 p.m.: Tiki Painting

2:30 p.m.: PuPu Punch and Hawaiian Meatballs

3 p.m.: Pineapple Bowling

5:30 p.m.: Hawaiian Trivia

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

- Wednesday, 9/13: Staff Appreciation Day — Attire is bright colors.

A day to show our staff how much they are appreciated.

Then after dinner, The Mark Ralston Show is in the PVR for the residents.

- Thursday, 9/14: Circus Fun Day — Attire is ... FUN!

The fun starts at 1:30 p.m. in the PVR.

We'll have a face painter, a caricature artist, a balloon sculptor, a reptile show, a bird show, games and refreshments. And then at 7 p.m., it's the David Fletcher Magic Show.

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

The fun starts at 2 p.m. in the PVR.

Please see Tammy by Sept. 8 to sign up.

Participation is encouraged and appreciated.

## 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.

## Spirituality Spotlight

Ever wish you had someone to talk to, to confide in ... or just to be there with you? We've all felt this way from time to time, it's perfectly okay. Regal Palms is so blessed to have Becca Bass, our Spiritual Director, available for any and all of our special needs. She has a tender heart and is always ready with a tissue or a hug ... or sometimes, both.



Regal Palms resident Joe P. with Spiritual Director Becca

Also, Regal Palms resident Joe P. has been joining Becca for weekly visits on Pearl Garden. Joe has a remarkable gift for listening and valuable experience as a Deacon in the Catholic Church.

If you feel you would like to spend some one-on-one time with Becca, please let nursing or Life Enrichment know, and we will make that connection happen for you.

## The Florida Orchestra

TFO Brass Quintet will be here as they get ready to open their 50th anniversary season. Great storytelling, versatility and musical skill have made the quintet an audience favorite. Join the fun at 7 p.m. on Thursday, Sept. 21 in the PVR.

## Resident Birthdays

Hank M., 19th Viola F., 27th  
Charlene G., 24th

## Employee Birthdays

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

## New Programs This Month

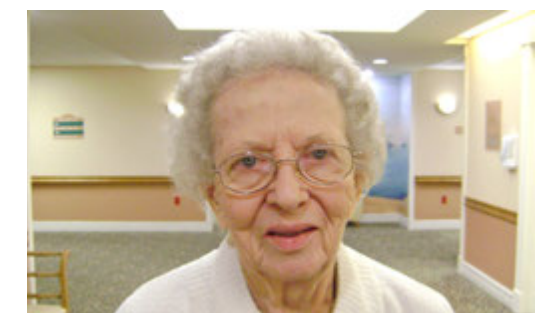
Try something new! We now have ladder ball and ceramics!

## 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.



## Welcome New Neighbor



Welcome, Deloris!

## Residents Having Fun!



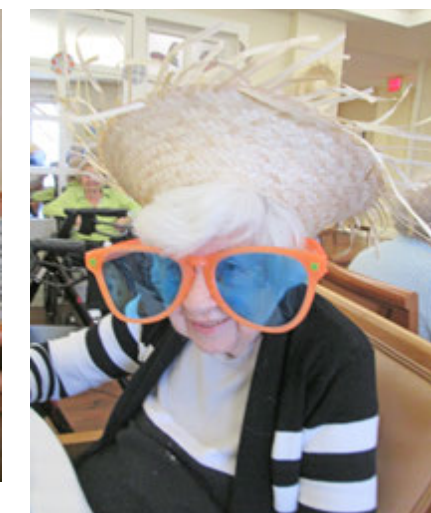
Shirley is stylin' in her shades!



Shirley is ready for the beach!



Don said he loves the indoor beach!



June is so cute!

## Entertainment and Outings

### LET US ENTERTAIN YOU!

- Sept. 1: Tommy Allison at 2 p.m. in the PVR
- Sept. 2: P.A.L.S. — Chloe', the dancing Maltese at 10:30 a.m.
- Sept. 2: Rich, the piano man at 1:30 p.m.
- Sept. 4: Denise Leigh at 6 p.m.
- Sept. 6 and 20: Pearl Garden Chorus at 3 p.m.
- Sept. 7: Victoria Garcia, Harpist at 1:30 p.m.
- Sept. 8: John Barba at 2 p.m. in the PVR
- Sept. 10: Charlie Ragan at 1:30 p.m.
- Sept. 10: Frank Cannon Gospel at 6:30 p.m. in the PVR
- Sept. 11: Theresa Jeanne at 6 p.m.
- Sept. 12 and 26: The Learning Center children visit at 10:30 a.m.
- Sept. 12: Luau Show with Valerie at 7 p.m. in the PVR
- Sept. 13: David McAbee at 3 p.m.
- Sept. 13: Mark Ralston at 7 p.m. in the PVR
- Sept. 14: Circus Fun at 1:30 p.m. in the PVR
- Sept. 14: David Fletcher Magic Show at 7 p.m. in the PVR
- Sept. 15: 3rd Annual Variety Show at 2 p.m. in the PVR
- Sept. 16: Rick Elkins at 1:30 p.m.
- Sept. 21: Monthly Birthday Part at 2:30 p.m.
- Sept. 21: Florida Orchestra Performance at 7 p.m. in the PVR
- Sept. 27: 2 Peace Band at 6 p.m.
- Sept. 28: Music Therapy with James at 3 p.m.
- Sept. 22: Steve Walker at 2 p.m. in the PVR

- Sept. 24: Will and Michelle at 6:30 p.m. in the lobby
- Sept. 25: Dale Williams at 3 p.m.
- Sept. 26: Dori Williams at 3 p.m.
- Sept. 27: P.A.L.S. — Kiki and Brandi at 3 p.m.
- Sept. 29: Bill Floyd at 2 p.m. in the PVR

### ON THE ROAD AGAIN

- Sept. 5 and 19: Scenic Bus Ride at 10:15 a.m.
- Sept. 12 and 26: Music at The Plaza at 1:30 p.m.

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

### SPECIAL EVENTS

- Sept. 13: Gentlemen's Lunch at noon
- Sept. 20: Pearl Garden Tea at 3 p.m.



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## Staff

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Richard M. Lewis

### Director of Nursing

Natasha Belichka, RN

### Sales and Marketing Director

Lindsey Edwards

### Life Enrichment Director

Tammy M. Dunlap

### Director of Dining Services

Rob Meli

### Memory Care Coordinator

Linda Suswal, RN

### Resident Services Director

Linda J. Sclafani

## 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 visitor's badge. The receptionist will phone the Pearl Garden nurses' station of your impending arrival. Thank you in advance for your compliance.

*Pearl's*  
**LIFE**

## 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!



## Photo of The Month



*It's never too late to try something new! Way to go, Doris!*