

# GOOD Life News

*Pearl Garden at Regal Palms*

NOVEMBER 2017

[www.regalalf.com](http://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

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

**FIT Functional  
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

## Happy Thanksgiving

It's a time to reflect and give thanks for our many blessings. You are invited to our Annual Thankful Tea on Thursday, Nov. 15, at 1:30 p.m. Over a cup of hot tea and tasty refreshments, we will share good thoughts, uplifting stories and fellowship with our neighbors.

If you are planning to dine in the Main Dining Room on Thanksgiving, kindly make your reservations at the reception desk by Monday, Nov. 20. Seating times are 11:30 a.m. and 1 p.m. The cost is \$17 per guest and \$8 for children ages 4-10. If your loved one will be going out for the day, please let our receptionist know. She will notate your pick up time so your loved one is ready when you arrive.

We are so thankful for each and every one of our Regal residents, their family members and our staff. Happy Thanksgiving!

## Photo of The Month



Some photos need no words.

## Welcome New Neighbors



Welcome, Jane



Welcome, Martha

## Thank You, Pearl Garden Veterans

In honor of Veterans Day, we would like to take this opportunity to thank our courageous veterans for their sacrifice and dedication to our great country.

**Air Force:** Hank M.

**Army:** Don R.

**Marines:** Joe H.

**Navy:** Al C. and Charles C.



## Employee of The Month

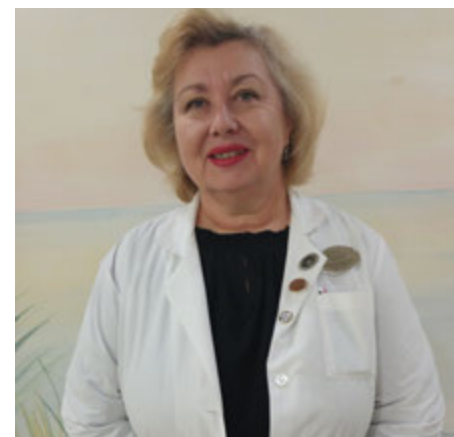
Congratulations, Wendy! She says that she enjoys "everything" about her job working to keep Pearl Garden clean and healthy for the residents. She has a cheerful attitude and a winning smile. When not at Regal, she enjoys spending time with her husband, step-son and best pooch, Bailey! Thanks, Wendy, for practicing Platinum Service® every day. You are appreciated.



Wendy Keldo, Housekeeping

## Meet Our New Director of Nursing

Natasha Belichka comes to us from Sabal Palms, having been a part of the Palms of Largo team for a little over 14 years. She is originally from Bulgaria and enjoys spending her free time with her family. Her other two passions are painting on canvas and her beloved dog, Riley. Regarding her nursing career, Natasha states she loves working with and helping people. She adds she is honored to be a part of Regal Palms. Welcome to the team, Natasha!



## Resident Birthdays

Deloris R., 7th

Joseph H., 13th

## Employee Birthdays

Mary Brice, 1st

Dawn Kelly, 19th

Earion Samuel, 7th

Warren McKinney, 24th

Alexadria Head, 11th

Paul Arena, 24th

Leah Hitlaw, 12th

Ruth Jackson, 25th

Sharlin Avila, 13th

Ricky McSwain, 26th

Marcus Charles, 15th

Charlotte Amoah, 26th

Maureen Webster, 16th

Gigi Habibi, 28th

Florencio Garcia, 18th

## National Assisted Living Week Memories



Gene and Don are all smiles at the Frank Cannon Gospel Hour.



Hank enjoyed meeting one of the visitors in our reptile show.



Lorraine had fun getting her face painted by Yeppers the clown.



June is all smiles in her fancy hat and flowery lei.



Rose is as pretty as her lei.



Viola is ready for luau fun.



Valerie was our featured entertainer for the evening. Here she is between two beautiful Jeans.



The female version of the Village People...Y.M.C.A.



Carnival fun for everyone!

## Entertainment & Outings

### Let Us Entertain You

**Nov. 1 & 15:** Pearl Garden Chorus with Anita at 3 p.m.

**Nov. 2:** Victoria Garcia, Harpist at 1:30 p.m.

**Nov. 3:** Keith Coleman at 2 p.m. in the PVR

**Nov. 4:** P.A.L.S. — Chloe', the dancing Maltese at 10:30 a.m.

**Nov. 4:** Rich the Piano Man at 1:30 p.m.

**Nov. 5:** Louis Bravo at 6 p.m. in the PVR

**Nov. 6:** Denise Leigh at 6 p.m.

**Nov. 8:** David McAbee at 3 p.m.

**Nov. 8 & 22:** 2 Peace Band at 6 p.m.

**Nov. 9 & 30:** Music Therapy with James at 3 p.m.

**Nov. 10:** John Barba at 2 p.m. in the PVR

**Nov. 12:** Charlie Ragan at 1:30 p.m.

**Nov. 13:** Theresa Jeanne at 6 p.m.

**Nov. 16:** Monthly Birthday Party at 2:30 p.m.

**Nov. 17:** Maple Sugar Serenaders at 2 p.m. in the PVR

**Nov. 18:** Rick Elkins at 1:30 p.m.

**Nov. 22:** P.A.L.S. — Kiki and Brandi at 3 p.m.

**Nov. 24:** PB Jazz at 7 p.m. in the PVR

**Nov. 26:** Will and Michelle at 6:30 p.m. in the lobby

**Nov. 27:** Dale Williams at 3 p.m.

**Nov. 28:** The Learning Center Children at 10:30 a.m.

**Nov. 28:** Dori Miller at 3 p.m.

### On the Road Again

**Nov. 7 & 21:** Scenic Bus Ride at 10:15 a.m.

**Nov. 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

**Nov. 8:** Gentlemen's Lunch at noon

**Nov. 15:** Pearl Garden Tea at 1:30 p.m.



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## Staff

**Executive Director**  
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

## Daylight Savings Time



*Sunday, Nov. 5*

## Save The Dates

**Regal Palms Tree Lighting**  
Monday, Dec. 4, at 6 p.m.

**Pearl Garden Tree Trimming**  
Thursday, Dec. 7, at 6 p.m.

Additional information to follow in our  
December newsletter.



*Getting ready for the holidays*

## 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!

