Edith Roosevelt Visits

Edith Roosevelt, the second wife of President Theodore Roosevelt and First Lady of the United States visited Royal Palms in February. She described her visit to the Tampa Bay Hotel in 1898. Her husband Lieutenant Colonel Theodore Roosevelt was in town with his famous Rough Riders waiting for word to leave for Cuba and fight in the Spanish-American War. Nan Colton, playwright, director, storyteller, actress and arts educator, portrayed Edith Roosevelt as she recalled the challenges, great successes and deep sadness of her life as wife, mother, First Lady and private person.

FIT Functional Fitness®

We are dedicated to providing residents with the fundamental building blocks to optimum living. FIT Functional Fitness®, our personalized exercise program, is designed to go beyond typical senior fitness programs to help improve residents’ core strength, balance and cardiovascular health, as well as promote relaxation. The 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. Where possible, the program can reduce the need for assistive mobility devices. These group exercises are done in an encouraging and fun environment, and the program transforms residents’ ordinary exercise routines into memorable, extraordinary ones.

Resident Birthdays

- Lee C., 4th
- Dorothy C., 4th
- Mary M., 7th
- Frances S., 9th
- Dee W., 10th
- Florence M., 13th
- Julie L., 18th
- Mary Jane T., 20th
- Betty G., 21st
- Pat O., 22nd
- Peter T., 23rd
- Margot F., 25th
- Hanna S., 30th

Anniversaries

- Bill And Pat C., 4/30/2011
Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That’s why it’s important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it’s also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the “bad” kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the “good” type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.
Our Talk. 
Our Walk. 
Every Day!
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Staff
Executive Director
Robin Katchuk
Life Enrichment Director
Kathy Nordlinger
Director of Marketing
Kymberly Keenan
Director of Dining Services
Matt Galka
Maintenance Director
Shane Boswell
Activity Services Director
Chris Ayral
Transition Director
Nancy Bauer
Director of Performing Arts
Jim Abegglen
Director of Hospitality
Cookie Pompei

Resident Officers
President: T.J. S.
Vice President: Marilyn H.
Community Life: Shirley P.
Safety: Mike H.
Secretary: Arlene L.
Sunshine: Sandy M.
Welcome: Donna S.
Communication: Barbara F.

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