Be All Heart this February

Submitted by: Ruth Morissette, Imperial Palms Activity Director

Imperial Palms Activity Team would like to encourage everyone to be “All Heart” as February 2014 is dedicated to National Heart Awareness Month. We are encouraging all residents at The Palms of Largo to take advantage of the many programs offered on the campus. For example, Imperial Palms offers group exercise classes, yoga, aqua fit & trim and water walking classes taught by certified instructors from the City of Largo in the West heated pool. Wii bowling is offered twice a week and we have monthly Wii Bowling Tournaments with Sabal Palms. Able Palms comes weekly performing blood pressure checks as well. We are proud to say that in February, Liz, Imperial Palms Activity Assistant will be starting a new walking club. Imperial Palms provides many more heartfelt activities to choose from and we would also encourage you during this month to give someone a hug, greet your neighbor, give a get well card or maybe even a valentine. These little acts of kindness can provide a positive change in your mental and physical well being. Also, make sure that you keep up with your doctor appointments and keep that heart healthy. Plus, don’t forget to eat healthy meals. We also encourage you to participate in the other social events that are being offered on the campus that help you stay in touch with your neighbor and socialize. Music, Art, and hands on activities offer so many benefits as well. Imperial Palms offers coffee hours where residents can enjoy time together, Men’s Group luncheons and Red Hat luncheons, monthly dine outs taking out over 50 residents, casino trips, plays, cultural events, resident parties with entertainment, and new weekend trips have been added as well. The residents enjoy participating in the many events offered at the Plaza and has partnered with the Largo Community Center and Highland Recreation Center to participate in many of the quality events that they offer. Don’t forget to read your monthly newsletter that shows you all the activities and events that you can participate in. The Palms of Largo is like no other community because of all the services offered as well as the special staff members that truly care with all their Heart!

Imperial Palms Activity Department would like to share a few examples of the resident’s favorite events that have occurred this year. Imperial Palms started off by hosting a Tex/ Mex New Year’s Party with Mariachi Performers led by Entertainer Chris Gomez. The Mariachi Performers sung beautiful music while playing the guitar, fiddle, tambourines, and maracas. They started with classic Spanish/Country music which was then followed by 50’s – 90’s performances. Chris Gomez led the residents in singing and got them up dancing like Mexican Jumping Beans. We would also like to thank Regal Palms for catering a delicious Tex/ Mex themed dinner. We brought in the New Years together while watching the ball drop at Time Square, having a champagne toast, and residents making many New Years wishes with everyone yelling “Olay.” 🎆
Matt’s Research Minute
Submitted by: Matt Lowery, Site Director
Suncoast Neuroscience Associates

There’s a lot to consider when you’re asked to take part in a study. That’s why I see informed consent as the cornerstone of research. It puts all the power in your hands and allows you to make sure the study is right for you.

The point of informed consent is to explain the study in easy to understand terms so you can make a decision based on facts. It always happens before any study procedures are started.

An informed consent can be very detailed, which is a good thing so you have plenty of information to base your decision on. Some of the information it contains is:

• A description of the study including purpose, number of visits, and how long the study lasts. It will also tell you if the medication is provided and if you are compensated.
• The risks, side effects, and benefits
• A statement saying that participation is voluntary and that you can leave the study at any time
• Your rights and responsibilities
• How to get in touch with study staff

When you are presented with a study, the study staff should give you time to look over the consent. You can even take it home to look over it and talk about it with family, friends, or anyone else you might want to ask. If you decide to participate, a member of the study staff should go through the entire form with you. Be sure to ask any questions you might have!

You should receive a copy of the form after you have signed and dated it. That way you have a copy you can reference later on and you always have the phone number for the study staff on hand.

Here are some of the studies that we have open:

• Alzheimer’s Disease
• Memory Loss
• ALS (Lou Gehrig’s disease)
• CIDP (Chronic Inflammatory demyelinating polyneuropathy)
• Multiple Sclerosis
• Parkinson’s Disease
• Pseudobulbar Affect

Want to know if you or someone you know qualifies? Call us at 727-202-2623.
You can find us on Facebook and visit our website at www.suncoastneuroresearch.com.

Happy Valentine’s Day to all of our Caring Heart Society Members!
You make a difference every day in the lives of our caregivers and high school seniors with your donations and support.

We truly appreciate you and your kindness!
From all of us at The Caregivers Support Network
501c3 Non-profit at The Palms of Largo.
LARGO COMMUNITY CENTER:

Sun Down Music Series “A Rock and Blues Night”
February 7th • 6:30 pm - 8:30 pm

Swing Dance Friday Night
Fridays • 7 pm - 11 pm

Camp Fire Sing-A-Long
February 14th • 7 pm • $3

Luncheon & Show
February 6th & 20th • 12 pm - 2 pm • $12

Movies of the Silver Screen
February 19th • 1 pm • FREE

For further information or to register for Largo Community Center Events please call (727) 518-3131.

HIGHLAND RECREATION COMPLEX:

Les Mills Body Pump Launch
February 1st • 8:30 am • FREE

Zumbatomic - Youth Zumba Class
Weekly Class (Thursdays) • 5:30 pm

Largo Family Scavenger Hunt
February 8 • 11 am - 1 pm
$15/family in advance • $25/family day of Call (727) 518-3016 or visit www.largo.com/scavengerhunt
Cash prizes, door prizes, food and drink.

Fishing Class & Deep Sea Excursion
Call (727) 587-6740 ext. 5008 For more details. Open to ages 8 and up.

Tennis Lessons
Private and group tennis lessons for all ages.

For further information or to register for Highland Recreation Complex Events please call (727) 518-3016.

No Fuss, No Muss, No Bake
Submitted by: Kay Sherman, The Plaza Marketing Director

The First No Bake Class was held at The Plaza January 9th. Chef Paula and nine Palms residents made a To Die For Banana Pudding in just a few minutes! No oven, no mixer, no microwave. Layered in clear plastic cups was a Graham cracker crust, few slices of banana, sugar-free banana Jello pudding, a second layer of the same ingredients, a sprinkling of coconut and miniature chocolate chips, and a dollop of Cool Whip topped with one slice of banana on top.

The class ended with smug smiles on the satisfied faces of the lucky residents who attended! Join the fun at The Plaza!
February Employee Anniversaries
at The Palms of Largo

1 YEAR
- Kassandra Castro (Cypress)
- Kaycee Colen (Sabal)
- Sarah Nevitt (Sabal)
- Sara Seal (Regal)
- Rachel Shultz (Royal)
- Shelley Lee (Sabal)
- Tammy Brown (Sabal)
- Patti Hansen (Sabal)
- Stephanie Howcleshell (Royal)
- Danielle Jones (Sabal)
- Regina Noah (Regal)
- Deion Givans (Sabal)
- Madalina Katz (Sabal)

2 YEARS
- Doris Devoe (Regal)
- Kelli Casto (Sabal)
- Michael Phillips (Regal)
- Amanda Heatley (Sabal)
- Janet La Santa (Sabal)

3 YEARS
- Katherine Abdal-Ghany (Regal)
- Jakob Prater (Sabal)
- Anita Plange (Sabal)
- Mary Sue Mattocks (Cypress)

4 YEARS
- Kyle Smith (Regal)
- Leigh Bullen (Sabal)
- Teresa Bryant (Sabal)
- Debra Lavere (Sabal)

5 YEARS
- Ken Skovira (Regal)
- Jeff Gilpatrick (Sabal)
- Glenn Lubell (Sabal)
- Anne Wagner (Sabal)
- Alicia Hall (Sabal)
- Brenda Legge (Sabal)

6 YEARS
- Mike Hedgar (Sabal)
- Kim Delapp (Sabal)
- Joshua Laird (Sabal)
- Kim Miller (Sabal)
- Carmen De Jesus (Royal)

7 YEARS
- Pat Kingery (Royal)
- Barbara Lauretani (Sabal)
- Mark Clifton (Sabal)
- Ruth Latimer (Sabal)

8 YEARS
- Robin Hinkley (Regal)
- Gladys Keese (Sabal)
- Jeannie Ottersony (Regal)

9 YEARS
- Septimus Johnson (Cypress)
- Erin Brookins (Sabal)
- Susan Tremblay (Sabal)

12 YEARS
- Barbara Lyon (Sabal)

22 YEARS
- Leslie Petrick (Cypress)

February
Campus Support Groups Schedule

Alzheimer’s Educational Program
Guest Speaker: George (Minas) Liristis, PharmD
February 11th • 6:00 p.m. at Regal Palms

Arthritis Support Group
February 25th • 10:00 a.m.
at Imperial Palms East Clubhouse

Diabetes Education & Awareness
Guest Speaker: George (Minas) Liristis, PharmD
“Diabetes Complications”
February 20th • 12:00 p.m. at Regal Palms

Fibromyalgia Support Group
Guest Speaker: Sally Marlowe, Exec. Dir. of Southeast Regional Arthritis Center
February 8th • 11:00 a.m.
at Imperial Palms East Clubhouse

Gluten Intolerance Support Group
February 22nd • 10:00 a.m.
at Imperial Palms East Clubhouse

Parkinson Education & Awareness
Guest Speaker: Saleem Khamisani, M.D., Neurologist with St. Anthony’s
“Updates on the Latest Advancements for Parkinson’s”
February 18th • 12:00 p.m. at Cypress Palms

Stroke Survivor Education & Awareness
Please Join Us for our 2nd Annual Healthy Heart Resource Fair
February 25th • 10:00 a.m. - 2:00 p.m. at Cypress Palms

For further information or to RSVP call Margie at (727) 437-1639