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We encourage residents, guests, caregivers and families to download the app and get connected!



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CYPRESS PALMS

Senior Living

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MANAGED BY The Goodman Group

## TEAM MEMBERS

**Executive Director**  
Melissa Wojewnik

**Director of Nursing**  
Dianna Slutzker, RN

**Director of Sales & Marketing**  
Mary Wiley

**Life Enrichment Director**  
Jessica Baranowski, CTRS

**Spiritual Care Director**  
Tracie Ashley

**Executive Chef**  
Alan Cunningham

**Plant Operations Director**  
Peter Sala

**Resident Services Director**  
Kelly Goodwin

**Director of Volunteer Services**  
Margie Ratcliff



## IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Mary M.
- Patt M.
- Dona R.
- Mary W.



## BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Donald R. - 3/6
- Katheen M. - 3/12
- Donald A. - 3/16
- Julia L. - 3/18
- Annetta D. - 3/23
- Marcella H. - 3/23
- Ronald G. - 3/26
- Monique D. - 3/28



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# Good Life NEWS

at Cypress Palms

MARCH 2024

## MOMENTS WITH MELISSA

Women's History Month is a time of reverence and celebration, honoring women's myriad contributions and triumphs across generations and contemporary society. It provides a platform to laud the extraordinary women who have shattered barriers, defied societal norms, and propelled progress across various domains, including politics, science, arts, education and activism. Throughout this month, we reflect on the resilience, determination and courage displayed by women from diverse backgrounds and cultures as they have advocated for equality, justice and recognition.

Did you know that the Cypress Palms leadership and supervisor team comprises an impressive 10 women? This remarkable fact underscores our commitment to diversity and empowerment within our community. From pioneers like Susan B. Anthony and Rosa Parks, who ignited movements for women's suffrage and civil rights, to contemporary icons like Malala Yousafzai and

Greta Thunberg, who champion education and environmental justice, Women's History Month celebrates the enduring legacies of women who have left indelible imprints on society. By commemorating Women's History Month, we honor the past achievements of women and recommit ourselves to creating a more inclusive and equitable future for all.

We want to hear your stories! Connect with life enrichment so we may share your story. Additionally, we're excited to announce our official registration for the Walk to End Alzheimer's. Whether you walk alongside us, donate or create your own team, your involvement makes a meaningful impact. Visit life enrichment or [act.alz.org/goto/cypresspalms](https://act.alz.org/goto/cypresspalms). Lastly, mark your calendars for March 1, International Wheelchair Day, where we invite you to join us in a wheelchair-wash fundraiser benefiting the Alzheimer's Association. Let's welcome spring with a commitment to positivity and making a difference!

Melissa Wojewnik  
Executive Director

## MONTESSORI MOMENTS

**Principle #3:** I always offer choice whenever possible.

*"Never help a [resident] with a task at which he feels he can succeed."*

—Maria Montessori

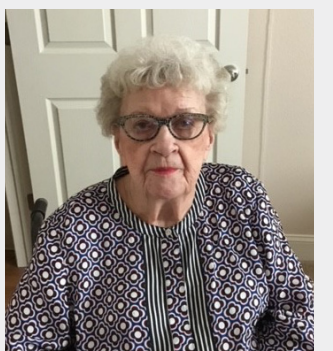


## THIS IS MY LIFE: MARCELLA H.

Marcella H. was born in Grand Chain, Illinois, to Arthur and Mary Ellis. She grew up in a bustling household with her siblings Arthur Jr., Mary, Deborah and Hobert. Her father worked at the dams along the Ohio River, while her mother devoted herself to the family as a homemaker.

After graduating from Grand Chain High School, Marcella entered the workforce and found her calling in retail. She married her husband William and together raised two sons, Toby and William Jr. Marcella said those years were ones she spent in happiness. Tragically, William, a valiant soldier serving in Vietnam, lost his life in the line of duty, serving three tours in Vietnam as a green beret. Marcella's heartache was shared by many, and his memory lives on through a plaque dedicated in his honor in Vietnam. Later in life, Marcella found love again with Norman, a fellow military man who brought joy and stability to her and her sons.

Marcella's cooking skills were renowned, and her kitchen was her sanctuary. Her home was a testament to her care, always pristine and welcoming. But her true gift is her unwavering kindness and willingness to be there for others in times of need. Her sister says Marcella is the epitome of compassion, "always ready to lend a helping hand". Marcella came to Cypress Palms in 2022. She loves listening to music and spending time with her niece and brother. If you see her in the hallway, make sure you stop and say hello!





TEAM MEMBER OF THE MONTH: MERRICK

Whether you call him Merrick, Myrek, Mirosław, or simply Marek, one thing is certain—his dedication and expertise in the kitchen has made him an indispensable asset to our team. With over two decades of unwavering commitment, Merrick has consistently delivered Platinum Service® to our community.



Culinary Director Alan says, “Merrick boasts a stellar attendance record; during crises like Hurricane Irma and the COVID-19 pandemic, Merrick didn’t hesitate to lend a helping hand as he packaged and delivered meals throughout our community”.

Fluent in English, Spanish and Polish, he also fosters inclusivity within our diverse team. Dining Room Supervisor Angie commends him for his humor, helpfulness and advocacy for his team. Merrick’s talents extend beyond the kitchen. His mechanical aptitude has saved the day when maintenance was unavailable, ensuring smooth operations. Outside of work, his passion for mechanics is evident as he repurposes vehicles for resale. He has one daughter who used to enjoy volunteering her time at Johnny’s Soda Shoppe.

Congratulations to Merrick on this well-deserved recognition! Your hard work, commitment and versatility are truly appreciated, and we are privileged to have you as part of our team!

SNOW BALL FUN

Our Snow Ball was a fantastic flurry of fun! The atmosphere was filled with joy as families and residents bundled up to enjoy the enchanting horse and carriage rides by Avalon West Carriage Service. We also had live music by Then There’s Me and captivating dancing entertainment by The Joy of Dancing. Along with other wintry refreshments, our snowflake cocktail added the perfect frosty touch to our magical evening, making this event a wonderful winter wonderland!

A special thank you to our sponsors, BAYADA Home Health Care, for warming us up with delightful hot chocolate, and Able Home Health, for contributing an exciting raffle to the event. Thank you to all for continuing to build “snow-tastic” memories together as a community!



SOARING®: SUPPORTING THE SPIRIT

You might remember the song, “Turn, Turn, Turn.” It was originally written as a protest song by Pete Seeger in 1959, performed at folk venues in Greenwich Village, and became a #1 hit by The Byrds in 1965. A chorus of shaggy-haired musicians and activists pressed the nation to “turn, turn, turn”—to accept that change is inevitable, history is a cycle, strife is temporary, and to everything there is a season. The words are from Ecclesiastes 3:1-8, one of the Wisdom Books of the Old Testament. They still ring true.

As of March 1, I am entering the season of retirement. I have loved the work that I have been called to do in the fields of education and spirituality. I even had fun working at McDonald’s at age 16. I’ve been working for more than two-thirds of my life! Work can give a person value and meaning. Daily tasks and schedules define us, income is a motivator, and, if you’re lucky, you’ve been deeply enriched by the work and the people you have served. But there is another chapter ahead, and I find great joy in anticipating it. In my years of providing spiritual care with senior living residents, here’s what you have taught me about this “third act” of retired life:

- It is a time to look beyond the working surface of our lives and in to the deeper meaning that is a part of each of us.
- It is a time to gather the wisdom we have gained through the years and make it our own. A time to take what is valuable and leave the rest.
- Sometimes there is unfinished business. A trusted confidant can help us wade through those regrets and find inner freedom.
- There is a wellspring of creative work that can bubble up. It is never too late to learn something new or to enjoy developing an interest. Staying fit, in body, mind and spirit, is important, in whatever capacity we find ourselves.
- Multiple losses of family members and friends have taught us that love never ends when a person dies. These memories and treasures stay deep within our hearts.
- There is something, or someone, greater than ourselves, that can give us a source of guidance and courage. The love that God has for you, exactly as you are, is always available.
- We’re not meant to do this journey alone. We need others to bring us out of our own story, to mirror for us our strengths and gifts, and to show us that we still need to notice and care for the needs of our community, wherever we find ourselves.

I think it’s an incredible gift to be alive at this time in history. Thank you for modeling so well the “turning” of this season of retirement. May we all continue growing, learning and giving forward!

Cathy Nordheim  
Director of Spiritual Care  
The Goodman Group

MARCH EVENTS



As we transition from the chill of winter to the freshness of spring, Cypress Palms is bustling with a variety of events to bring warmth and cheer to your March calendar. From cultural celebrations to charitable endeavors, there’s something for everyone:

March 1: National Wheelchair Day Fundraiser

Join us in commemorating National Wheelchair Day by participating in a wheelchair wash fundraiser. Show your support for the cause as we raise money toward the Alzheimer’s Association.

March 14: Bagpipes performance by Gemma

Let the soul-stirring tunes transport you to the misty hills of Ireland as we get ready for St. Patrick’s Day and embrace the beauty of traditional music with Gemma’s bagpipe performance.

March 15: Shamrock Social

Get ready to don your green attire and join us for a Shamrock Social! Indulge in themed refreshments and entertainment as we celebrate the spirit of St. Patrick’s Day.

March 16: Premier Dance Academy Irish Dancing

Experience the mesmerizing art of Irish dancing with a spectacular performance by the Premier Dance Academy. Be prepared to be dazzled by their skillful footwork and infectious energy, as they showcase the rich heritage of Irish dance.

March 17: Shamrock Scavenger Hunt

Calling all treasure hunters! Join us for a thrilling Shamrock Scavenger Hunt where you’ll have the chance to hunt for hidden shamrocks and win exciting prizes.

March 22: Spring Fling

As spring blooms around us, we invite you to our Working Women of Tampa Bay Spring Fling vendor show extravaganza! Support women-owned businesses, delight in the adorable creatures at our petting zoo, and groove to live entertainment that will lift your spirits and fill your heart with joy.

March 25: Hindu Holi Festival of Color Cultural Night

Experience the vibrant colors and joyous celebration while you immerse yourself in the rich cultural traditions of Holi. We’ll come together to spread love and happiness through the playful splashing of colors. RSVP by March 18.

March 31: Easter Lunch & Service

Round off the month with a special Easter celebration! RSVP by March 25 to join us for a delicious Easter lunch followed by a heartwarming Easter service led by Tracie. And mark your calendars for the Tenebrae Service on March 28, a solemn and reflective occasion as we prepare for the Easter weekend.

TEAM MEMBER BIRTHDAYS

- |                    |                     |                      |
|--------------------|---------------------|----------------------|
| • Ana M. - 3/1     | • Jorge R. - 3/10   | • Fatmira A. - 3/22  |
| • Marjana P. - 3/4 | • Joyce B. - 3/12   | • Jose D. - 3/22     |
| • Robin M. - 3/7   | • Leslie A. - 3/12  | • Latwanda A. - 3/24 |
| • Noemi B. - 3/9   | • Belinda M. - 3/14 | • Charisse M. - 3/28 |

VOLUNTEER SPOTLIGHT: TERRI

We are so fortunate that Terri N. has been volunteering with us since July of 2022. Terri was born and raised in Dalton, Georgia, where she met her high school sweetheart, John. They have been married for 51 years and have two children, Rob and Katy, and three granddaughters, Evelyn, Vivian and Caysie.



Terri graduated from Georgia Baptist Nursing School and began her career at Atlanta’s Piedmont Hospital. Later, she took a position as a public health nurse to be more available for her family. Terri’s passion for volunteering led her to serve at Prison Fellowship’s Angel Tree which ministers to the children of federal prisoners who live in the Dalton area.

Due to health challenges, Terri has been spending November through mid-June in Largo due to the cold weather in Dalton. Terri quickly found her niche in assisting our residents in the third-floor dining room on Wednesdays. She has also served as a greeter at our seasonal open houses. In another instance, when a volunteer pianist’s ride fell through, Terri offered to pick him up.

Over the years Terri has received recognition for her volunteering efforts. She was a nominee for Volunteer of the Year in 2003, a program sponsored by the United Way in Dalton. Terri and John enjoy visiting state parks, hiking and visiting with family. Their family especially enjoys spending time together at a log cabin in Lookout Mountain, Georgia. Thank you for your continual and faithful service.

Margie Ratcliff  
Volunteer Services Director

#MOMENTSMATTER



Arrrr! Ahoy, Carolyn!



Sue creating memories during one of our intergenerational programs