



Good Life

NEWS

at Cypress Palms

OCTOBER 2020

BREAST CANCER AWARENESS

Breast cancer is the second most common kind of cancer in women. About one in eight women born today in the U.S. will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early. A mammogram, the screening test for breast cancer, can help find breast cancer early when it's easier to treat. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference!



Every Wednesday this month, remember to think pink and wear a pink shirt to show your support for the cause!

2020 ELECTION

Due to Covid-19 concerns, we are encouraging you to avoid the crowds at the polling locations and vote by mail.



Please see Life Enrichment as soon as possible to sign-up with the Pinellas County Supervisor of Elections to request a ballot be mailed directly to you.

All requests must be made by Oct. 24. Along with your ballot, you will receive a postage paid envelope for your convenience. Be sure to mail it early to ensure the Supervisor of Elections receives it by 7 p.m. on Nov. 3.

HALLOWEEN

Halloween Spook-tacular Parade!

We are partnering with Regal Palms for double the amount of parade fun! Family members will be driving by on Friday, Oct. 30, at 10 a.m., in their spooky vehicles to see you! Don't forget to dress up in your own costumes for the costume contest!

Pumpkin Contest

Staff will be decorating pumpkins that will be displayed in the Lobby, so come on down the last couple weeks of October to check them out and cast your vote!

Halloween Cart

Life Enrichment will be going around in the afternoon with a scary Halloween cart to serve up some treats (and maybe some tricks, too)!

ADMINISTRATOR OF THE YEAR

Congratulations, Victor, for winning Administrator of the Year by the Florida Healthcare Association! We appreciate every thing you do!



THIS IS MY LIFE: NANCY C.!

Nancy was born on May 22 in Boston, Mass. She was an only child. Her family moved to Rhode Island when she was young. When she was in high school, she was studying in the back of a history class and across the room she saw her future husband, Curt. She remembers gazing at him and thinking, "oh, he's cute." Curt's really good friend was going out with one of her good friends so they set them up on a date on July 3, 1948, and the rest is history! They got engaged the following December and married in September of the following year. After their wedding, they moved to West Palm Beach and lived there until their son, Chris, was born. They decided to move because the area was getting busier, so they moved back to Rhode Island for the summer. They then decided to move to Connecticut, but it ended up being too cold for them, so they moved to Clearwater. They had one boy and three girls. They now have 12 grandchildren and 12 great-grandchildren! Nancy was a stay-at-home mom and was very involved in her children's schools, PTA meetings, etc. Her husband was an interior decorator. He and his partner, David, had a company in Clearwater for 50 years. Nancy enjoyed traveling across the country in their mobile home from time to time. She also loved to sew and play Bridge. She states that she had a "very calm life!" If you see her in the hallway, make sure you say hello!

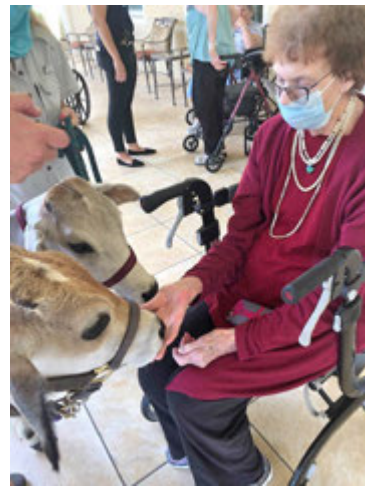


SOARING: SUPPORTING THE SPIRIT

October is upon us, and it's hard to believe it is already time for pumpkin spice and everything nice! I love all that comes with October, from the pumpkins to the occasional chill in the air. Traditionally, October is the time for farmers to reap their harvests and hope for abundant success to come from all of their diligence, patience and hard work. This time of the year can also be a time for us to reap our own personal and spiritual harvests. We have spent many months being patient with all of the changes and diligent in protecting ourselves and others from illness; many months reflecting on life and spending time in solitude allowing us to know ourselves well. I believe that good can be grown from all life's experiences. May we reap the harvest of these months and find the joy in slowing down, the newfound appreciation for the relationships we do have and the personal growth that has come from learning more about who we are. We can certainly glean an abundance of crop from all we have experienced, if we are willing to do the harvest work!

-Briana

#MOMENTSMATTER



Marjorie also got some loving from both Luna and Lucille!



Bill receiving a patriotic parfait and a 9/11 bookmark and flag pin!



Shirley got some snuggles in when her daughter and her puppy came for a window visit!



Nancy loved seeing the cows!



Rose is loving on Lucille the cow during Cow Appreciation Day!



Mitch's family didn't disappoint with their car during the Family Parade!



We had a great turn out for the Family Parade for National Senior Citizen Day!

VICTOR'S VIEW

Governor DeSantis signed an order Sept. 1, 2020, allowing visitors into nursing homes and assisted living communities following stringent requirements. As you know, it has been our ongoing objective to mitigate all threats of Covid-19 from affecting our residents and team members. With that in mind, we have outlined for you how we will abide by the order and ask that you carefully review the following protocols we are putting in place.

General visitation is almost an expansion of our window visits to allow visitation in the facility. We must keep Cypress healthy and follow all the stipulations the Governor and the task force laid out.

General Visitors: Must be 18 or older. These individuals will be allowed to visit if they are one of the five individuals listed on a resident's visitor list and only if the community has had no Covid-19 positive cases for at least 14 days. Additionally, they must meet all of the following requirements.

Residents are only allowed 2 visitors per visit and up to 5 general visitors.

Visitors must:

- Must be free of signs and symptoms of Covid-19 or any infection.
- Sanitize their hands and wear surgical facemasks and appropriate PPE.
- Be trained in infection prevention (you will receive when you sign in)
- Make the facility aware of exposure to Covid-19 or any Covid-19 symptoms within the last 14 days.

MONTESSORI MOMENTS

Principle #10: I break a task down into steps for the person living with dementia

"We cannot create observers by saying 'observe,' but by giving them the power and the means for this observation, and these means are procured through education of the senses."

-Maria Montessori

- Sign an acknowledgment of visitation policies.
- Maintain a 6-foot social distance at all times with team members and residents — touching is not allowed.
- Wear a mask into the facility and wear at all times — please bring your own mask.

We will:

- Visitors allowed only if Cypress Palms has been Covid-19 free for a minimum of 14 days.
- We are setting up tables in the Auditorium.
- We will keep the window visits available too.
- Schedule visits by appointment ONLY through the website below.
- Resident's visits is capped at 20 minutes each and 1 visit a week to keep fair and balanced — this may expand based on availability.
- Allow only visitors who are on the residents list of five.
- One visit per week by an individual.
- Perform visitor screening.
- Visitation schedule is: Monday, Tuesday, Thursday & Friday from 10 a.m.-12 p.m. and Sunday from 2 p.m.-4 p.m. (use link below)
- Required to sign in and sign out log.

- We can decline visits if Covid-19 symptoms.
- We can restrict visits if a visitor does not follow infection prevention guidelines.
- Disinfect visiting areas between visitors.
- Close all visitation if a resident or team member tests positive.
- Remain closed until 14 days pass without a new positive case.
- Visitors may not use restrooms.
- Visitors may not bring in food or snacks for visit.

We will continue to follow all local, state and federal guidelines as well as Five Star policies regarding visitation, Covid-19 testing and caring for our valued residents and team members. It is of the utmost importance that all families and visitors remain aware that one new case of Covid-19 in the community will require us to close visitation for a minimum of 14 days.

To make an appointment for a visit, please use the following link:

<https://www.signupgenius.com/go/904044EA4AA2CABFA7-window>

Thank you in advance for your cooperation.

Victor

Executive Director



Sue, Connie and Rose making gift bags for our local first responders on 9/11!

RESIDENT BIRTHDAYS

Doris L., 7th	Jean W., 16th
Ruth F., 8th	Betty B., 25th
Reba G., 8th	Arnold G., 26th
Janet H., 10th	Gerard B., 28th
Jacquelyn D., 10th	Vasant S., 30th
Mary H., 16th	

EMPLOYEE BIRTHDAYS

Marie Horta Hernandez, 10th	Myles Hartsfield, 22nd
Jeff Bell, 17th	Jessica Baranowski, 28th



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DID YOU KNOW?

- A 13 year old boy once found a tooth growing out of his left foot.
- The world's biggest dog weighed 282 pounds.
- Chocolate was once believed to cure stomachaches.
- The Incas used to wash their children's hair with urine as a remedy for head lice.
- Birds can't sweat.
- More toilets flush during halftime of the Super Bowl than at any other time of the year.
- Termites are the largest producers of farts.
- Chickens lay more eggs when pop music is played.
- A woman once received a box in the mail with a human brain in it.
- Reading about yawning makes most people yawn.



NEW NEIGHBOR WELCOME

Please welcome:

James H.



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Visit [facebook.com/CypressALF](https://www.facebook.com/CypressALF) to see pictures and catch up on all the fun here at Cypress Palms. This is a great way for family members and friends to stay connected!