



Good Life

NEWS

at Regal Palms

JANUARY 2021

A NOTE FROM LIFE ENRICHMENT

January is here along with a new year and month 10 of our COVID-19 lifestyle. We continue to follow the Centers for Disease Control guidelines as far as limited programs and participation. Last month was busy in spite of restrictions and challenges, but we were able to creatively navigate everything that came our way and hope we made the holidays merry for our residents and staff.

At this time, you can still schedule a visit on Sign-Up Genius. If you don't have access to the site, please email tdunlap@regalalf.com to request the link. Visits are 30 minutes, once per week. Social distancing, proper sanitizing, mandatory face masks, temperatures and screenings and two visitors per visit protocols remain in place. Visits are subject to change and/or cancellation due to the uncertainty of the building's status as we monitor everything very closely each day.

I hope your holiday was nice and I look forward to sharing 2021 with you and your loved ones.

Again, this too will only be a memory and we can say that we did it together.

Thank you,

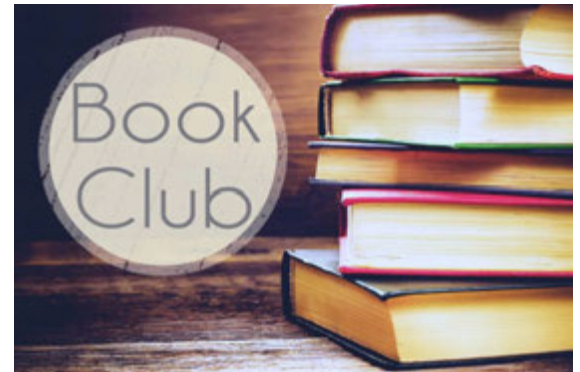
Tammy

Director of Life Enrichment

BOOK CLUB

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." — *Dr. Seuss*

We are looking to form a Book Club. If you are interested, please see Tammy in Life Enrichment. The Largo Library will supply us with eight copies of a book of our choice and a starter kit. Some books will be available in audio book form and in regular and large print. The club will begin in February.



2021

Happy New Year wishes to our residents, staff and family members. May 2021 bring you much happiness and great health.



SOARING: SUPPORTING THE SOUL

I can't help but wonder if the world has something to look forward to in the new year? I bet it is safe to say almost everyone is ready to say, "Good-bye, 2020" and "Hello, 2021."

As we go into this new year I have a challenge for all of us. I would like to challenge us to be thinking, not doing for others. What do I mean? In the past, we had "Palms with a Purpose." I'd like to see that initiative return. We can meet monthly to choose our next "purpose." It could be an outing to help those who are less fortunate in our surrounding community: children in need by putting together backpacks with school essentials and healthy snacks, the homeless by delivering brown paper bag lunches or satchels with daily hygiene products. This new year I'd really like to encourage all of us to be stretched to helping in any way that we can. Let's do this, my fellow Regalites, we can make a difference in some people's lives in 2021. Although we continue to have restrictions as far as outings, we can still get our plan ready for when we can make this happen. I look forward to hearing your ideas.

Lyle Leach, Spiritual Care Director

HOLIDAY THEME DAYS



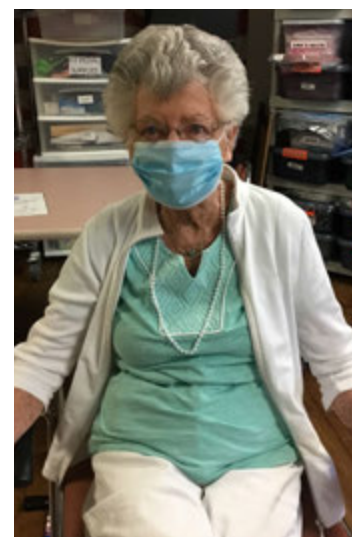
Ruth: Festive Attire Day



Jennifer: Disney Christmas Day



Matt: Holiday Shirt Day



Kaye: Pearl Harbor Day



Dottie: Reindeer Day

EMPLOYEE OF THE MONTH

My name is Jennifer Durrance. I was raised in a small town in the Philippines. I am married to my best friend, Gary. He is the reason that I am here in the USA. I am a CNA (Certified Nursing Assistant) here at Regal Palms. My passion and my heart are caring for the residents here. I love cooking in my spare time and playing with my Chihuahua, Sparky!

During my seven years here in Regal Palms I have found a new family with wonderful residents and co-workers, as my biological family are all in the Philippines. At times, I am lonely and miss them. But every day I look forward to coming to work where I know I will find someone to brighten up my day and share my thoughts. I hope that I do the same for others in return.

Thank all of you with honoring me with this award. I am grateful you all opened your doors for me.



Jennifer, you are a bright light in our day!

NATIONAL ACTIVITY PROFESSIONALS WEEK JAN. 24-30

Your Life Enrichment team is dedicated to bringing you joy each day. It's always so nice to sit and chat with you, our residents, to learn something new about you, and to share a little about us. During COVID-19, we've had even more time to do just that. Unique relationships are formed when you are facing such uncertainty as with this pandemic that we know very little about. We hope you know that we're here for you for whatever is on your mind or your heart. We take pride in the bonds that we are blessed to share with our work family: residents, family and staff. 2020 has shown us that in spite of restrictions, social distancing and isolations, we can overcome and make the best of any situation.

— Tammy, Matt, Mary Lou, Shelby, Terri, Theresa



2021 Theme



Shelby, Matt and Tammy having fun at the holiday party. We missed you, Mary Lou, Theresa and Terri.

PARADE

Thank you to everyone who participated in our Campus Holiday Parade. I hope you had a great time and I'm excited to share the photos of all the fun in our February newsletter.



UPCOMING NEWSLETTER NEWS

Due to the deadline of our January newsletter, holiday memories after Dec. 10 will be featured in our February Good Life News.



NFL PLAYOFFS

Check local listings for times starting on Jan. 9, as the AFC/NFC wild-card games followed by the divisional games begin. Then on Jan. 24, the championship game will determine who heads to Super Bowl LV on Feb. 7. By the way, Raymond James Stadium in Tampa is the proud host of the big game. Whom will you be cheering on?

THANKSGIVING MEMORY



Arnita, aka "Trouble," says, "There's always something to be thankful for."

Maintenance Workers Appreciation Month

You are the nuts and bolts of our community!



Regal has the best!

RESIDENT BIRTHDAYS

Bernard H., 3rd	Louise N., 9th	Gwen D., 17th
Linda P., 4th	Earl P., 10th	Rosalia M., 28th
John K., 7th	Jack D., 11th	
Frank V., 9th	Jim S., 15th	

EMPLOYEE BIRTHDAYS

Lisa Jensen, 4th	Tia Riolo, 26th
Grant Townsend, 4th	Amber Suriano, 27th
Julia Rodriguez, 7th	Terry Daniels, 28th
Elka Brazier, 18th	Emily Cambra, 30th

ANNIVERSARIES

Earl and Hazel P., 1/14/1955 Frank and Eileen O., 1/23/1965

THANK YOU!

On Dec. 9, the Regal Palms Gratitude Committee hosted its annual gratuity distribution. Due to social distancing, the event was strategically set up in our Palm View Room with only the committee in attendance as opposed to years past when all of our wonderful residents were invited. The staff always looked forward to sitting down with the residents, and personally thanking them for their gratuity. Since Regal has a "no tipping" policy, the residents have an annual opportunity to show their appreciation to the staff by donating to the fund, and this year was no exception and extremely appreciated by the team.

The entire Regal Palms team wishes to share a big thank-you to each resident and family member who contributed for their generosity. And to the committee, thank you for taking on this huge initiative. We know it's not an easy task and you are appreciated. This year has been a challenge due to COVID-19. However, thank you for recognizing that resident care is and always will be our top priority.



Regal residents and family members





REGAL PALMS

Senior Living

300 Lake Avenue NE, Largo, FL 33771
727-437-1350 | regalalf.com

ALF License #: AL9570



MANAGED BY



The Goodman Group

STAFF

Executive Director

Richard M. Lewis

Director of Nursing

Natasha Belichka, RN

Sales and Marketing Director

Lindsey Edwards

Sales and Marketing Director

April Sterner

Life Enrichment Director

Tammy M. Dunlap

Director of Dining Services

Rob Meli

Resident Services Director

Tammy Perez

Plant Operations Director

Tom Schiro

Business Development Director

Kymberly Keenan

Spiritual Care Director

Lyle Leach

RESIDENT REFERRAL REWARDS

Refer a brand new resident to Regal Palms and when they reach their 90-day anniversary, you will receive \$500 off your next month's rent! All you have to do is see Marketing in Apartment 101 and provide your referral's name and phone number prior to their first visit. It's as easy as that!

VETERANS

Thank you, Regal Palms veterans. We appreciate your dedication to our great country and will never forget your sacrifices.



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Visit 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!