



Good Life

NEWS

at Royal Palms

OCTOBER 2020

NATIONAL DOG DAY

Aug. 26 was National Dog Day. Because we are pet-friendly, many residents have dogs to keep them company. We wanted to recognize our four-legged pals, so we put together a poster displaying their pictures. Some of our dogs loved having their pictures taken, while others were a bit camera-shy.

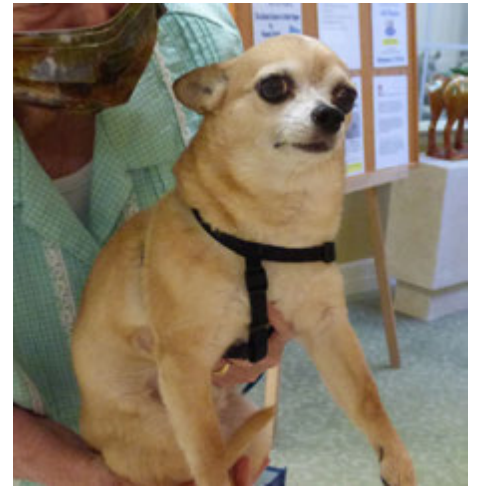
In addition to the photos, dog figurines were hidden. The figurines were about two inches tall and could be found under leaves of plants, behind statues, atop shelves and throughout the first and second floors. Residents hunted to find as many of them could. Maddie G. got closest to the actual number. She found 17 out of the 18 that were hidden.



Maddie G.



Nugget



Pebbles

MUSIC TO OUR EARS

The Florida State Champion, Northside Christian Royal Ambassador Marching Band will perform for us on Wednesday, Oct. 21. The band is directed by Nathan Farrell and has won multiple awards year after year. One of our residents, Ed W.'s granddaughter is a member and will be performing along with her bandmates.

The band consists of more than 50 members. They wanted to use their talents to help seniors find joy and connection in the midst of the COVID-19 pandemic.

To hear and see the performance, all you need to do is walk out onto your patio. The band will be playing in the parking lots. You will hear music from the '60s including songs of the Beatles and Simon and Garfunkel. Band members will play a couple of songs and then move to another side of the building and play some more until they've gone to each side. Now, that's accommodation and dedication!

All of the band's annual competitions and indoor concerts have been canceled for the school year. But the students love to play music and perform, so they came up with the idea of performing for seniors. "This might be an opportunity to give these kids a sense of purpose," says Nathan Farrell, the school's Fine Arts Director.

Sit back on your patio and enjoy the music on Wednesday, Oct. 21.



WALKING CHALLENGE

Walking — one of the easiest and most beneficial forms of exercise. It is one that can be done indoors along our air conditioned hallways or outdoors. It can be long, leisurely strolls or short, brisk walks. It can be done alone or socializing with friends.

Walking doesn't have to be strenuous to give you benefits. What's important is that you consistently complete the level of exercise that's right for you.

If you use a cane or a walker, don't let that stop you either. These can improve your balance and help lighten the load on your joints to make it easier when you're out and about.

Studies have shown that older people who exercise regularly have a better chance of staying independent and doing things for themselves.

Some of the benefits of walking include:

- Strengthens your muscles
- Helps keep your weight steady
- Lowers your risk of heart disease, stroke, colon cancer and diabetes
- Strengthens your bones, and prevents osteoporosis and osteoarthritis
- Helps reduce blood pressure in some people with hypertension
- Improves your balance and coordination, and decreases your likelihood of falling
- Keeps your joints flexible
- Increases your confidence and mood, and helps you feel better all-round
- Improves your energy levels and increases your stamina
- Reduces anxiety or depression

THE HUNT IS ON!

In September, residents went on a scavenger hunt. The items collected were not easy to find. Residents worked hard to locate a foreign bill or foreign coin of any denomination, a photo of someone in a professional pose, a shower cap, names of residents or staff members in Royal Palms who use a flip phone, something the color blue, the favorite quote of a resident, names of residents who participated in sports in their younger years and the name of the sport they played, a professional or educational certificate, a black or blue button, and which Royal residents and staff were former military and in which branch they served.

Residents had fun learning new facts about their neighbors and the staff as they carefully, and at a distance, hunted for the information.

Congratulations to MaryJane M., who put together an extra large collection!



Pat F.



Hanne W.

- Improves your social life — walking is a great way to get out and meet people or socialize with your friends.

If you haven't exercised in a while, it's important to check with your doctor before starting any routine.

Walking with a friend or loved one has many benefits, too:

- It makes exercise more fun
- It helps you make new friends and builds up friendships you already have
- It is harder to cancel a walk when you know you have a friend waiting for you
- You'll probably walk farther and meet more often with a friend
- Walking with a friend is safer

Two of our residents have already conquered the walking challenge! They are Pat F. and Hanne W. Each have done well over 100,000 steps since the start of our challenge!

Ready to begin? Start with a correct walking shoe, one that provides good stability. Then, if you haven't done so already, pick up a pedometer from Chris (2nd floor Activities Room). A pedometer counts your steps, and it's amazing how fast those steps add up. Finally, begin walking. It's that easy!



THE TRADITION OF CORN HUSK DOLLS

In America's early days, children played with corn husk dolls, toys that were lovingly crafted and cherished for their simplicity and resourcefulness.

Making corn husk dolls originated with Native American tribes in the Northeast, where corn was a vital crop used for food, clothing and tools. The vegetable's dried husks were weaved into baskets, moccasins and other items, including dolls.

After soaking the papery husks in water to soften them, they could be folded into body shapes, which were stuffed with leaves, then tied with husks that were cut or braided into strips.

Creating the dolls helped children learn needed hand skills such as tying and wrapping. Playing with the figures prepared them for adulthood, since they could mimic everyday activities with accessories for the dolls, such as baby cradleboards and canoes.

Native Americans passed on this craft to the children of European settlers, who took the dolls with them as their families pioneered the West, introducing the dolls to more people throughout the country.

A corn husk doll usually has no face, a feature that comes from a legend passed down by many Northeastern tribes. In the story, the original corn husk doll saw her reflection in a stream, admired her beauty and became vain, so her face was taken away to teach her the value of humility.

DISH WITH DINING

October brings scents of apple and pumpkin! We will be featuring a few different fall-themed items on the menu in the coming weeks.

We hope everyone enjoyed the fruits of our labor for your annual Labor Day picnic.

Get ready for our Italian Buffet on Oct. 24. It's sure to be a real crowd-pleaser.

We also ask that with all of the mobile devices that are present in the dining rooms, you do not block the aisles or the walkways and that if the server asks for you to move them along the perimeter of the wall, you allow us to do that so we may minimize the trips and falls risk within the dining rooms.



A BUMPER CROP OF HEALTH BENEFITS



Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.

RESIDENT BIRTHDAYS

Shirley P., 1st	Margaret H., 16th
TJ S., 3rd	Racine H., 17th
Blair S., 4th	Clare M., 18th
Marty H., 7th	John L., 20th
Ray G., 9th	Abe S., 20th
Bud B., 13th	Graham B., 23rd
Sylvia S., 13th	Dr. Kathy W., 23rd
Matilda M., 13th	Ralph S., 24th
Marcelino F., 16th	Jeff S., 31st
Fran K., 16th	



RESIDENT OFFICERS

President — Mike H.	Community Life — Shirley P.	Welcome — Pat O.
Vice President — Marilyn H.	Safety — Alison N.	Communication — Judy M.
Secretary — Janis M.	Sunshine — Sandy M.	Food Committee Chairwoman — Arlene L.



ROYAL PALMS

Senior Living

200 Lake Avenue NE, Largo, FL 33771
727-585-8003 | royalsenior.com



MANAGED BY



The Goodman Group

STAFF

Executive Director

Robin Katchuk

Sales and Marketing Director

Polly Bateman

Life Enrichment Director

Kathy Nordlinger

Director of Dining Services

Thomas Minotti

Housekeeping Director

Nancy Bauer

Maintenance Director

Shane Boswell

Activity Services Director

Chris Ayril

Director of Performing Arts

Jim Abegglen

Director of Hospitality

Cookie Pompei

HAPPY BIRTHDAY!

Birthdays are special. In these challenging times, residents and families are finding creative ways to celebrate the milestone. Kitty H.'s friends held an outside birthday party while practicing safe social-distancing guidelines. They shared memories and smiles as they socialized together but apart.



Kitty talks with her friends.



LIKE US ON FACEBOOK

@RoyalPalmsatthePalmsOfLargo

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