

Regal Palms Bugle

Regal Palms Premier Independent and Assisted Living ALF#9570

September 2010



**Breakfast
Month**

**Classical
Music Month**

Coupon Month

**Swap Ideas
Day
September 10**

**Grandparents
Day
September 12**

**Make-a-Hat
Day
September 15**

**Oktoberfest
Begins
September 18**

**First Day of
Autumn
September 22**

**Crush-a-Can
Day
September 27**

National Assisted Living Week Sept 12th -19th

Established by NCAL in 1995, National Assisted Living Week® provides a unique opportunity for residents, families, staff, volunteers, and the surrounding community to come together to share with our residents a variety of events and activities that show them how much we care for them.

Please look for the Regal Palms guide to National Assisted Living week's events. Our theme this Living Life and each day is filled with exciting and meaningful activities.



Hawaiian Week

**Tara Lanzer, Marvel Brodnick, Mary Russell, Vicky Fabrizio,
Mary Maniscalco, &
Marylou Walsnovich**

A Day to Take Heart



World Heart Day is held every last Sunday in September, and it's a day to show your heart that you really love it. The World Heart Federation encourages everyone to eat healthy, stay active with exercise, don't smoke or drink too much, maintain a healthy weight, and stay aware of heart numbers, such as your blood pressure, cholesterol, and glucose levels.

Other holistic methods also help you stay heart healthy. Tai Chi is an ancient Chinese art that combines deep breathing and relaxation with movement and good posture, which are good for your heart. Music therapy also helps to achieve mental, physical, and emotional health. There are over 5,000 registered music therapists in the U.S., which is good news for our hearts.

Notable Quotable

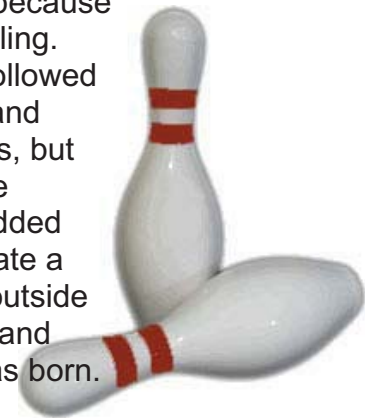
"The guy who invented the first wheel was an idiot. The guy who invented the other three, **he's** the genius."

~ Sid Caesar
(Born September 8, 1922)

We're Bowled Over!

On September 9, 1895, the American Bowling Congress (ABC) was organized in New York City. For the first time, the official rules for bowling and equipment for the ten-pin game were laid out. Dutch colonists first brought the game to America in the 1600s. It began with only nine pins, and it was played in the area of New York City still known today as "Bowling Green."

In 1841, the state of Connecticut banned the "game of ninepins" because it encouraged gambling. Many other states followed Connecticut's lead and adopted similar bans, but bowling could not be stopped. Players added one more pin to create a new game that fell outside of these strict laws, and "ten-pin" bowling was born.



A Store Named Tiffany

Visitors strolling down Fifth Avenue in New York City pass right by Tiffany & Co., the luxury goods store famous for its bright blue boxes and expensive jewelry. However, it had more humble beginnings. When the store was founded on September 18, 1837, it mainly sold stationery. During the Civil War, it even sold military supplies such as swords, rifles, and ammunition. It wasn't until 1878, when Tiffany's won a gold medal for jewelry and a grand prize for its silverware during the Paris Exposition, that Tiffany's became a symbol of luxury.

The store has become so famous that it has starred in books, music, and movies. Audrey Hepburn window-shopped at Tiffany's in the film *Breakfast at Tiffany's*. Marilyn Monroe mentioned it in her song "Diamonds Are a Girl's Best Friend." The store is even mentioned in the James Bond novel, *Diamonds are Forever*. From humble beginnings, Tiffany & Co. has become a superstar amongst stores.



Dear Diary *continued from pg. 1*

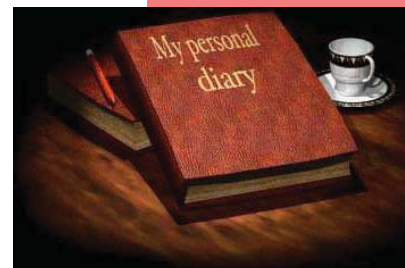
General Marshall before then. We have discovered the most terrible bomb in the history of the world. It may be the fire destruction prophesied in the Euphrates Valley Era, after Noah and his fabulous Ark."

One of the world's most famous diaries, besides those of Anne Frank,

belonged to an Englishman named Samuel Pepys. He recorded every day of his life for ten years from 1660 to 1670, and included thoughts on his friends, relationships, jealousies, insecurities, health, politics, and major events of the day. His diary provides a startling record of what life was really like in England

during the 17th century.

What is it about diaries that are so intriguing? They provide an honest and unique view into the mind and heart of another human being. Whether you keep a diary for yourself or for others, your daily writings will end up a treasure to discover.



Banana Pops (a honey of a recipe)

1-1/3 cups "toppings" – ground toasted almonds, toasted coconut, or graham cracker crumbs
1/2 cup honey
4 peeled bananas
8 popsicle sticks



Spread the topping on a plate. Cut the bananas in half crosswise and insert a popsicle stick into each. Drizzle about 1 tablespoon of honey on each banana and smooth out with a spoon. Roll the banana over the topping until coated on all sides. Enjoy!

"Nothing but money is sweeter than honey."

~ Benjamin Franklin
(1706-1790)

Busy as a Bee *continued from pg. 1*

a pre- and post-workout energizer, and in these versatile days, honey is also an ingredient in such things as furniture polish and cement.

But perhaps September should really be "Thank a Bee Month" because the expression "Busy as a bee" is well earned. Bees are responsible for 80 percent of the

pollination of the plants that make up about 1/3 of the human diet. Honey itself, however, accounts for a much smaller percent of our diet (average U.S. consumption is about 1 1/3 pounds per year).

Bees travel as far as 55,000 miles and visit more than 2 million flowers to gather

enough nectar to make one pound of honey. Since bees visit 50-100 flowers per trip, that's 20-40,000 trips for each pound!

The "buzz" is that honeybees' wings stroke 11,400 times per minute, thus making their distinctive sound.



National Assisted Living Week



**Regal Palms Assisted Living's
Activity Guide for
National Assisted Living Week**

Sunday Sept 12th –Grandparents Day

Please join us for a delectable buffet starting at 11:30. This meal is free for residents and guests may purchase a meal ticket at the front desk. A photographer who will be taking Family Pictures and Individual Pictures is available today. Please see the flier attached for all details regarding this event.

Monday Sept 13th –Regal Music Festival

Residents singing! Bells a ringing!

Join us in the morning for a resident Music Showcase, starring Regal Resident Cheryl Taylor Murphy and our Regal Bell Choir. In the afternoon we will have two entertainers who will share their special talents at Regal Palms.

Tuesday Sept 14th –Career Day

A career forum starts at 11:00am. Regal Palms own Ed Dillenschneider will share his career with us as well as others from our community A special guest who is a family member shares his experiences as an Emergency Helicopter Pilot.

Progressive Party Afternoon-2pm

Take the Regal Tour.. Some residents on each floor open their homes to you..come and taste great appetizers.. have some wine and meet your neighbors...It's a block party Regal style.

Wednesday Sept 15th –That's Entertainment

**Hooray for Hollywood! Movie Gameshow starts at 10:30 Martini Hour starts at 3:30
Opening Night at the Movies RED CARPET PARTY
Starts at 6:45 "Gone with the Wind"**

Thursday Sept.16th A Taste of Regal

The Battle of the Pans-10:45am

**Food Challenge who makes the best French toast. A live cooking show for residents.
Michael Barody, Executive Director vs. Damion Pici, Food Service Director**

A Taste of Regal-2pm

Food Vendors in the Lobby will offer free samplings of delicious cuisine. Also there will be Wine tasting for those who can't resist a good Merlot!

Friday Sept 17th Staff Appreciation Day

**Residents will be entertained by our Staff in our very own
Variety show starting at 2:00pm Staff and Residents Bowling starts at 3:30pm
Hug your staff today!!**

September Birthdays

If you were born from August 23-September 22, you are a Virgo, the virgin. If you were born from September 23-October 22, you are a Libra, the scales. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict and encourage compromise and cooperation.

Gloria Estefan (singer) – Sept. 1, 1957
Mitzi Gaynor (actress) – Sept. 4, 1931
Jesse Owens (Olympian) – Sept. 12, 1913
Milton Hershey (candy-maker) – Sept. 13, 1857
Clayton Moore (Lone Ranger) – Sept. 14, 1914
J.C. Penney (entrepreneur) – Sept. 16, 1875
Ray Charles (musician) – Sept. 23, 1930
Ed Sullivan (really big host) – Sept. 28, 1901

Your Lucky Day

Do you cringe every time a black cat crosses your path? Do you avoid walking under ladders? Well, on September 13, Defy Superstition Day, you no longer have to be a victim of these superstitions. On this day, throw away your rabbit's feet and dare to defy all that is taboo. Here are a few strange superstitions from around the world:

Thailand – When you buy new shoes, you should bite them before you wear them. This will prevent the new shoes from “biting” your feet.

Venezuela – If someone passes a broom over a young woman's feet, she will never get married.

Taiwan – Like the number thirteen, the number four brings incredibly bad luck. Hospitals and hotels often do not have a fourth floor.



Regal Palms Assisted Living
300 Lake Ave NE
Largo FL 33771
ALF#9570
727-437-1350

Postage
Information