

McKeen Towers

MCKEEN TOWERS STAFF

BONNIE ANDRIOTIS - Director of Independent & Assisted Living	3005
COURTNEY TIMM - Assistant Director of Independent & Assisted Living	3002
MICHELLE CASSELS - Sales and Community Relations Manager	3001
MICHELENE ACHELUS - Towers Concierge	8900
ERNIE CREDIDIO - Director of Maintenance.....	2063
GLEN PALACINO - Director of Environmental Services	2060

BEAUTY SALON (Monday - Friday)

JASMINE - Beautician	2052
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BILLING QUESTIONS

2072

CHAPLAIN

FR. CHINNA	2094
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FOOD SERVICE

BREAKFAST RESERVATIONS	8900
DINNER RESERVATIONS.....	8900
EXECUTIVE CHEF	2015
FOOD & BEVERAGE DIRECTOR	2014
DINING ROOM MANAGER.....	3042

REHAB CARE

CARRIE BRAGA	2033
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DINNER RESERVATIONS

TOWERS CONCIERGE	8900
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TRANSPORTATION REQUESTS

TOWERS CONCIERGE	8900
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SECURITY

PAVILION ENTRANCE	3017
Number to call to be picked up from Doctor Appointments	8900
Maintenance Requests & Work Orders	8900

WELLNESS CENTER

DEBBIE POLLEVEYS	8899
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ASSISTED LIVING NURSE

ELVIS MILLER	3031
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McKeen Towers NEWSLETTER



April 2016

The Difference is Love sm

Issue 29

Before Dinner Entertainment with Ike Reeves

Tuesday, April 19th at 5:00 pm

Join us in the Towers Lobby for the debut of Ike Reeves, as he plays your favorite songs from the 30's, 40's, and Great American Songbook.



Born in New York City, Ike started playing music at the age of seven and by thirteen was playing music for dances and parties. After majoring in music at Brooklyn College, Ike worked for Magnavox while they were developing electronic musical instruments.

Ike has been a Florida resident since 1968 after serving several years in the U.S. Army Band. For the past several years, Ike has been wearing multiple hats as a band leader, One-Man-Orchestra, piano teacher, and concert artist.

Please join us for a show in the Towers Lobby that you will not want to miss! Wine and hors d'oeuvres will be served at 4:30 pm.

311 South Flagler Drive - West Palm Beach, FL 33401 - 561.655.8544

APRIL HIGHLIGHTS

AT THE COMMUNITY

DAY	DATE	TIME	ACTIVITY
Tuesday	April 5	2:30 pm	Music Social with Terry Cooper - TL
Wednesday	April 6	2:00 pm	Chair Yoga with Irina - TL
Wednesday	April 6	4:00 pm	Going Away Party for Sr. Sylvester - EL
Friday	April 8	By Appt	Podiatrist (Call Concierge to schedule)
Tuesday	April 12	2:30 pm	Music Social with Larry - EL
Wednesday	April 13	2:00 pm	“Walk Wise” - EL
Thursday	April 14	10:00 am	Resident Meeting - BR
Tuesday	April 19	5:00 pm	Entertainment with Ike Reeves - TL
Tuesday	April 19	6:00 pm	Dinner Party - 1st Floor Dining Room
Wednesday	April 20	2:00 pm	“Safety In The Home” - EL
Thursday	April 21	11:00 am	Bible Study with Fr. Manning - EL
Tuesday	April 26	2:30 pm	Music Social with Kenny B - TL
Wednesday	April 27	2:00 pm	“Eating Game” - EL
Friday	April 29	By Appt	Podiatrist (Call Concierge to schedule)
Friday	April 29	2:00 pm	Chair Yoga with Janet - EL

- ♦ Gin Rummy/ Bridge - Mondays at 1:15 pm on the 10th floor Lobby
- ♦ Wednesday Wellness - Wednesdays at 2:00 pm in the Emerald Lounge
- ♦ Movie - Thursdays at 2:00 pm in the Emerald Lounge
- ♦ Stretch & Flex - Monday through Saturday at 9:30 am in the Ballroom
- ♦ Kaffeeklatsch - Daily at 2:30 pm in the Towers Lobby

OUTINGS

DAY	DATE	DEPART	OUTING
Friday	April 1	10:00 am	Coconut Creek Casino
Thursday	April 7	9:30 am	Publix
Thursday	April 7	1:00 pm	Walmart
Friday	April 8	1:00 pm	Ann Norton Sculpture Gardens
Friday	April 15	11:30 am	Island Shuttle
Thursday	April 21	9:30 am	Publix
Thursday	April 21	1:00 pm	Walmart
Friday	April 22	12:30 pm	Delray Yacht Cruises
Friday	April 29	10:30 am	Palm Beach Gardens Shuttle

WEDNESDAY WELLNESS & MUSIC SOCIALS

“CHAIR YOGA WITH IRINA”

Wednesday, April 6, 2:00 pm

Did you know that chair yoga is great for all ages? It provides improved strength, flexibility and proprioception, as well as reduces stress. Leading our chair yoga class will be Irina Starobinsky. No prior experience is needed, just come and plan to sit, relax, and enjoy this fantastic program.

“WALK WISE”

Wednesday, April 13, 2:00 pm

Join us for a presentation by Rob Moreland, ER and Trauma Liaison from St. Mary’s Medical Center. This interactive lecture will focus on various precautionary measures and tools you can use to keep you safe on your feet.

“SAFETY IN THE HOME”

Wednesday, April 20, 2:00 pm

Is your home equipped properly to ensure your safety? Join us to hear from the LNMR Rehab Department for a lecture on some simple but important modifications in your home that can prevent an injury from a fall or accident.

“EATING GAME”

Wednesday, April 27, 2:00 pm

This weeks Wednesday Wellness will be led by Gregg Vosler with Family Home Health. Gregg is a health and wellness expert who will speak about how the aging process affects our appetites. He will also discuss the importance of certain nutrients, as well as different activities that are vital to our daily routine as we age.

MUSIC FOR YOUR PLEASURE



Terry Cooper

Tuesday, April 5, 2:30 pm

Larry Brendler

Tuesday, April 12, 2:30 pm

Kenny B

Tuesday, April 26, 2:30 pm



New & Noteworthy

GOING AWAY PARTY FOR SR. SYLVESTER

Wednesday, April 6 at 4:00 pm

Join us in the Emerald Lounge to wish Sr. Sylvester a happy journey as she moves to another Community with The Carmelite Sisters for the Aged and Infirm.

Sr. Sylvester has been a special part of our lives here at McKeen Towers and we hope you can all stop-by for a farewell. Her last day with us will be April 9th.

ANN NORTON SCULPTURE GARDENS

Friday, April 8 at 1:00 pm

We will be going to the Ann Norton Sculpture Gardens here in West Palm Beach this month. This Historic Location consists of the Norton House and 1.7-acre property, and features over 100 sculptures by Ann Weaver Norton, the second wife and widow of Ralph Hubbard Norton who was the Founder of the Norton Museum of Art. The sculptures are displayed in the house, studio and gardens, which feature over 300 species of tropical palms. If you would like to sign-up for this outing, please contact the Concierge. Admission is \$8.00 per person.

DELRAY YACHT CRUISE

Friday, April 22 at 12:30 pm

By Resident request, we will be taking a yacht cruise this month. This will be a fantastic outing you will not want to miss! The cruise starts in Delray Beach and cruises down the Intracoastal to Boca Raton. On-board the cruise you can purchase food or beverages. If you would like to sign-up for this outing, please contact the Concierge by Tuesday, April 19th. Admission is \$22.00 per person.

CHAIR YOGA WITH JANET

Friday, April 29 at 2:00 pm

We have had several Residents request that we have chair yoga class more frequently. In an effort to fulfil this request, this month we have a new instructor joining us who has had many years experience teaching chair yoga class.

We would greatly appreciate your feedback to see which yoga instructor you enjoy the most. The class will be held in the Emerald Lounge on the 1st floor. Your guests are welcomed!

Family Home Health

This month we are focusing on Nutrition and Healthy Eating:

Have you ever had any of the following experiences?

- “Food just doesn’t taste the same anymore.”
- “I can’t get out to go shopping.”
- “I’m just not that hungry.”

Here are some tips to ensure you are getting the nutrients you need:

- ◆ Eat many different colors and types of vegetables and fruits
- ◆ Make sure at least half of your grains are whole grains
- ◆ Eat only small amounts of solid fats and foods with added sugars
- ◆ Limit saturated fat (found mostly in foods that come from animals)
- ◆ Limit trans fats (found in foods like store-bought baked goods)
- ◆ Eat seafood at least twice a week
- ◆ Don’t forget to add fiber in your meal planning
- ◆ Drink plenty of water daily

Your doctor may want you to follow a certain diet because of health concerns such as heart disease or diabetes; or, maybe you have been told to avoid certain foods because they can change how your medicines work. Talk to your doctor or a registered dietitian the type of foods you can eat instead.

Debbie is in the Wellness Office, Monday through Friday 8:00 am - 4:00 pm. Please stop by with any concerns, questions, or for a print out of a healthy or special diet you may be interested in! You can reach Debbie on the in-house phone by calling x8899 or on her cell 561-768-3538.

Sincerely,

Debbie Polleveys, LPN



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Our Lady of Lourdes Chapel MASS Sun - Mon - Tues - Wed - Fri - Sat at 11:00 a.m. MASS Thursday at 4:30 p.m. EPISCOPAL SERVICE Thursday at 11:15 a.m.			St Joseph's Chapel MASS Monday - Saturday at 7:30 a.m. MASS Sat at 4:30 p.m. ROSARY Daily at 4:30 p.m. - Sat at 4:00		9:30 STRETCH & FLEX 1 10:00 DEPART: Coconut Creek Casino 11:00 MASS 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 2 2:30 KAFFEKLATSCH - L
1:00 MOVIE - EL 3 2:30 BINGO - WR 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 4 1:15 GIN RUMMY/ BRIDGE 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 5 2:30 KAFFEKLATSCH - L 2:30 MUSIC SOCIAL with Terry Cooper - TL	9:30 STRETCH & FLEX 6 1:00 BINGO - Library 2:00 WEDNESDAY WELLNESS "Chair Yoga with Irina" 4:00 GOING AWAY PARTY FOR SR. SYLVESTER - EL 2:30 KAFFEKLATSCH - L	9:30 DEPART: Publix 7 9:30 STRETCH & FLEX 1:00 DEPART: Walmart 2:00 MOVIE: "Love Is A Many Splendored Things" (1955) 2:30 KAFFEKLATSCH - L 4:30 MASS	9:30 STRETCH & FLEX 8 2:30 KAFFEKLATSCH - L 1:00 DEPART: Ann Norton Sculpture Gardens Podiatrist by Appt Only	9:30 STRETCH & FLEX 9 2:30 KAFFEKLATSCH - L
1:00 MOVIE - EL 10 2:30 BINGO - WR 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 11 1:15 GIN RUMMY/ BRIDGE 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 12 2:30 KAFFEKLATSCH - L 2:30 BIRTHDAY MUSIC SOCIAL with Larry Brendler - TL	9:30 STRETCH & FLEX 13 1:00 BINGO - Library 2:00 WEDNESDAY WELLNESS "Walk Wise" 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 14 10:00 RESIDENT MEETING 2:00 MOVIE: "How To Make an American Quilt" (1995) 2:30 KAFFEKLATSCH - L 4:30 MASS	9:30 STRETCH & FLEX 15 2:30 KAFFEKLATSCH - L 11:30 DEPART: Island Shuttle	9:30 STRETCH & FLEX 16 2:30 KAFFEKLATSCH - L
1:00 MOVIE - EL 17 2:30 BINGO - WR 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 18 1:15 GIN RUMMY/BRIDGE 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 19 2:30 KAFFEKLATSCH - L 5:00 ENTERTAINMENT with Ike Reeves - TL 6:00 DINNER PARTY - 1st Floor Dining Room	9:30 STRETCH & FLEX 20 1:00 BINGO - Library 2:00 WEDNESDAY WELLNESS "Safety In The Home" 2:30 KAFFEKLATSCH - L	9:30 DEPART: Publix 21 9:30 STRETCH & FLEX 11:00 BIBLE STUDY with Fr. Manning 1:00 DEPART: Walmart 2:00 MOVIE: "A Promise" 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 22 2:30 KAFFEKLATSCH - L 12:30 DEPART: Delray Yacht Cruises	9:30 STRETCH & FLEX 23 2:30 KAFFEKLATSCH - L
1:00 MOVIE - EL 24 2:30 BINGO - WR 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 25 1:15 GIN RUMMY/BRIDGE 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 26 2:30 KAFFEKLATSCH - L 2:30 MUSIC SOCIAL with Kenny B - TL	9:30 STRETCH & FLEX 27 1:00 BINGO - Library 2:00 WEDNESDAY WELLNESS "Eating Game" 2:30 KAFFEKLATSCH - L	9:30 STRETCH & FLEX 28 2:00 MOVIE: "Sunset Boulevard" (1950) 2:30 KAFFEKLATSCH - L 4:30 MASS	9:30 STRETCH & FLEX 29 2:30 KAFFEKLATSCH - L 10:30 DEPART: Palm Beach Gardens Shuttle 2:00 Chair Yoga w/ Janet - EL Podiatrist by Appt Only	9:30 STRETCH & FLEX 30 2:30 KAFFEKLATSCH - L

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11:00 MASS 3 2:30 MOVIE - 6th FL	10:15 STRETCH & FLEX 4 11:00 MASS 2:00 BRAIN GAMES Words Within Words 4:00 BOOK REVIEW with Anthony - 6th FL	10:15 STRETCH & FLEX 5 11:00 MASS 2:30 MUSIC SOCIAL with Terry Cooper - TL 3:45 LIGHT DEVOTION - 6th FL 7:15 GAME NIGHT	10:15 STRETCH & FLEX 6 11:00 MASS 2:00 WEDNESDAY WELLNESS "Chair Yoga with Irina" 3:00 KAFFEEKLATSCH - 6th FL 4:00 GOING AWAY PARTY FOR SR. SYLVESTER - EL	10:15 STRETCH & FLEX 7 11:00 CURRENT EVENTS 2:00 HISTORIES MYSTERIES "The Dancing Plague" 3:00 BINGO 4:30 MASS	10:15 STRETCH & FLEX 8 11:00 MASS 2:00 RESIDENT MEETING 3:00 YOU BE THE JUDGE Podiatrist by Appt Only	10:15 STRETCH & FLEX 9 11:00 MASS 2:00 CREATIVE ARTS
11:00 MASS 10 2:30 MOVIE - 6th FL	10:15 STRETCH & FLEX 11 11:00 MASS 2:00 BRAIN GAMES Wheel of Fortune 4:00 BOOK REVIEW with Anthony - 6th FL	10:15 STRETCH & FLEX 12 11:00 MASS 2:30 BIRTHDAY MUSIC SOCIAL with Larry Brendler - TL 3:45 LIGHT DEVOTION - 6th FL 7:15 GAME NIGHT	10:15 STRETCH & FLEX 13 11:00 MASS 2:00 WEDNESDAY WELLNESS "Walk Wise" 3:00 KAFFEEKLATSCH - 6th FL 3:15 MOVIE CLASSICS	10:15 STRETCH & FLEX 14 11:00 CURRENT EVENTS 2:00 DEPART: Burlington Coat Factory 4:30 MASS	10:15 STRETCH & FLEX 15 11:00 MASS 2:00 MIND JOGGERS 3:00 BINGO	10:15 STRETCH & FLEX 16 11:00 MASS 2:00 I-PAD LESSONS WITH CRYSTAL 3:00 BINGO
11:00 MASS 17 2:30 MOVIE - 6th FL	10:15 STRETCH & FLEX 18 11:00 MASS 2:00 BRAIN GAMES Reminisce 4:00 BOOK REVIEW with Anthony - 6th FL	10:15 STRETCH & FLEX 19 11:00 MASS 3:45 LIGHT DEVOTION - 6th FL 5:00 ENTERTAINMENT with Ike Reeves - TL 6:00 DINNER PARTY - 5th Floor Dining Room	10:15 STRETCH & FLEX 20 11:00 MASS 2:00 WEDNESDAY WELLNESS "Safety In The Home" 3:00 KAFFEEKLATSCH - 6th FL 3:15 MOVIE CLASSICS	10:15 STRETCH & FLEX 21 11:00 CURRENT EVENTS 2:30 WORLD TRAVEL "FRANCE" 4:30 MASS	10:15 STRETCH & FLEX 22 11:00 MASS 12:30 DEPART: Delray Yacht Cruises	10:15 STRETCH & FLEX 23 11:00 MASS 2:00 CREATIVE ARTS
11:00 MASS 24 2:30 MOVIE - 6th FL	10:15 STRETCH & FLEX 25 11:00 MASS 2:00 BRAIN GAMES Mumbo Jumbo 4:00 BOOK REVIEW with Anthony - 6th FL	10:15 STRETCH & FLEX 26 11:00 MASS 2:30 MUSIC SOCIAL with Kenny B - TL 3:45 LIGHT DEVOTION - 6th FL 7:15 GAME NIGHT	10:15 STRETCH & FLEX 27 11:00 MASS 2:00 WEDNESDAY WELLNESS "Eating Game" 3:00 KAFFEEKLATSCH - 6th FL 3:15 MOVIE CLASSICS	10:15 STRETCH & FLEX 28 11:00 CURRENT EVENTS 2:00 McKeen Auction Bring your McKeen \$\$\$ 3:00 APRIL PHOTOS REVEALED 4:30 MASS	10:15 STRETCH & FLEX 29 11:00 MASS 2:00 Chair Yoga w/ Janet - EL 3:00 BINGO Podiatrist by Appt Only	10:15 STRETCH & FLEX 30 11:00 MASS 2:00 CREATIVE ARTS

APRIL HIGHLIGHTS

AT THE COMMUNITY

DAY	DATE	TIME	ACTIVITY
Friday	April 1	2:00 pm	All About April
Friday	April 1	3:00 pm	Getting To Know You
Tuesday	April 5	2:30 pm	Music Social with Terry Cooper - TL
Wednesday	April 6	2:00 pm	Chair Yoga with Irina - TL
Wednesday	April 6	4:00 pm	Going Away Party for Sr. Sylvester - EL
Thursday	April 7	2:00 pm	Histories Mysteries "The Dancing Plague"
Friday	April 8	By Appt	Podiatrist (Call Concierge to schedule)
Friday	April 8	2:00 pm	Resident Meeting
Friday	April 8	3:00 pm	You Be The Judge
Tuesday	April 12	2:30 pm	Music Social with Larry - EL
Wednesday	April 13	2:00 pm	"Walk Wise" - EL
Friday	April 15	2:00 pm	Mind Joggers
Tuesday	April 19	5:00 pm	Entertainment with Ike Reeves - TL
Tuesday	April 19	6:00 pm	Dinner Party - 5th Floor Dining Room
Wednesday	April 20	2:00 pm	"Safety In The Home" - EL
Thursday	April 21	2:30 pm	World Travel "France"
Tuesday	April 26	2:30 pm	Music Social with Kenny B - TL
Wednesday	April 27	2:00 pm	"Eating Game" - EL
Thursday	April 28	2:00 pm	McKeen Auction
Thursday	April 28	3:00 pm	April Photos Revealed
Friday	April 29	By Appt	Podiatrist (Call Concierge to schedule)
Friday	April 29	2:00 pm	Chair Yoga with Janet - EL

All Activities are held on the 6th Floor unless otherwise specified.

- ◆ Brain Games - Mondays at 2:00 pm
- ◆ Book Review with Anthony - Mondays at 4:00 pm
- ◆ Game Night - Tuesdays at 7:15 pm
- ◆ Kaffeeklatsch - Wednesdays at 3:00 pm
- ◆ Current Events - Thursdays at 11:00 am
- ◆ Creative Arts with Crystal - Saturdays at 2:00 pm

OUTINGS

DATE	DATE	DEPART	OUTING
Thursday	April 14	2:00 pm	Burlington Coat Factory
Friday	April 22	12:30 pm	Delray Yacht Cruise



Lourdes Pavilion
NEWSLETTER



April 2016

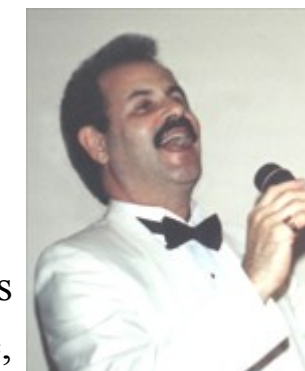
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