

The Goldton

The Goldton at St. Petersburg | 6775 40th Ave. N. St. Petersburg, FL. 33709
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Staff

Dolores Salazar
Executive Director

Delann Beazzo
Wellness Director

Jeni Runkle
Business Office Manager

Michele Lynch
Sales & Marketing Director

Jazmine Wilson
Dietary Services Director

Godfrey Porteous
Maintenance Director

Lisa Stouffer
Lifestyles Director

Aryon Gardner
Memory Care Coordinator

Resident of the Month
Jean Zopatti

Associate of the Month
Shabrea Baker

Happenings at the Goldton

Hi Goldton community! As I am sure you have noticed there are a lot of new faces on the management team. We have a new Business Office Manager, Jeni, a new Sales & Marketing Director, Michele and a new Memory Care Coordinator, Ary. We are so excited to have them as part of this wonderful community!



We had some fun times in February with our Valentine's Day party, lunch outings, Gallery visits, pet visits and of course our monthly Veterans coffee hour and birthday party. Please make sure you note the special events that are in bold print on the inside calendar.



Outings

Last month we visited Duncan McClellan Art Gallery. The glass art on display was beautiful, they had a lovely outdoor garden that we enjoyed on a beautiful afternoon. The lunch bunch enjoyed steaks at Outback Steakhouse and Italian at CD Roma. We have several outings scheduled for March. Take a look inside the calendar for our upcoming outings. Sign-up sheets are located in the hallway by the large activity calendar. Please sign up 24 hours in advance.



March Birthdays

Those born from March 1–20 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders.

Resident Birthdays

Janet R. – March 15
Pat B. – March 15
Tony B. – March 29

Dr. Seuss (author) – March 2, 1904
Rob Reiner (actor) – March 6, 1947
Lester Holt (journalist) – March 8, 1959
Nat King Cole (musician) – March 17, 1919
Vanessa Williams (singer) – March 18, 1963
Spike Lee (director) – March 20, 1957
Chaka Khan (singer) – March 23, 1953
Aretha Franklin (singer) – March 25, 1942
Eric Clapton (musician) – March 30, 1945

We have teamed with Alliance of Therapy Dogs for pet visits. Pet therapy benefits include:

- Lowers heart rate
- Lowers blood pressure
- Lowers stress levels
- Eases chronic pain due to the release of endorphins
- Reduced loneliness
- Lifts spirits
- Decreases feelings of isolation and alienation
- Reduces boredom
- Provides comfort

