

The Goldton

At St. Petersburg



Benefits of Being Outdoors

One of the many great things about living in St. Petersburg is the weather! St. Pete averages 361 days of sunshine per year and holds the Guinness World Record for logging the most consecutive days of sunshine lasting 768 days! One of the benefits of all that sunshine is being able to spend so much time outdoors! Here are some of the benefits of being outdoors:

1. Improves Sleep
2. Better Breathing
3. Reduced Depression Symptoms
4. Boosted Immune Function
5. Increases Vitamin D Levels
6. Improved Emotional Well Being
7. Lowers Blood Pressure

May Birthdays

In astrology, those born from May 1–20 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences. Those born from May 21–31 are the Twins of Gemini. Energetic and spontaneous, Geminis are great at connecting with others, making them ideal candidates for networking and sales.

Resident Birthdays

Azz E. – 5/1 Robert L. 5/12
James B. – 5/22 Lois W. – 5/24
Mike R. 5/31

Audrey Hepburn (actress) – May 4, 1929
George Clooney (actor) – May 6, 1961
Don Rickles (comedian) – May 8, 1926
Fred Astaire (dancer) – May 10, 1899
Stevie Wonder (musician) – May 13, 1950
Malcolm X (activist) – May 19, 1925
Patti LaBelle (singer) – May 24, 1944
Brooke Shields (actress) – May 31, 1965

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

Olivia Dahl
Memory Care Coordinator

Resident of the Month
Pat Boynton

Associate of the Month
Alexis Brown

April was a full and busy month for us here at the Goldton! We enjoyed an Easter Egg Hunt with a visit from the Easter Bunny! We had our first Men's Club luncheon, Veteran's coffee hour, and several outings.

Some special events including, an Ice Cream Social sponsored by SOBE, an educational session on shoulder pain with Dr. Boltuch and our Monthly Birthday Party sponsored by Bluestone Physician Service.

There are several upcoming events. Check out your calendars for all the great things.

Here are a few to be on the lookout for Bayada Home Health is sponsoring a corn hole game, Mother's Day special event. TB Rays game viewing party for our monthly Men's Club and Italian Family Dinner night.



