



SEASIDE AT FORT MYERS™

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

15800 Beachwalk Blvd • Fort Myers, FL 33908 • (239) 349-3769
www.rui.net/seasideatfortmyers

May 2024

PLEASE JOIN US!

Moms & Mimosas

**SUNDAY, MAY 12
11:00 AM - 1:30 PM**

Join us as we celebrate all the moms of Seaside with mimosas and a delectable brunch by our Taste of RUI team!

**Guest Meals: \$25
RSVP by May 6 to 239.349.3769**



In This Issue

Happy May! In this issue of our monthly newsletter, you will read a letter from our Executive Director, learn about one of our residents, and discover where our Inspiritas residents are traveling to next on their Coast-to-Coast adventure! Be sure to check out the save the date section for exciting new events, and like and follow us on Facebook for more!

Save the Date

May 3	RUIIU: Legendary Cleopatra
May 5	Cinco de Mayo
May 9	Taste of RUI: France
May 12	Mother's Day
May 14 ..	RUIIU: Neil Simon- American King of Comedy
May 16	Taste of RUI: France Learning Lab
May 28	RUIIU: Exploring Italian Folk Music
May 31	RUIIU: Watercolor 101



SEASIDE
AT FORT MYERS™

INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE



Letter From the Executive Director: Slade Dietz

We will be stepping into May before we know it, here at Seaside. I am nearing 3 months of being blessed to be a part of Seaside and all of you. It has been an exciting and rewarding time and has fostered great relationship growth.

Some new information to share with you all— our front doors will remain unlocked until 8:00pm Tuesdays through Fridays; however, they will be locked at 6:30pm Saturdays, Sundays, and Mondays. Concierge hours have been reduced on the weekends and we need to continue to ensure your safety. You can continue to use your FOB for exit and entry, as you do now after hours. It is very important that you continue to sign out upon leaving and sign in upon returning to the community for State compliance and safety reasons.

I look forward to a great summer with you all!!



Resident Spotlight: Mrs. Dot V.

Dot is 101 years young, and always the life of the party. She can often be heard asking the life enrichment staff, “Where is the action at?” each morning. Her cunning sense of humor keeps everyone on their toes, and her vivacious personality puts a smile on the face of every resident and staff member she meets throughout her day.

Dot is the loving mother of 5 children and has many grandchildren. She has lived all over the country, and currently splits her time between Florida and Chicago. Dot’s childhood and young adult life were shaped by important historical events such as the Great Depression and WWII, and she grew up going to Catholic school. Dot believes in the importance of education and enjoys traveling. One of Dot’s greatest loves in life, besides her family, is raising dogs. We are lucky to have Dot here at Seaside each winter!



Inspiritás Coast to Coast: Hawaii

Aloha, Inspiritás Family! May brings a burst of joy as we celebrate the remarkable women in our lives with Mother’s Day.

Join us in honoring these incredible souls at our enchanting Mother’s Day Moms and Mimosas Celebration! Family and friends, please be sure to RSVP at the front desk for this event, or by calling 239-349-3769.

This month, our Coast-to-Coast theme takes us on a sensory adventure to Hawaii, where we’ll immerse ourselves in the vibrant culture. From the soothing melodies of Hawaiian music to the tantalizing flavors of island cuisine, we’ll explore Hawaii’s beauty through our senses. Dive into art classes, savor culinary delights, sway to traditional dance, and let the rhythm of the islands lift your spirits. Discover the warmth of aloha with us in Inspiritás Memory Care. Don’t forget to check out our monthly programs calendar for a full lineup of exciting events. May will certainly be a month to remember!



IGNITE YOUR LEGACY.

Greetings from Legacy Healthcare Services! We are your onsite outpatient therapy provider of physical, occupational and speech therapy services. We are excited to present a weekly Brain Fitness Class during the month of May. We will be celebrating Speech Therapy Month to recognize all our wonderful speech therapists and hosting a separate Senior Fitness Clinic. Come join us for

some fun and engaging activities! We look forward to seeing you soon.



BY RETIREMENT UNLIMITED, INC.

RUI Fit Tip!

This month at our RUI Fit Talk we will discuss hypertension, which is defined as high pressure in the arteries. Some easy ways to help manage your hypertension: eat heart healthy foods, walk at least 8,200 steps a day, engage in moderate exercise multiple times a week, and practice breathing exercises. See Mark if you would like his help incorporating these habits into your daily routine!



LUXE UNLIMITED™
SALON AND SPA

Mother's Day LUXE Unlimited Gift Options!

Gift Packages:

Spa Package- featuring a luxurious white robe, slippers, eye mask, and \$100 LUXE Unlimited gift certificate redeemable toward services or products.

Hair Package- featuring our full line of hair products, detangler hair brush, and \$50 LUXE Unlimited gift certificate redeemable toward services or products.

Nail Package- featuring our plush LUXE hand towel, nail file, travel manicure kit, bottle of moisturizing lotion, and \$50 LUXE Unlimited gift certificate redeemable toward services or products.

Gift Certificates: Gift certificates available for purchase through our website at www.luxeunlimited.net. To purchase, click our "Book Now" button on the homepage. Select your location and then choose "Purchase Gift Card".

Activity Spotlight



Residents Patricia and Chris enjoying the Spring Brunch festivities!



Resident Ruby using protective eyewear to watch the eclipse and Nico and Chris enjoy Spanish class!



Meet the Team



Slade Dietz - Executive Director

Carlos Houston - Clinical Services Director

Mark Deep - Environmental Services Director

Chelsea Clarke - Life Enrichment Director

Ryan Cook - Executive Chef

Families often tell us how helpful it is to read others' reviews. Help us and others by sharing your experience with a review on Facebook, Google, Yahoo or Yelp.

Example: Do you have a favorite story, experience, activity, or memory from Seaside at Ft. Myers you would like to share? Maybe there is someone who went above and beyond to help you feel at home? Share your successful experience by writing an online review on Facebook, Google, Yahoo or Yelp!

Word Search

Category: Words That Rhyme With "May"

H A Y T U H E Y P S I P
 S J A Y X L A Y S R H N
 E S A W C C S S C K A C
 C L C H K B C B K C X Y
 C D K G D A R S B S K A
 H Y E I F A K A S T G W
 G E D E E S W A Y R H S
 I H K N X C S X X A D C
 E T G S E K T R A Y C J
 L S I C K F D K K R K S
 S E S W E I G H G S A A
 L C C S T A Y H C C X Y

1. Lay _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. Brae
2. Bray
3. Clay
4. Hay
5. Hey
6. Jay
7. Lay
8. Lei
9. Neigh
10. Pray
11. Ray
12. Say
13. Sleigh
14. Stay
15. Stray
16. Sway
17. They
18. Tray
19. Way
20. Weigh

