



# 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](http://www.rui.net/seasideatfortmyers)

## April 2024

PLEASE JOIN US!

# Floral Fête

**MONDAY, APRIL 22  
3:00 PM**

In honor of Earth Day, we invite you to explore the fun and fascinating world of edible flowers. Join us for this special event, where we will taste our way through a flower powered tea party!

**RSVP by April 15 to 239.349.3769**

  
**SEASIDE**  
AT FORT MYERS™

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### In This Issue

Happy April! In this issue of our monthly newsletter, you will read a note from our Executive Director, learn about one of our residents and know when to mark your calendars! Be sure to also stay tuned to our Facebook page.

### Save the Date: RUI University

April 1 .....	RUIU: Spanish 101
April 1 .....	RUIU: Watercolor Workshop
April 2 .....	RUIU: Spanish 101
April 3 .....	RUIU: Spanish 101
April 4 .....	RUIU: Spanish 101
April 5 .....	RUIU: Spanish 101
April 11 .....	Taste of RUI: Italy
April 12 .....	RUIU: 7 Wonders of the Ancient World
April 16 .....	RUIU: Jewish Composers of Broadway
April 23 .....	RUIU: Bonsai Potting
April 25 .....	RUIU: Uncorked - France
April 26 .....	RUIU: Watercolor Workshop
April 30 .....	RUIU: Music & Songs of Maritime





### Letter From Executive Director: Slade Dietz

Hello Seaside at Fort Myers Residents, Families & Guests!

Spring has finally arrived, bringing with it the promise of longer days and an abundance of exciting events to fill our time! A heartfelt thank you to everyone who joined us for our delightful Spring Brunch; it truly set the perfect tone for welcoming the season. As we continue our celebrations, I invite you to join us for our upcoming Floral Fete—an evening destined to enchant with its vibrant atmosphere and wonderful company.

On another note, I extend a warm welcome to all our new residents! Thank you for choosing Seaside as your home. There's much to anticipate this month, including a week of immersive Spanish classes with Elba, as well as new and thrilling outings such as visits to the Royal Palm Dinner Theater and a women's club excursion for manicures & pedicures!

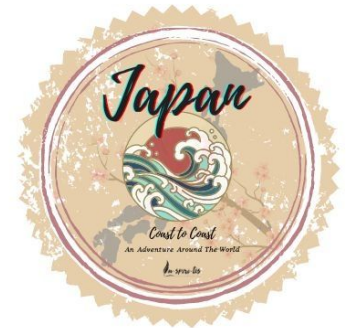
I look forward to another great month as your Executive Director.

### Resident Spotlight: Mr. Vincent M.



Vinny was born in Beacon, NY, which is about 65 miles outside of NYC. He has one younger brother, and grew up going to the beach and working construction. As an adult, Vinny joined the Air Force and later worked for IBM. He has been married twice, has three children, and four grandchildren. Vinny is our top RUI Scholar every semester, and most days he participates in every activity we have to offer! Vinny is always the life of the party, and strives to have all Seaside residents feel comfortable and welcome in our community. Vinny especially enjoys music, and at one time played drums in a band. He is Catholic and attends church every Sunday, and when he lived in New York he was a part of his church choir. Vinny loves music so much, that you can even catch him singing along to the music played in our group exercise classes each morning.

If you are new to Seaside, Vinny is one of our most involved residents, and would be happy to accompany you to any activity that you may be interested in attending. We are so thankful to have Vinny as one of our residents, and so happy that he has decided to make Seaside his home!



### Inspiritás: Coast to Coast

Happy April! Join us on the next leg of our annual theme, "Coast to Coast," as we dive into the enchanting landscapes of Yakushima & Okinawa, Japan. Immerse yourself in the rich tapestry of ancient Japanese cultures through purposeful engagement programming. Our exploration will awaken your senses, from the sights of stunning coastlines to the sounds of traditional music, the textures of historic architecture, and the flavors of authentic Japanese cuisine. Let's make memories together, as we bridge the distance from coast to coast, uniting us in the spirit of discovery and cultural appreciation. Arigatou gozaimasu! Check our program calendar to learn more!





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 Technology Class for Senior Adults during the month of April. We will be celebrating Occupational Therapy Month and hosting a separate Wheelchair/Walker Cleaning Event this month! We look forward to seeing you soon.



### RUI FIT Tip!

Enjoy the beautiful weather by going for a walk! Walking is a fantastic low

impact exercise that boosts heart health, improves blood circulation, and helps to maintain a healthy weight. Walking can also build your stamina, help you connect with others, and take improve your overall health!



**LUXE UNLIMITED™**  
SALON AND SPA

### 5 Tips for Springtime Skincare

- Gently exfoliate your skin to get rid of dry, dead skin from the cold winter months.
- Moisture your skin, including your face, hands, and décolleté.
- Wear SPF daily, especially when you know that you will be outside for long periods on a nice day.
- Add an anti-oxidant to your skincare routine to protect from free radicals.
- Drink plenty of water!



Your skin is your largest organ so it is important to take care of it just like you do the rest of your body! Interested in learning more about what LUXE Unlimited has to offer? Give us a call at 540-501-6043 for assistance or visit us online at [www.luxeunlimited.net](http://www.luxeunlimited.net). Online booking is available.



### April Birthdays!

Dorothy K. ....	April 13
Sarah H. ....	April 18
Barbara W. ....	April 20
Janet. D. ....	April 20
Francis M. ....	April 21
Kaye S. ....	April 24
Christine H. ....	April 27
Jeannine G. ....	April 29



Residents Mr. Vinny, Mrs. Dot, and Mr. Nicolo, engage in a lively game of Kings in the Corner!



Taste of Brazil - Chef Ryan made açai bowls and brigadeiro



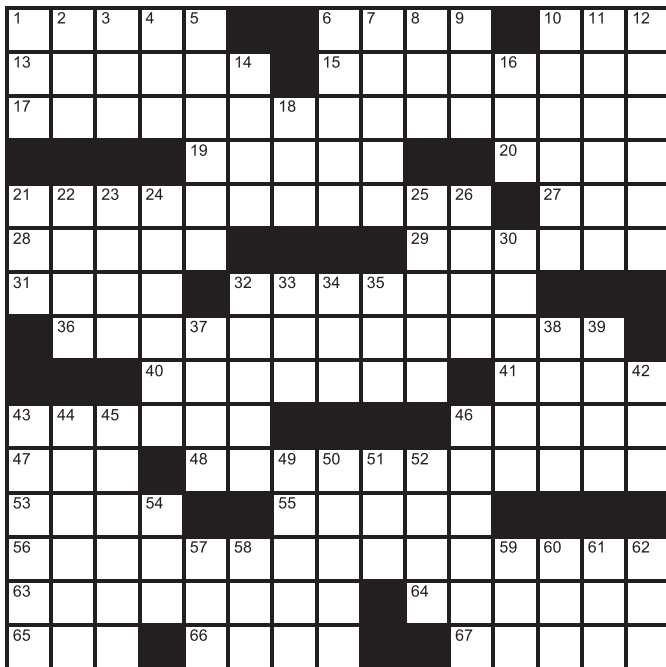
## Meet the Team



Slade Dietz - Executive Director  
 Carlos Houston - Clinical Services Director  
 Mark Deep - Environmental Services Director  
 Chelsea Clarke - Life Enrichment Director  
 Cheryl Pantone - Inspiritás Coordinator  
 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!

## Crossword Puzzle



### ACROSS

1. To give someone a fright
6. Used with a ratchet wheel
10. Kind of wheel
13. Joked around
15. Three before seven
17. Will Smith blockbuster
19. Discover
20. Smooth-coated dogs with curled tails
21. A rosary
27. Deception
28. Indy entrant
29. Subordinate to senior
31. October birthstone
32. Bit
36. Sweet talker
40. Time zone an hour ahead of Central
41. Brawl
43. Fictional spy Jason \_\_\_\_
46. Welsh dog breed
47. Dusk, to Donne
48. Fibrous quality
53. Cogitate
55. Contents of Pandora's box
56. Over values
63. Nonhuman
64. Pleasant to the ear
65. Barbie's beau

66. Andy's radio partner
67. Gray

### DOWN

1. Schuss, e.g.
2. ATM need
3. "That's \_\_\_\_"
4. "\_\_\_\_ to Billie Joe"
5. German astronomer Johannes \_\_\_\_
6. Man with a mission
7. "Gladiator" setting
8. Cyst
9. Anita Brookner's "Hotel du \_\_\_\_"
10. Coefficients in physics
11. Slowly, to a conductor
12. It blows off steam
14. Big game
16. A porcino to some
18. Apprehend
21. Ace
22. Criticizes
23. Deep purple edible berry
24. A real loudmouth
25. A type of spirit
26. Vocalized
30. Brain cell
32. Change, as a clock
33. Crumb
34. Adaptable truck, for short
35. Anderson's "High \_\_\_\_"

37. Moving vehicles
38. Cork's country
39. Kind of life
42. "\_\_\_\_ the season ..."
43. To jeer at
44. Body of work
45. Invisible
46. Rockrose is one
49. Of the past
50. Harvard, Yale, Brown, etc.
51. Game with matchsticks
52. Garden bloom, informally
54. Victorian, for one
57. In-flight info, for short
58. Bottom line
59. "\_\_\_\_ say!"
60. Mozart's "L' \_\_\_\_ del Cairo"
61. After expenses
62. Chester White's home

