



# CYPRESS PLACE ASSISTED LIVING

SPRING



## HAPPY BIRTHDAY!

### Residents

Vivian	3/19
Elmer	3/27
Ronald	4/23
Judy	5/10
Larry	5/31

## RESIDENT SPOTLIGHT: VIVIAN R

Likes to read. Enjoys visiting with her family, great granddaughter Dixie, and other residents and staff at Cypress Place.

Vivian enjoys when her son William and his wife Mary come and take her to church services every other weekend.



# CYPRESS PLACE CHRONICLE

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## A LETTER FROM THE EXECUTIVE DIRECTOR

First of all, I want to thank everyone of welcoming me with open arms to the Cypress Place family. We have had a busy few months and a winter storm that kept us busy. I want to thank all staff and family members that helped us as a community to get through that winter storm.

We want to welcome Tonya Johnson to our Cypress Place family as our new Life Enrichment Coordinator. She has been keeping our residents busy and getting them involved in all activities. We also want to wish Chrystal Hidlebaugh, our Wellness Director, the best on her new journey. Her last day with our Cypress Place family will be February 20th and we will be welcoming our new Wellness Director, Angela Anthony. We are excited for the future of Cypress Place Assisted Living.

Please feel free to stop by and see me anytime. You can always reach me at 903-452-2714.

**Bobbye Pugliese, Executive Director**

## Success Story: Ms. Kathy

She had a stroke over a year ago and her speech is still limited. She is currently receiving therapy for her speech 2 times a week. She enjoys fun and games, being outside, watching the birds along with traffic and participated in the Mardi Gras.

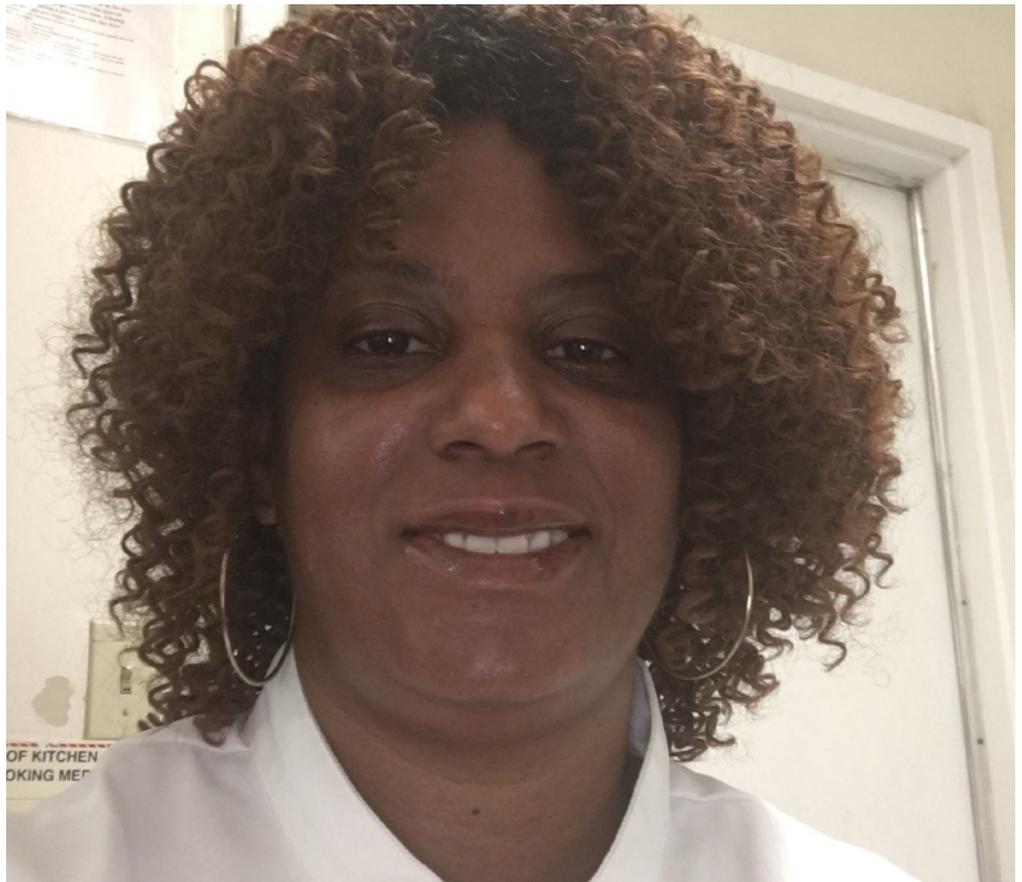


## WELCOME OUR NEW LIFE ENRICHMENT COORDINATOR - TONYA JOHNSON



## EMPLOYEE OF THE MONTH: LAKEASHA CARR, ASSISTANT DIETARY MANAGER

Lakeasha has worked at Cypress Place for 25 years. Lakeasha is friendly, a team player, and went above and beyond the call of duty during the ice storm. She stayed at the facility.





# LOOKBACK ON THE FUN

In December:

- Friends and Family Christmas Lunch
- New Year's Eve – Early Start on ringing in the New Year

In January:

- January B-Day Party with Kattie Perry – Life Care Health Services
- Coffee and Donuts with Law Enforcement of Jefferson



## TIPS FOR BETTER SLEEP

Soaking up morning sunlight to boost melatonin levels, a hormone essential for sleep.

Maintaining a consistent sleep schedule by going to bed and waking up at the same time every day, including weekends.

Winding down with a book or a soothing bath.

Creating a sleep-friendly environment—keep your bedroom quiet, dark, relaxing, and at a comfortable temperature.

Removing electronic devices like TVs, computers, and smartphones from the bedroom.

Staying active throughout the day, as regular movement can help you fall asleep more easily at night.



## EASY STEPS TO HEALTHY EATING

March is National Nutrition Month, a great time to celebrate the foods that help us feel our best. Healthy eating does not have to be complicated. It can be simple, colorful, and enjoyable.

### ✔ Build a Balanced Plate

A nourishing meal includes a mix of fruits, vegetables, whole grains, dairy, and protein-rich foods. Each plays a part in supporting energy, strength, and overall wellness. Think of your plate as a team working together to help you stay active and feeling good.

### 👤 Keep Energy Steady

Eating at regular times can help prevent energy dips throughout the day. Some people feel best with three meals, while others prefer smaller meals more often. The goal is to avoid feeling overly hungry or overly full and to maintain a comfortable rhythm.

### 🌱 Add More Color

Colorful foods often bring powerful nutrients. Dark leafy greens, bright berries, red tomatoes, orange citrus fruits, and vibrant vegetables are rich in vitamins and minerals. The more color on your plate, the more variety your body receives.

### 🌾 Power Up with Fiber

Fiber supports digestion, helps you

feel satisfied longer, and contributes to heart health. Whole grains, fruits, vegetables, beans, and peas are excellent sources. Beans in particular offer protein and fiber together in one simple food.

### 🥑 Choose Heart-Healthy Fats

Not all fats are the same. Olive oil, nuts, seeds, avocados, and certain fish contain fats that support brain and heart health. At the same time, limiting sodium and overly sweet treats can help maintain balanced blood pressure and steady energy.

### 🍴 Slow Down and Enjoy

Mindful eating makes meals more satisfying. Notice flavors and textures. Pay attention to hunger cues. Aim to feel comfortably satisfied rather than overly full. Small, thoughtful habits can make a meaningful difference.

♥ **Healthy living is built on steady, positive choices** made day after day. Even small adjustments can support strength, comfort, and enjoyment in the days ahead.

*The information in this article is to be used for informational purposes only. It should not be used in place of professional medical advice. Always consult with your physician or dietician regarding any changes in diet.*

## Upcoming Events and Activities

### IN MARCH:

3/9 Tony the Music Man – Marshall Hospice

3/16 Shamrock Shakes with Jull Davis – Heritage Hospice

### IN APRIL:

Easter Service with Heritage Baptist Church

Easter Egg Hunt – Happy Hippopotamus

### IN MAY:

Early Mother's Day Photo Shoot – Heritage Hospice

Early Mother's Day Brunch