



The Courier

Events

Spring Fling Party & Easter!

Cabot Cove brought in the Spring season with a Spring Fling Easter Party! Louie Bravo entertained us and it was a great time for all. Residents laughed, sang and had tremendous fun! Easter Sunday was very special too! The kitchen staff made a delicious meal of ham, salmon, Duchess potatoes & carrots. Dessert was a fabulous lemon crunch pie! Our bellies were so full, as were our hearts. Thank you to the families that came out to enjoy Easter with us!

Lunch @ Ched-dars May 14th @ 11:00am

Mother's Day Luncheon 11th @ 12:00



Darla & her son enjoying the Easter Dinner!



Pete & John being silly with the Easter Bunny!



Pat & Dolores having a great time at the Spring Fling Party!

May Birthday Party w/ Louie Bravo 15th @ 3:00pm

Picnic at Largo Central Park!

We had so much fun at our picnic outing! Thank you to our wonderful kitchen staff for packing us a delicious meal. It was the perfect day to have fun with friends and visit our wonderful Largo community.

Resident Council Meeting 15th @ 10:30am



Janice & Leah had a blast at the Largo Central Park!



Leah, Ron, Dottie, Barbara, Janice M & Janice S pictured. All the gang gathered for our picnic lunch!



Barbara always having a great time!

Ladies Fairy Tea Party 6th @ 3:00pm



Ladies Fairy Tea Party

On May 6th, Cabot Cove will be hosting our first ever Fairy Tea Party with special guest Kristen, who will be giving the ladies "fairy hair" tinsel. Residents, please let the activity department know if you are interested in having your hair done. Family members, please contact Debbie if you are attending this event. This will be a fun & fancy tea party! Dress up and let's have some fun! Everyone will learn their very own fairy name! We will be taking pictures in our photo booth if you want to have prints to keep.



Fall Prevention!

At Cabot Cove we take fall prevention very seriously. Our staff are quick to see issues or concerns with ambulating and seeking ways to keep you safe from falls. Please contact management if you want further information about fall prevention. The great therapists who visit Cabot are also a great resource. Additionally, we have hand outs and information from Pinellas County Emergency Management on fall prevention!

PREVENTING FALLS
TIPS TO REDUCE YOUR RISK

- SEE YOUR DOCTOR TO ENSURE YOU DON'T HAVE CONDITIONS WHICH COULD PUT YOU AT RISK FOR FALLING
- EXERCISE CAN HELP IMPROVE STRENGTH AND BALANCE
- WEAR PROPER FOOTWEAR
- MAKE YOUR HOME AS SAFE AS POSSIBLE
- CHECK TO SEE IF YOUR MEDICATIONS CAN MAKE YOU SUSCEPTIBLE TO FALLING
- STAND UP SLOWLY

The infographic features a central circular icon of a person falling, surrounded by six colored segments, each with a tip and an icon: a stethoscope, a person lifting weights, a shoe, a house, a pill, and a person sitting at a table.