

May 2026

Al'z Place NEWSLETTER

Al'z Place | 7:45AM-4:00PM | (352)265-9200 | 1610 NW 23rd Ave Gainesville FL 32605



Notice Board

Illness – Please keep clients at home if they have any signs of illness/infection. We want to avoid passing illnesses to other clients and staff. Signs of illness include:

- **Temperature > 99.3F**
- **Congestion, runny nose**
- **Cough**
- **Sore throat**
- **Nausea/vomiting and/or diarrhea**
- **New redness or drainage**

- **Medication Update**-Please inform nursing staff about all medication changes.

- **Missed Days**-Please notify the staff of any scheduled absences so that we avoid missed days, wasted lunches, and staffing shortages.

- **Behavior & Falls**-Please communicate any behavior changes or falls that occur at home. We will also notify you of any changes that we observe while at Al'z Place.

- **Clothing** - Please make sure all clients have 2 full outfits in their emergency bins, including tops, bottoms, undergarments, and socks. Also, all clients attending the program need to be wearing CLOSED toed shoes only and the shoes must have backs on them. Appropriate clothing keeps clients safe.

- **Purses & Cell Phones** - Please keep all purses and cell phones at home.

Welcome May

Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.



Game for Life

While May has earned the nickname Tennis Month, tennis has earned the nickname "the sport for a lifetime." Dr. Jack Groppel, health expert in fitness and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages.

Tennis not only provides a vigorous physical workout but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports.

Some Special Days to Keep in Mind

Closed May 25th for Memorial Day

**Support Group Meeting May 21st
Senior Recreation Center**

**5701 NW 34th Blvd. Gainesville, FL 32653
9:30am-11:00am**