



SABAL TIMES

APRIL 2012

www.sabalhcc.com

EXECUTIVE DIRECTOR

Sabal Palms and the Goodman Group believe in self improvement through challenging yourself and reaching for goals. Pradeep Muley is a perfect example of this statement. Mr. Muley has been with the company for 10 years as a Rehabilitation Director. He has been a part of the Sabal Palms team since 2008 as the Director of Rehabilitation. In May 2010, Pradeep was promoted to Administrator in training with Mr. Mark Moyer as preceptor. He was able to complete his training in a year in a half. In February 2012, Pradeep successfully passed the National Board Certification for Nursing Home Administrators. In April 2012 He will be taking the Florida state license test to be a licensed state nursing home administrator. Pradeep Muley is a perfect example of someone who likes a challenge and reaches for his goals. Congratulations to Pradeep Muley. He is a special ingredient at Sabal Palms.



VOLUNTEERS ARE SPECIAL

The month of April is the time to recognize volunteers. Volunteers are special to everyone, but they are especially important to Sabal Palms. Here at Sabal we have so many different needs. So many different age groups are living together under one big roof. The volunteers at Sabal Palms come to us eagerly, to help in any way needed. Our volunteers come in different packages, from high school students to retirees. We even have pet volunteers that assist us with making someone's day a little nicer. A volunteer is a special person, dedicated to donating time to spend with

someone that might need an extra hand, assisting in the candy store, writing a letter, reading a book, playing a game, going on a trip or just offering a friendly smile. This month gives us the opportunity to recognize the special volunteers we truly have. On behalf of the Activity Department at Sabal Palms, we would like to thank each and every one of our volunteers. Thank you for being you!

NEW RESIDENTS

Sabal Palms would like to welcome our new residents! The Activity Department would like to invite our new residents to participate in a special Meet Your Neighbor program on Saturday mornings in the Front Lobby. This program will allow our new residents to meet and socialize with other residents, ask questions about the building, and inquire about programs that might be of interest. We look forward to meeting you!

FOOD AND BEVERAGE/DINING SERVICES

This month we thought we would talk about blueberries. Most people are unaware of the importance of this fruit. They are high in antioxidants, have only 80 calories per cup, and have virtually no fat. Many experts consider blueberries one of the "Super Foods." Blueberries are suggested to improve brain function, prevent Alzheimer's and dementia, lower the risk of heart disease, and be beneficial to your skin. The recipe of the month is blueberry coffee cake; it will be featured at breakfast. Here is the recipe. You might try it yourself and eat along with the residents.

Blueberry Coffee Cake

Ingredients:

- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

- 1 1/2 cups fresh blueberries
- 1 egg
- 1/2 cup milk
- 1/4 cup butter or margarine, melted

Topping:

- 1/4 cup butter or margarine, melted
- 3/4 cup packed brown sugar
- 1 tablespoon all-purpose flour
- 1/2 cup chopped walnuts

Directions: In a large mixing bowl, combine flour, sugar, baking powder, cinnamon and salt. Gently fold in blueberries. In a small bowl, whisk together the egg, milk and butter. Add to the flour mixture and stir carefully. Spread into a greased 8x8 inch baking pan. Combine all topping ingredients and sprinkle over batter. Bake at 425 degrees F for 20-25 minutes or until top is light golden brown. Serve warm or at room temperature.

THOUGHTS FROM THE ADMISSIONS DEPARTMENT

ADMISSIONS DEPARTMENT HIGHLIGHTS: OUR PARKING LOT

As most of you are aware, we have a limited amount of parking spaces on our property to accommodate the high number of people who come in to Sabal Palms for various reasons. Not only are there visitors for our long-term residents and short-term rehab patients, but also vendors, physicians, lab couriers, other medical personnel, students, prospective clients and future employees all come by. Those trying to park from around 2:30-3:20 p.m. have the most congested parking situation, due to the change of shifts. We do have the required number of parking spaces designated as Handicapped Parking, as mandated by the Americans with Disabilities Act, and several other reserved spaces (such as for physicians). Parking is to be done in the spaces provided — those who park next to yellow curbs risk receiving a ticket, or worse, causing an

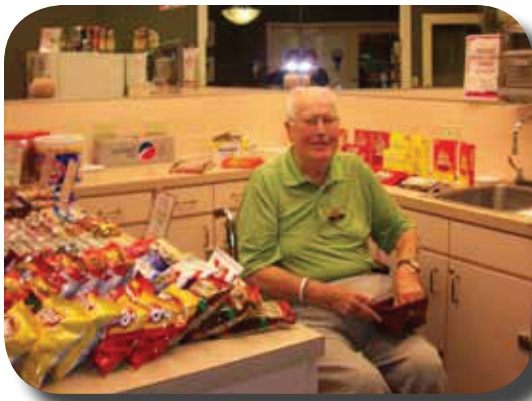
emergency vehicle to not be able to maneuver around the lot as needed. All students are to park in the lot adjacent with the ball field parking lot (just north of our main lot), and employees are allowed to park in the Largo Community Center's parking lot in the spaces closest to Sabal Palms. We realize that having friends and relatives visit our residents and patients should be an enjoyable experience for the person being visited, and it should be hassle-free for the visitor as well. That is why we have submitted a request to the City of Largo to add 22 more parking spaces on our property. We are anxiously awaiting their approval of these plans and will keep everyone informed of the progress made to help relieve the congested parking situation. Thank you for your continued cooperation and patience.

NURSING/HEALTH CARE

Did you know? The normal aging process affects all organs and systems in our body. Some changes begin as early as our 30s. The aging process is gradual and not reversible.

Skin: With age, the skin becomes less elastic and more lined and wrinkled. Fingernail growth also slows. The oil glands gradually produce less oil, making the skin drier than before. You can slow skin aging by using moisturizer and protecting your skin from the sun with sunscreen and sun-protective clothing, such as a hat or cap.

RESIDENT SPOTLIGHT



The Resident of the Month for April is John C. John was born in Brooklyn, N.Y. He is the youngest of three. After graduating from high school, John got a job working on T-Boats that were used for the military. After a year of working in the boat factory, John

decided to move to New Jersey. He quickly found a job working for a company by the name of Hand and Harman. His job entailed working with raw material for jewelry stores. It was an interesting job, but after two years he was on the road again and found a position working for a drug manufacturing company called Massengile. Not totally content with his life, John decided to move back to the windy city in New Jersey, where he found his forever love.

They met at a New Year's party, where it was love at first sight. John got married in 1945. Not too long afterward, they had their first child. He found a good job working for a drug and surgical supply company. He worked in management and loved every bit of his responsibilities. In 1972 John and his family moved to the Clearwater area, where he continued to work in the same type of business. He retired in 2004 and decided to sit back and enjoy life. Today, John is still working. He volunteers his time working in the candy store, where he does inventory and keeps the books. Congratulations to John C. He is a special resident at Sabal Palms.

BIRTHDAYS

James P., 4th

Philomena C., 5th

Judith S., 5th

Jocelyn C., 5th

Harry N., 15th

Catherine B., 17th

Mathew G., 20th

John D., 21st

Ashamti S., 28th

LIFE ON 500 HALL

What a start! Come in the front door, and Linda and Erin will greet you with a smile.

Immediately you sense that everything here will be well worth while. When you arrive you become a part of the Wheelchair Parade in the hall, then you meet great aids like Willie and Joy, and you never worry about a fall. Now you enter room 506, and you are so pleased, as it is cheery and bright, and right away you just know that everything's going to be alright. After therapy sessions with Leslie and Olaf you realize this is the place to be, and now you feel that it won't be long before you are footloose and fancy-free. Turning on your call light will bring Barbara and Diane to help you, when they come they will do anything that you want them to. Janet speaks softly, but listen to her and you will learn. After her fine lessons, you realize that you will only get what you earn. Debby's fine staff of nurses always take good care of us all, they watch over us daily and are always at our beck and call. Our conference with Barbara, Pat and Carol told us what Sabal is all about; their information and guidance would erase anyone's possible doubt. Annie is the action lady who kisses, hugs and loves everyone. She is so jolly and brings what we all need — lots of fun! We all come here to get better, and this is our mission, so we can look forward to really improving our condition.

— Written by The Wileys, 2012



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A COMMUNITY
PROFESSIONALLY MANAGED
BY THE GOODMAN GROUP



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Pradeep Muley

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Denise Spurgeon

Business Office Director

Reg Martell

Medical Records

Director

Traci Hanhilammi

Rehab Director

Barbara Lauretani

Social Service Director

Carol Crocker

Director of Dining Services

Joanne Rossi

NATIONAL NUTRITION MONTH

The month of March was National Nutrition Month. Nutrition is very important to maintain. We are lucky at Sabal Palms to have two wonderful dietitians, Pat Backer and Rene Mays. They assist with putting together a balanced, nutritional diet for residents. It is not an easy task! When a resident is admitted, the dietician goes over various food preferences and takes that information to put together a meal plan. They communicate regularly with Therapy and Nursing regarding discharge plans and monitoring diets. These ladies work very hard. There are many halls and floors to cover for just a team of two, but they do it! And they do it well! On behalf of the Activity Department, we would like to thank our "dietician duo" for all their hard work and for being so very special to Sabal Palms.