

GOOD Life News

at Sabal Palms

AUGUST 2017

www.sabalhcc.com

Resident Spotlight

Rudolph K., better known as Rudy, has been chosen to bask in our August spotlight!

Born in Brooklyn, N.Y., in 1927, Rudy was raised in Brooklyn/Queens with his brother and sister. One of Rudy's cherished memories is, as a five-year-old, travelling with his mother and three-year-old brother to Germany to meet their maternal grandparents. A little while after their return, he recalls handing an orange to his father, speaking in fluent German. Upon graduating from high school, Rudy was drafted into the Army Air Corps serving as an air-condition mechanic with ground crew. After being discharged, he became a self-employed A/C mechanic contracting with Frigidaire, Jamaica and Sperry Gyroscope in Long Island.

Rudy met his sweetheart in his brother's shoe shop when she brought in her grandmother's shoes to be repaired. They wed in June 1952 and had four children, two boys and two girls. In 1964, they moved to a rented house here in Florida whereupon Rudy began designing their family home. Fortunately for our community, Rudy has found himself with us at Sabal Palms. We are very lucky to have him.

In life they say "Everything happens for a reason." This is true for Rudy as well as our new DLE, Lauren E. Through conversation, the two realized the world is much smaller than it appears. Rudy's nephew, Don, took over the family shoemaking business in Queens, N.Y., many years ago. According to Lauren, "Rudy's family name is big on Long Island, especially among the figure skating community." His nephew is well-known for making custom figure skating boots for big Olympic stars and Lauren's skates, too. Through technology, Lauren was able to reconnect these long-lost family members. Don states, "I love my Uncle Rudy! I used to build things, but he used to build everything himself. I could only wish to have his intelligence."

To date, Rudy continues his hobby for architectural drawing and is currently designing a staircase for the rear of his home. He remains in contact with his nephew regularly and is an active member in our Sabal community.

We salute Rudy for his perseverance and zest for life!



Rudy and Dotty K.



Rudy C. and Lauren E. making a phone call to his nephew, Don.



**Our Talk.
Our Walk.
Every Day!**
**29 Years
Recognizing
Senior
Citizens Day**

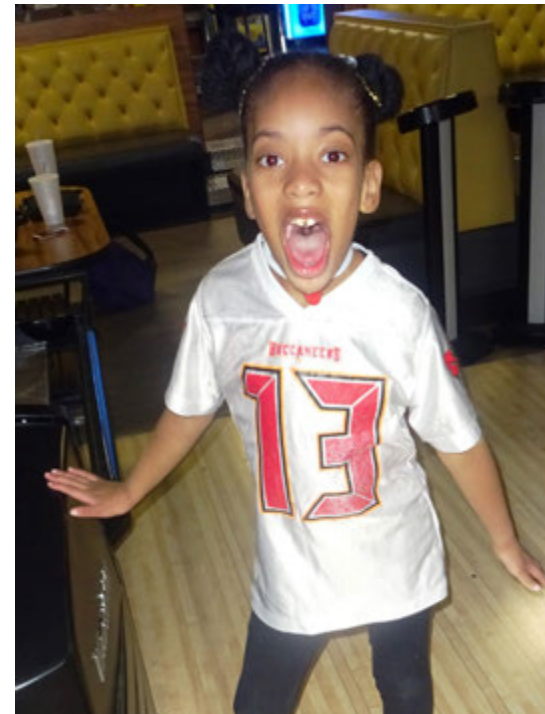
The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Children's Center News

On Monday, July 10, a group of children and teens from Sabal Palms were treated to a very special event. The Mike Alstott Foundation along with former Tampa Bay Buccaneer Mike Alstott hosted a summer bowling party for Special Olympic Athletes from Pinellas County. The children were eligible to attend the party because of their participation in a variety of Special Olympic Programs including Motor Activities Training Program, Young Athletes Program, Bowling and Track & Field Events.

At the party, Sabal Palms residents enjoyed a day of bowling, a pizza lunch and lots of pictures with Mike Alstott. Noah J., Alyssa H., Emily K., Ethan C. and Jamari H. each received a participation medal and event t-shirt. Many local media outlets covered the event, and some of the children even appeared on the nightly news. Noah J. had a wonderful time meeting Mike Alstott and getting his shirt autographed. It was a very special opportunity for Noah; one he says he will remember for the rest of his life. The Mike Alstott Family Foundation was formed to allow the Alstotts to assist others in uplifting the minds, hearts and spirits of families and children on their way to realizing their full potential through various events, assistance programs and celebrations.

Another fun-filled event on the pediatric unit during July was T-Shirt Tie Dye Tuesday! The children had a blast decorating their shirts and wore them with pride.



Alyssa H., wearing her newly signed Bucs jersey, celebrates her first ever spare!



Jamari, Nurse Brenda, Ethan C., Mike Alstott, Noah J., Respiratory Therapist Linda and Emily K. enjoying picture time!



Emily M., Gia S., Gerado P., Kory and Emily K. showing off their tie-dye creations!

Suzie Smiles

Q: How can you avoid that terrible curse of the elderly wrinkles?

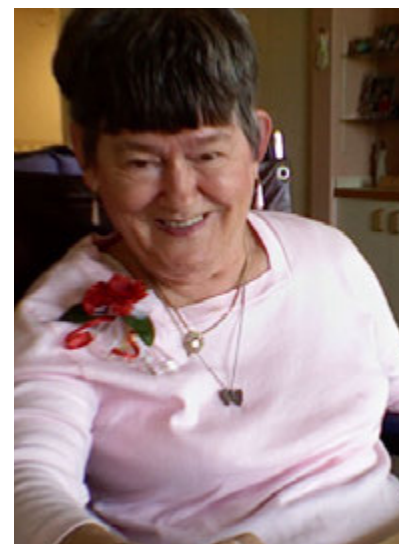
A: Take off your glasses.

Q: Why should 70-plus year old people use valet parking?

A: Valets don't forget where they park your car.

Q: Where should 70-plus year olds look for eyeglasses?

A: On their foreheads.



Suzie K.



Pardon Our Dust!

Wondering why all the recent commotion on Sabal's west wing? Well, it's been a hectic two months for 300 hall residents and staff with workmen completing an extensive renovation project. This has included installation of a new generator which will provide electricity to all rooms in event of power outages.

According to Maintenance Director "Chip," work on 400 hall is set to begin in August with completion date aimed for early 2018. The nurses' station will be moved and enlarged. The dining room will also be enlarged to provide more space and comfort for residents' dining, TV-viewing and entertainment.

"Chip" also says 700/800 halls are scheduled for future updating. He asks for your patience during these disruptions.

In Memory Of...

Harold G., "Beth" W., Marie C., Mary S., Virgil D., Kunica I., Freida W., Betty P. and Ellen R.

Evelyn's 102nd Birthday Party

Evelyn, her family and friends celebrated her 102nd birthday with a beautiful cake and musical entertainment by the talented Hapi and Patty McKenzie, also known as the Crabgrass Cowboys. This was a special time in June for a special and spunky lady! Thanks to all who attended to make this a spectacular event!



Check out our new entertainers! This is Hapi and Patty McKenzie, also known as The Crabgrass Cowboys!



Evelyn celebrated her 102nd birthday with family, friends and The Crabgrass Cowboys!

Extra! Extra!

Contact Life Enrichment if you have ideas for newsletter articles!

Happy Birthday or Anniversary to...

A very special Birthday wish to:

8/2: Loretta S.

8/3: Alma C.

8/4: Joanne H.

8/4: Dorothy M.

8/5: Barbara G.

8/5: Victoria V.

8/9: Vivian M.

8/9: Edward B.

8/13: Matthew H.

8/13: Helen K.

8/14: Janice Z.

8/14: Tatiana A.

8/17: Dustyn T.

8/17: "Ginny" W.

8/18: Tincy G.

8/18: Joshua G.

8/18: Gaye G.

8/18: Tom B.

8/18: Eileen K.

8/21: Dorothy P.

8/22: Tina V.

8/23: Nicholas H.

8/24: Grace H.

8/24: Carlyne H.

8/29: James C.

8/31: Lois H.

A very Happy Anniversary to :

8/20: Alma and Henry C. — 67 years



Then...



*and now!
Alma and Henry C.*

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Food For Thought From Your Kitchen

What are some good summertime diabetic desserts? Our dining services director Joanne Rossi suggests sugar-free ice cream and various fresh fruits to satisfy your "sweet-tooth." These include strawberries, cantaloupe, oranges and watermelon, to name a few.

Also, summer months require lots of liquids to keep our body hydrated. Everyone should drink at least 64 ounces or eight glasses of water per day to prevent heat-stroke, kidney failure and other body complications.

Joanne tells us that she and Chef John calculate food preparation amounts according to the number of meals served per day. This totals to roughly 600!

We hope everyone enjoyed our luncheon with the salad plate, watermelon and ice cream that was served on July 4! Joanne advises residents to watch menus carefully for changes and "specials" that are being planned.

