

GOOD Life News

at Sabal Palms

JANUARY 2018

www.sabalhcc.com

Resident Spotlight!

What a delight it is to feature Ruth E. as our first resident of the month for 2018! Born in Burrillville, R.I., Ruth is one of seven children. Soon after graduating from high school, she married her first love, Robert. This 44-year marriage produced one son, Robert Sean. After her husband's death in 2004, Ruth was lucky to find love a second time with Charlie whom she shared 10 years with until his passing in 2014.

Ruth held several occupations over the years. In addition to being a homemaker, she was a hospital/group home Certified Nursing Assistant, a school bus driver and a customer service agent for Sears Holdings. She retired from this last position in 2014.

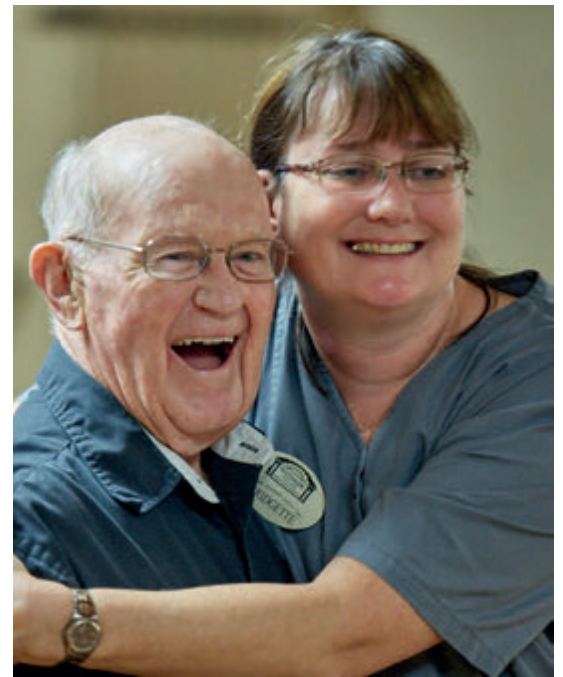
Singing is one of Ruth's greatest passions. She was a pianist/singer with many vocal groups throughout Rhode Island and Florida. Some included the Carillon Women's Chorus, Billy Graham's Chorus and numerous church chorales. She also led the music ministry at Zambarano Hospital for 10 years and spent some time as a youth leader and leader of the Pioneer Girls.

Other hobbies for Ruth have been gardening, cooking and volunteer work, and she loves spending time with family/friends and spreading the Lord's word. She also looks forward to singing along with Reverend Barry here at Sabal, enjoys coloring, watching the Hallmark channel, feeding peanuts to the squirrels, outings with friends/family/peers and of course, life in general.

Sabal is indeed fortunate to have such an active, talented lady as Ruth among our resident family!



Ruth E.



**Our Talk.
Our Walk.
Every Day!**

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Standard #18**

"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Extra, Extra

If you have any ideas for articles for the newsletter, please contact the Life Enrichment Department.

New Year Celebration Fun Facts!

It's tradition to ring in New Year's with family and friends because the first people you see will either give you good luck or bad luck. Make sure to keep friends close and foes far away.

The top three places to celebrate New Year's Eve are Las Vegas, Disney World and of course, New York City. Internationally, one of the biggest celebrations is in Sydney, Australia. More than 80,000 fireworks are set off from Sydney Harbour Bridge.

The Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban. Back then, a 700-pound ball embellished with 25-watt bulbs made of iron and wood was dropped. Now, however, it weighs 11,875 pounds, is 12 feet in diameter and is adorned with 2,668 Waterford crystals. The tradition has continued in Times Square, except for in 1942 and 1943. The ball was not lowered because of wartime restrictions.

In Italy, people wear red underwear on New Year's Day to bring good luck all year long.

In Colombia, Cuba and Puerto Rico, some families stuff a large doll, which is called Mr. Old Year, with memories from the past year. They also dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.

It's good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity. But if you want to have a happy new year, don't eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.

The traditional New Year's song, "Auld Lang Syne," means, "times gone by."

Here's wishing you a happy and healthy 2018!



2017 Annual Holiday Tree Lighting

This year's Annual Tree Lighting was held at 6:30 p.m. on Friday, Dec. 1, 2017. The Sabal Palms community gathered in the main lobby to kick off our celebration with a group song, "Silent Night." Santa stopped by for a meet and greet visit, as well as photos. The festivities did not end there! Frank Cannon and his wife, Tammy Dunlap, led the rest of the evening with holiday classics such as "Here Comes Santa Clause" and "Jingle Bells." The Life Enrichment team came together to help pass out festive cookies and eggnog to top it all off. Thank you all for a beautiful evening and a great kick-off to the holiday season!



Regina T., Amanda E., Helen T., Cathy P., Alberta R. and Matt H.

Susie Smiles

I know a guy who's addicted to brake fluid, but he says he can stop any time.

I stayed up all night to see where the sun went, and then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

When chemists die, they barium.



Susie K.

Children's Center Corner

December was another busy and fun-filled month for the children and young adults of Sabal Palms Children's Center. The holiday spirit was in the air with many special events including two spectacular parties, outings to see the Christmas lights at Largo Central Park, carolers, crafts, visits from Santa and a fantastic outing to Disney World! On Dec. 5, seven children and five staff members attended Mickey's Very Merry Christmas Party! The night featured character meet and greets, rides, an amazing parade and wonderful shows. For all but one of the kiddos, it was their first ever trip to Disney World! The Children's Center is beyond grateful for the wonderful staff, dedicated volunteers, supportive church groups and caring members of the Palms of Largo community who help enhance the quality of life of the youngest residents of Sabal Palms each and every day. Wishing everyone a Happy New Year and a great year to come!



Emily M. and Jay'kwan A. with Mr. and Mrs. Claus



Alyssa H., Vectoria V., Jamari H., Nora D., Gia S., Emily M., Emily K. and staff: Tiffany, Kory, Carol, Brenda and Linda

Meet Your New Director of Nursing!

Meet your new Director of Nursing! Her name is Holly Delancey. She is originally from Akron, Ohio. Although she has lived in Florida since she was three years old, she has been able to maintain her mid-western charms. After graduating from Pinellas Park High School, she attended Pinellas Tech School to receive a degree to be a Licensed Practical Nurse (LPN) in 1999. Moving on in June of 2015, she attended St. Petersburg College where she graduated with her Associates Degree in Nursing. This allowed her to work as a Registered Nurse (RN). She continues to be the matriarch of her family by continuing her education and pursuing her Bachelor's of Science in Nursing. Holly is no stranger to Sabal Palms Healthcare Center. You may recognize her as she has had many roles in the facility working here for 16 years, including 100 Hall Nurse and part time in the MDS Office. Part time or not, this lady is no slacker! While working here, she also spent two and a half years as a nurse providing acute care at the hospital. Holly has been married for 20 happy years and has four children and one granddaughter. Her hobbies consist of paddle boarding, running, reading and spending time with family and friends. Please stop by the Director of Nursing's Office to welcome and congratulate Holly in her new role!



Holly Delancey, Director of Nursing

In Memory

Flora E., Mary R., Maxine G., Margaret F., Gussie B., Mary Jane J., Paul F. and John P.

Activities Professionals Week

Jan. 21-27

Activities Professionals Week is from Jan. 21 through 27! Make sure to recognize our Life Enrichment staff for a job well done!

Happy Birthday

1/8: Antonietta M.	1/20: Frances A.
1/8: Beverly M.	1/22: Emogene T.
1/11: Kevin B.	1/23: Ruth E.
1/13: Jamari H.	1/23: Rameses M.
1/13: Sean G.	1/24: Shirley C.
1/14: Arthur A.	1/27: Alberta R.
	1/29: Nora D.



SABAL PALMS

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New Year's Resolutions and How to Keep Them

How many times have you stated a New Year's resolution only to have it fall short by the end of January? This does not have to happen! New Year's resolutions are great for our long term goals. Let's take this a step further and consider creating short term goals in the name of progress. Often we only see what our desired outcome is but forget to focus on the small wins every day. You can help achieve your goals by following the S.M.A.R.T. acronym.

S: Specific; To set a specific goal, answer the six "W" questions. Who? What? When? Where? Which? Why?

M: Measurable; This means setting out concrete criteria for measuring your progress. Ask yourself "How much?", "How many?" or "How will I know when it is accomplished?"

A: Attainable; Here is where you can work on developing the attitudes, abilities, skills, etc., necessary to meet the goal.

R: Realistic; The goal must represent an objective toward which you are both willing and able to work toward. You are the only one who can determine just how high your goal can be.

T: Timely; The only reason why time is so valuable to us all is that it is limited. If we had an infinite amount of time, then there wouldn't be much to strive for. For example, if you want to lose ten pounds, when do you want to lose it by? You will be able to measure results by this time frame or evaluate why it was not accomplished.

Good luck, and we will check in with how you all did in February!