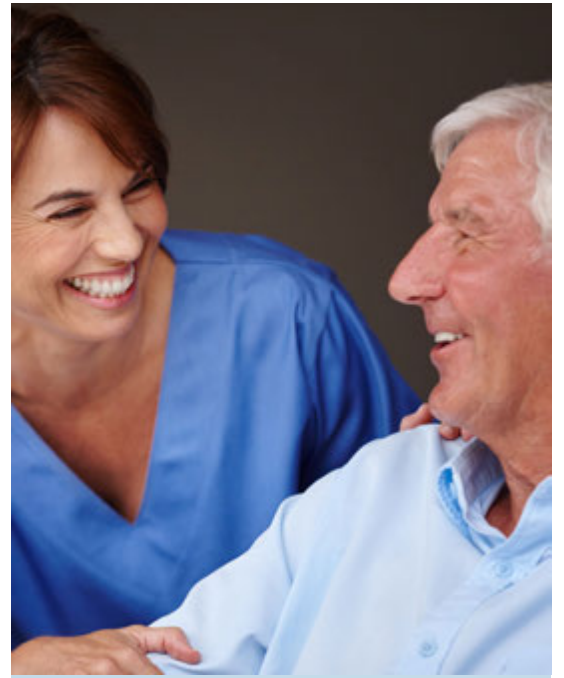


GOOD Life News

at Sabal Palms Health & Rehabilitation

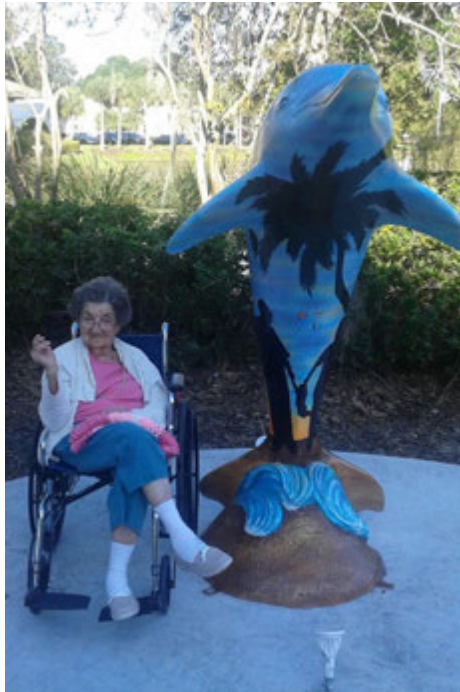
MARCH 2018

www.sabalhcc.com



Resident Spotlight

In March, we spotlight Ingeborg W., known to us as Inge. She was born in Berlin, Germany on March 20, 1915 and is the only child to her loving parents, Katherine and Fritz Rosenberg. When Inge was 13, her parents decided to move to America. While her family awaited their United States citizenship, they moved to the West Indies, where they owned and operated a restaurant and hotel called the Berlinerhof. During this time, Inge finished her schooling, learning to speak English, Dutch and French. She also helped in the family's restaurant.



Ingeborg W. (a.k.a. Inge)

When their citizenship came through, the family moved to Miami and opened another restaurant where Inge met her future husband. Dewey W. and Inge and were married in 1945; they had two sons, Larry and Ronnie. After the boys were born, the family relocated to Tampa where Inge was primarily a housewife and mother. When her sons were older, she became a successful Avon consultant. This kept her very busy and introduced her to countless friends.

On their retirement, the couple moved to Seminole where they were actively involved in the community. Both enjoyed swimming, playing shuffleboard and taking short trips around the area. They were also involved with their homeowners' association.

Inge loved gardening and took a great deal of pride in her beautiful yard. She has always been the person who takes great pleasure in doing for others, often spending her free time running errands for friends or family who were not able to get out, or sharing plants she propagated in her beautiful yard. Her family gets many comments regarding Inge's beautiful personality and warm smile!

Sabal is quite pleased to "spotlight" this delightful lady on her 103rd birthday!

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

**Platinum
Service®
Standard #20**

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."
—Don Galer*

Children's Center News

The children and young adults of Sabal Palms have been enjoying the Florida winter by taking walks outside, playing with bubbles and making special crafts. Outing highlights for the month of February included attending the Special Olympic County Summer Games and attending the Night to Shine Prom in Tampa. The Night to Shine Prom is an annual event sponsored by the Tim Tebow Foundation, which takes place all around the country and the world. This special night for individuals with disabilities included a walk down the red carpet, photos, dancing and each attendee being crowned prom king and queen. It was truly a special night for everyone. In March, the children and young adults are looking forward to The Make a Difference Fishing Tournament on March 3, held on the dock adjacent to the Children's Center and to completing in the Special Olympics Area Games on Saturday, March 10 at Lakewood High School.



Kevin B. and Amber L. being crowned Prom King and Queen at Night to Shine, Tampa



Noah J., Pediatric Life Enrichment Staff Tiffany, Amber L., Kevin B. and Nurse Danielle posing on the red carpet.

Saint Petersburg Balloon Volleyball League

You may have heard announcements overhead each month for a special event. That event is the Saint Petersburg balloon volleyball league. It is hosted by the Saint Petersburg Parks and Recreation Department at the Coliseum on Fourth Street North in Saint Petersburg. The event costs a nominal fee that the facility sponsors but is free of charge to those who participate. The season runs from August to March with a break in December for the holidays. We are proud to boast that we hold third place in the entire league with a season record of 5 to 3. This is just behind Haley's Dragons in second place with a record of 7 to 1 and Grand Villa of Pinellas Park in first place with a record of 8 to 0. This is Sabal Palms Healthcare Center's first season participating and is a strong competitor with a team to watch out for in the 2018 season. Please contact the Life Enrichment Department if you are interested in participating.



January 2018, Left to Right: Joanne H., Joe C., Pat C., Catherine T and Regina T.

Happy Birthday To...

Happy Birthday to:

March 1: Barbara W.

March 3: Rose R.

March 6: Raven H.

March 7: Sarah S.

March 14: Jaykwan A.

March 20: Inge W. —
103 years young!

March 23: Robert J.

March 25: Jeanne G.

March 28: Ben L.

March 29: Kaston D.

Saint Patrick's Day Facts

The history of St. Patrick's Day and how the date came to be an excuse for a cracking good party dates back to medieval times and may be even older.



Saint Patrick

The saint himself was revered in Ireland very soon after his death in the fifth century, so it may well be that his anniversary, March 17, was spent as a holy day of remembrance by his followers in the immediate aftermath of his departure.

Moving forward to the fifteenth century, March 17 was recognized as one of 35 feast and fasting days of Ireland.

Although it was one of so many, it was one of the most important and most loved because Saint Patrick was Ireland's very own apostle, popularly credited with bringing Christianity to the island's shores and to its people.

Like so many Irish traditions, celebrating a feast day or Pattern Day (the term derives from the word "patron," as in "patron saint"), was always a lively affair. It usually started with a pilgrimage to a sacred spot such as a holy well or chapel, where mass and/or prayers would be said. It concluded with food, drink, music, dance and playing spirited games.

Because the date fell during Lent, the Christian period of fasting that ends with Easter, St. Patrick's Day was a welcome break from the austere Lenten regime. Even those who take the pledge not to drink alcohol for the 40 days of Lent might allow themselves a wee tot of "pota Phádraig" — Patrick's Pot.

Over time, fairs and markets were added to the colourful history of St. Patrick's Day and brought a civic element to the festivities. Peculiarly, it had not been formally recognized by the Roman Catholic Church by then. That came in 1631 when Pope Urban VIII added it to the church calendar.

Reports from travellers to Ireland later in that century commented on how some Irish wore crosses on their hats (mostly of green ribbon) on this day, while others wore shamrocks.

Social Services Appreciation Month

In honor of National Social Services Month, we are pleased to feature John Barton, who serves as one of the social workers for the rehabilitation hall.



Left to right: John Barton, Carol Crocker, Tara Barube and Michelle Low

Born in Mobile, Ala., John obtained his Bachelor of Arts degree from St. John Vianney College. He has been in the social services field in Pinellas County for 20 years. He became a part of the Sabal Palms' staff in December 2010.



Not available for group photo: Julie Keraghan with resident Orville W.

Some of John's hobbies include travel, reading and spending time with his two-year-old nephew. He often visits his two best friends in Palm Springs, Calif. However, John vows NOT to make this trip during the summer month again! On his last visit, the temperatures hit 112 degrees! Phew! We thought it was hot here in Florida!

Thank you to ALL of our Social Services staff who make our days a little brighter: John Barton, Michelle Low, Julie Keraghan, Tara Barube and Carol Crocker.

Residents Order Out

Every month, all those who attend the Resident Council meeting (first Monday monthly at 10:30 a.m.) vote on what food to order out and bring in. It has been quite a popular program, with more than 30 attendees at certain times. We have ordered pizza, Chinese, KFC, Checkers and more. In February, we ordered ice cream instead of lunch! Residents pay their own way but when large orders are placed, costs remain low. No luncheon has cost anyone much more than \$5! Most see this as a nice change of pace. Please remember to reserve your place in advance with payment. Contact the Life Enrichment Department if you are interested in participating.



SABAL PALMS

Health & Rehabilitation

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SNF #1487096

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Life Enrichment Director

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Children's Center

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Maintenance Director

Chip Brown

Medical Records Director

Traci Hanhilammi

Rehab Director

Barbara Lauretani

Social Services

Tara Berube

Extra, Extra

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

In Memory Of:

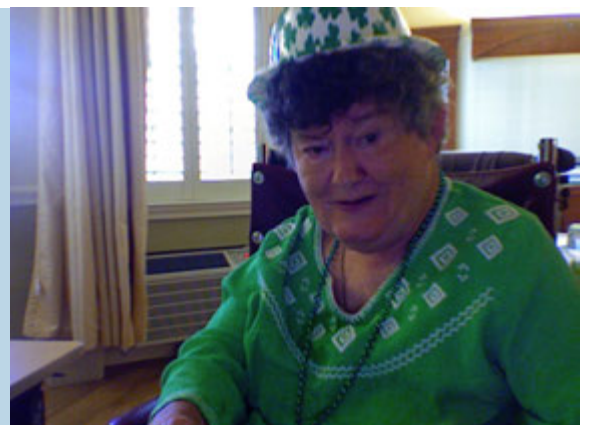
Harriet C., Dorothy D., Myrl
"Bill" D., Mary B., Doris G.,
Laura G.



Susie Smiles

Q: What do you call a big Irish spider?

A: Paddy long legs



Susie K. showing the luck of the Irish!