

# GOOD Life News

at Sabal Palms

SEPTEMBER 2017

www.sabalhcc.com

## Resident Spotlight

Our spotlight for September is our young adult, Bobby K. Bobby was born Houston, Texas. His family moved to the Tampa Bay area for his father's work at Moffit Cancer Center. He has two younger siblings, one brother and one sister. They state that hanging with them is Bobby's favorite thing to do.



Bobby currently goes to Paul B. Stevens School three days a week. The other weekdays, he takes classes with Sabrina. She is one of our teachers from our Hospital Homebound of Pinellas program whose mission is to meet Bobby's unique learning needs. He is in the eighth grade this year. Some of his favorite subjects are science, art and music. His taste in music is eclectic, ranging from old rock, blues and classical music. Lately, he has enjoyed some show tunes. Bobby also enjoys going outdoors and taking in the fresh air, sunlight and sounds of The Palms of Largo. During inclement weather, he can be found enjoying the outdoors from the windows of the Life Enrichment Room. Bobby and his father like to listen to football, basketball and baseball on the TV, depending on the season. Bobby likes superheroes and their movies. His favorites are Iron Man and the Hulk. He plans to dress as the Hulk for Halloween this October!

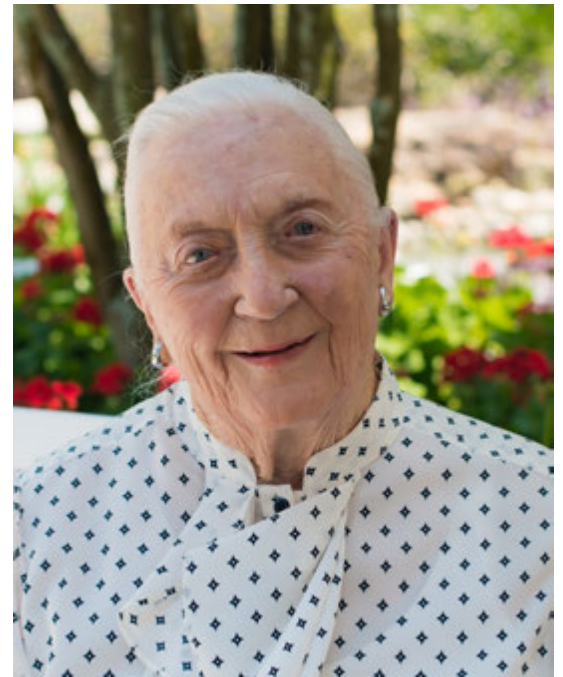
We are all proud of you, Bobby! Keep up the great work in this upcoming school year!

## The Pine-apple of Our Eyes!

Last May, Life Enrichment hosted a Pineapple Festival in the Young Adult Lounge! The residents who participated enjoyed fresh-cut pineapples. Some dipped in chocolate! Yummy! They then planted three pineapple tops in two large planters to see all they could see. All of their hard work and patience has finally paid off! We are happy to announce the arrival of our newest addition to the Sabal Palms family! Our baby pineapple has finally made its debut! You can visit 400 Hall or the Young Adult Lounge to see it through the windows. It will be many months before we can savor the "fruits" of our labors. In the meantime, we will enjoy watching it grow.



*Check out our newest addition to the Sabal Palms family! Congratulations! It's a baby pineapple!*



## Our Talk. Our Walk. Every Day! Healthy Aging Month

This month's theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it's never too late to find a new career, sport, passion or hobby. She says, "Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

## Director's Cut

Welcome to our newest column, designed to feature Sabal's various department head honchos. We hope readers will enjoy becoming acquainted with those who oversee our facility's daily operations. We will initiate this column with none other than our very own Executive Director, Mark Moyer!

Mark was born in 1960 in a small Kansas town, as the youngest of three boys. Among his favorite childhood memories are times spent with his beloved grandmother and helping care for her. He enjoyed spending time and talking with her friends, some who were 100-plus years old. These experiences developed his passion and lifelong career in geriatric healthcare. His first job, at age 16, was as a dishwasher for a nursing home.

After attending Kansas University, Mark transferred to a larger college in Rhode Island and worked in many related areas — banking, importing/exporting, as a CNA and scrub technician in a hospital. It took him about 10 years to obtain his college degree! Mark moved from Rhode Island to Massachusetts and eventually, to St. Petersburg where he was employed at a healthcare facility.

The Goodman Group was fortunate to acquire Mark's expertise as Sabal Palms' Administrator 15 years ago. During this time, Mark has initiated many changes and updates to our building. In addition to his duties here, he is also Regional Manager for the company's southwestern facilities spending much of his time in Arizona and California. Despite his multiple responsibilities, Mark manages to find time to spend with the residents here as well as visit his parents in Kansas. He hopes to one day convince them to move to Florida.



## Environmental Services Appreciation Week! September 10-16, 2017

September is National Housekeeping Month and we are delighted to turn Sabal's spotlight on Jack Holloman, Director of Housekeeping Department.

Jack was born in Okinawa, Japan and, because his father was in the Air Force, his childhood was spent in Guam, Korea, Germany, Utah and Texas. On his dad's retirement, the family settled in St. Pete where Mr. Holloman became a dispatcher with the police department.

Jack came to Sabal Palms as a floor tech and, after six months, became a weekend supervisor; four-and-a-half years later, he was promoted to head of housekeeping. He says his favorite aspect of this position is working with residents and staff who keep him busy! His leisure time is family time! His son and two daughters all enjoy bowling with Dad! He currently has 30 employees in his department.

To honor National Housekeeping Month, Jack is planning a special fun day for them with a luncheon and games.



## Happy Birthday and Anniversary To ...

Sept. 1: Chester F.	Sept. 18: Pam M.
Sept. 3: Winnie B.	Sept. 20: Monty L.
Sept. 4: Doris J., 103 Years Young	Sept. 21: Theo C.
Sept. 4: Emmanuel M.	Sept. 26: Brandon C.
Sept. 5: Gail B.	Sept. 27: Gia S
Sept. 8: Emily M.	Sept. 27: Patricia H.
Sept. 13: Ariana H.	Sept. 28: Paul F.
Sept. 14: "Susie" K.	Sept. 28: Robert C.
Sept. 15: Briana D.	<b>Happy Anniversary to:</b>
Sept. 15: Angel B.	Sept. 29: Teresa and Bob S.

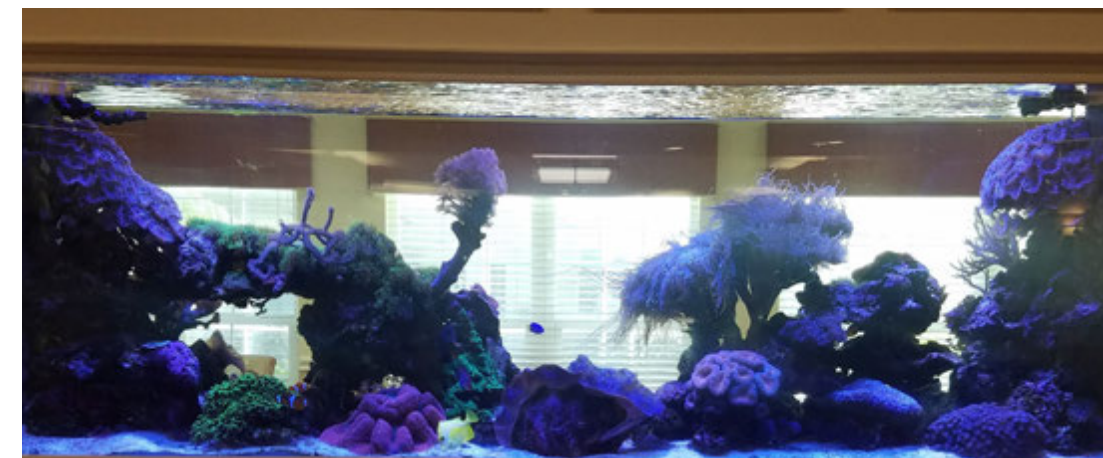


## What's the Dish on the Fish?

Have you ever wondered what is in our beautiful aquarium in the Main Dining Room? We did, too! That's why we contacted Chris A., our Aquarist or also known as Aquarium Technician at Aquarium Quest in Largo, Fla. He tells us our aquarium houses two clownfish (Sonny and Cher), two orange skunk clownfish (Pumpkin and Spice), two tang fish (Elvis and Priscilla), one Hawaiian tang fish (Sunshine), one damselfish (Tiny), one wrasse fish (Lightning), one brittle starfish (Oz) and one banded shrimp (Bandit). All of our fish were named ironically during a Life Enrichment cooking program in the Main Dining Room. We have no plans on cooking these beauties, though! Especially since the fish alone can range anywhere from \$30 to \$250! Some of the Coral Colonies can cost \$400-\$500.

Sabal's 220-gallon tank is considered a reef tank which holds approximately 30 kinds of living coral. Coral has algae inside which is photosynthetic. That means it requires light to produce the sugar needed to survive. This algae also gives the coral its color. Coralline algae in the tank also helps to filter this beautiful ecosystem. There are three types of coral in our aquarium — large and small polyp stony and soft coral. Have you noticed the large clam in the front? That's called a maxima clam! The maxima clam, also known as the small giant clam, is a species of bivalve mollusk found throughout the Indo-Pacific region. We call him Max for short. Another interesting fact! He costs about 400 clams!

Keep an eye on our fishy friends, you may see some new additions soon!



*The aquarium in our Main Dining Room, maintained by Chris A. and staff at Aquarium Quest located in Largo, Fla.*

## Children's Center Corner

On July 30, seven children from Sabal Palms attended Paw Patrol Live!, hosted by the Straz Center for the Performing Arts in Tampa. The children had a blast singing along to their favorite songs, cheering on the pups with their white pom-poms and watching the characters from the adored TV show come to life. Many thanks to VStar Entertainment and the Straz Center for the tickets to the show and their amazing hospitality. It was truly a spectacular afternoon!



*Nora D., Courtney J., Alyssa H., Emily K., Jay-Kwan A., Emanuel M. and Emily M. at the July 30 performance of Paw Patrol Live! at the Straz*

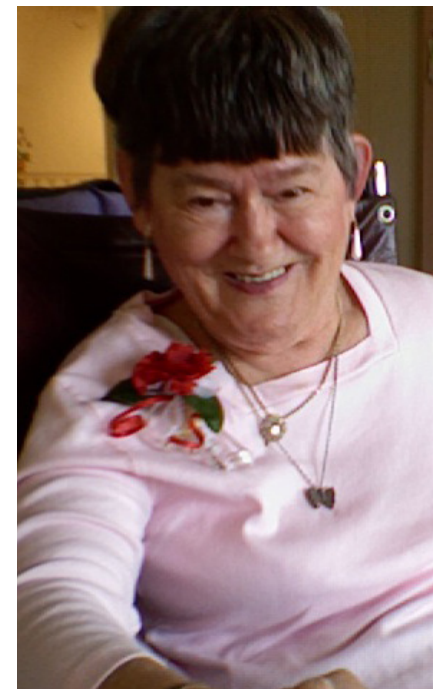
## Susie Smiles

Morris, an 82-year-old man went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said! You told me to get a hot mamma and be cheerful."

The doctor said, "I didn't say that! I said, 'You've got a heart murmur; be careful!'"





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### Executive Director

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### Director of Nursing

Justin Brett

### Life Enrichment

### Director

Kory Blair,  
Children's Center

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### Director

Jack Holloman

### Maintenance

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Chip Brown

### Medical Records

### Director

Traci Hanhiammi

### Rehab Director

Barbara Lauretani

### Social Services

Tara Berube

## Extra! Extra!

Contact Life Enrichment if you have ideas for newsletter articles!

## In Memory of ...

In Memory of:

- Linnea S.
- Jane W.
- Janet K.
- Helen S.
- Edward B.
- Catherine F.
- Connie M.
- Mary Lou S.