

GOOD Life News

at Sabal Palms Health & Rehabilitation

OCTOBER 2018

www.sabalhcc.com

Memory Care Café

On Wednesday, Aug. 15, our Pearls of life got the luxury of attending the Memory Care Café over at the Plaza. Our Pearls had the pleasure of listening to acoustic guitarist Helena Kletch while enjoying Danishes and coffee. We enjoyed Helen's music so much that we have invited her to play at Sabal. The Memory Care Café is a special event the Plaza is having every third Wednesday of the month.

This event is dedicated specifically to memory care and their caregivers. We have decided we will be taking our Pearls over to the Memory Care Café each month so they can have a great time! As you can see by the photos, they really enjoyed themselves. Special thanks to all the ladies at the Plaza for creating this special event dedicated to our memory care residents.



Monty L., Jack C., Linda B. and Marion R. with Lisa T. and Courtney K. at The Plaza for the new Memory Care Cafe.

Resident Spotlight

September's spotlight is Mildred H. Mildred was born in Jacksonville, Fla. She was an only child. Her parents owned a grocery store. Mildred attended Agnes Scott College, got her masters at Columbia and attended University of Chicago. She has a PhD in literature. Mildred has taught and lived all over the world including Cairo, Egypt; St. Louis, Mo; Greece and Beirut. She finally taught at USF. Mildred had two children in between all the moves, and they were also teachers abroad. After 40 years of teaching, Mildred decided it was time to write a book; she actually wrote four of them. Her hobbies include music, psychology, comparative religion, living abroad (especially Wales) and nature. Here at Sabal, you can find Mildred at word games, exercise and balloon volleyball. Mildred has friends locally, and their visits are a special treat for her.



Mildred H.



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

**Health
Literacy
Month**

This annual observances month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: blog.thegoodmangroup.com.

Children's Center News: Fall Fun Has Begun

The Children's Center and Young Adult Hall frolicked into fall by sending summer off in a big way. Vacation Bible School with Our Savior Lutheran Church & School, Rays Baseball Game, Special Olympics Day at Bucs Training Camp and the Young Adult Luau, complete with an erupting volcano and hula dancing, helped give summer the shining sendoff it deserves. The young adults helped welcome fall by starting to decorate the unit and creating special autumn crafts. The young adults also enjoyed an outing to see Theater Exceptional's production of "Bye Bye Birdie."



The fantastic group from Our Savior Lutheran Church and School led by Pastor Tyler and Mrs. Moore. What fun we had learning and praying together!



Volunteer SP, Jay'Kwan A., Life Enrichment staff member Tiffany, nurse Carol, Noah J., teen volunteer Claudia B. and Nora D. at a Rays Game



Gia S., Jay'Kwan A. and Nora with the Rays Girls at Tropicana Field



Jay'Kwan with Bucs football player Caleb Benenoch at Special Olympics Day at the Bucs Training Camp



Mrs. Berger, a Pinellas County Hospital Homebound teacher at Sabal Palms, leads Amber L., Louise, Noah, Tiffany and Matt in dancing the hula.



Tiffany and Gia participate with a student from Our Saviour Lutheran in the third Annual Vacation Bible School at The Children's Center.

The Soaring Spirit "Opportunity"

Years ago, my wife and I bought a small sailboat. However, neither of us had ever sailed a boat, let alone been on a boat! Yet, when our neighbors brought their newly purchased sailboat home, we decided we had to have a sailboat too. As you might suspect, there was much work that needed to be done on a used boat, and we filled many non-working hours in preparation for our sailing adventure. Finally the day arrived. We took the boat to the marina and launched it, but not without some problems, none of which had anything to do with the boat. Some might say this should have been a warning, but as with most warnings, it went totally unheeded. What could possibly go wrong? The next weekend we loaded our gear on the boat and went sailing. The only thing we didn't do wrong was sinking the boat. As we returned to the marina sweaty and frustrated, we were greeted by the harbor master, a seasoned sailor, with these endearing words, "How did it go kids?" "How did it go?!" I sputtered as my wife and I began to tell our tale of woe. Finally, when we had nothing else to talk about, the harbor master smiled and said, "I've heard similar tales before, but keep this in mind; every problem you encounter is an opportunity." Hence, why we decided to name the boat "Our Opportunity." The truth is life is full of opportunities. Yet, we often see them as obstacles because they are painful and seem impossible to overcome. There are really only two choices when we face those obstacles, suffer or survive. Is it easy? No! It takes courage. The Roman philosopher Lucretius wrote "Look at a man (or woman) in the midst of danger, and you will learn in their hour of adversity what they really are." Some of our lives have seen more hardship than others. Make no mistake, adversity is part of life and if met correctly, most of those troubles we encountered became opportunities to lead fuller, better lives. I will close with a fun fact. "Our Opportunity" was built right here in Largo, Fla. It was constructed by one of our 200 hall residents, Daniel S. Thanks, Daniel, for a boat that still holds a special place in the hearts of my wife and me. What an Opportunity! Have a blessed day!

-Jim

Susie Smiles

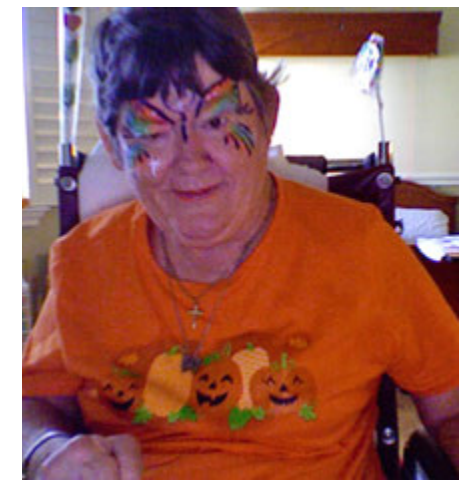
Do you know what the nicest thing about the future is?

It always starts tomorrow.

Money will buy a fine dog, but only kindness will make him wag his tail.

Why didn't the skeleton cross the road?

He didn't have any guts!



Save the Date!

Sabal Palms Health Care Center cordially invites you to celebrate our Annual Harvest Family Night Dinner Wednesday, Nov. 7, 2018, at 5 p.m., Main Dining Room

Main Entree:

- Roast Turkey with gravy
- Seasoned Mashed Potatoes
- Dressing/ Cranberries
- Dessert

Alternate Entree:

- Stuffed Filet of Sole
- Rice Pilaf

RSVP: Sabal Receptionist 727-586-4211, By Oct. 31, 2018

Limited seating: Only two guests per resident, please!

Residents eat free/ \$15 per guest

Contact Life Enrichment to sign up for your family portraits by Heartland Family Portraits (Free sitting/ Free 10 x 13 canvas).



Happy Birthday and Anniversary to:



Happy Day to:

- | | |
|----------------------|--------------------|
| 10/2: Mildred H. 102 | 10/16: Howard J. |
| 10/2: Angela S. | 10/18: Cathy P. |
| 10/5: Norberta K. | 10/19: Andre B. |
| 10/10: Doris S. | 10/20: Delores S. |
| 10/13: William W. | 10/24: Barbara M. |
| 10/14: Sue F. | 10/28: Maryanne M. |
| 10/16: Willis C. | 10/28: Karina |



SABAL PALMS

Health & Rehabilitation

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SNF #1487096

MANAGED BY
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Barbara Lauretani

Social Service

Director

Tara Berube

Extra, Extra

Please contact the Life Enrichment Department if you have ideas for the newsletter or would like to be a part of the newsletter committee.



Extra, Extra

In Memory of:

Dorothy N., Robert J., Robert H., Robert Y., Helen L., Virginia F., Carol K.; Theo C. and Stanley L.

