

# GOOD Life News

*at Sabal Palms*

JULY 2017

www.sabalhcc.com

## Resident Spotlight

Our July spotlight shines on native New Yorker Regina T. Born in Brooklyn, Regina was raised in Queens with her three sisters and two brothers. It was her love for watching her seamstress mother wield a needle and thread that decided Regina's career in fashion design. She graduated from a vocational high school with a major in dress-making.

Regina's first job was as a hand-sew finisher, sewing hems, buttons, etc., with a NYC Seventh Avenue firm. She worked her way up to become a seamstress and eventually, assistant fashion designer. In this position, she made patterns from sketches, cut fabric and fitted garments to a model in preparation for the city's tri-annual Fashion Week.

It was on Regina's 1950 trip to Italy that she met, fell in love and married her dreamboat. Oops! She discovered she was aboard the wrong "boat" and the marriage eventually sank! Regina raised her wonderful son as a single-mother, a responsibility she enjoyed immensely.

Regina loved to travel and did so often with her Fashion Week obligations. These journeys were either made with her son, her choir or alone. She feels privileged to have met five different Popes during frequent visits to Rome. Other trips have included Jamaica, Puerto Rico, Hawaii, Alaska, Greece, Poland and Germany.

Sabal Palms is very happy to have this talented, well-traveled lady among its resident family. Just maybe, if you talk to her right, Regina would be willing to sew a button on or mend a seam or hem for you!



## Susie Smiles

I was at the pub the other night and overheard three very hefty women talking at the bar.

Their accent appeared to be Gaelic, so I approached and asked, "Hello, are you three lassies from Ireland?"

One of them angrily screeched, "It's Wales, Wales you bloody idiot!"

So I apologized and replied, "I am so sorry. Are you three whales from Ireland?"

And that's the last thing I remember!



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

**Enjoying  
the Summer  
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.



## Volunteer Appreciation Luncheon

Calling All Superheroes!

Submitted by Margie Ratcliff,  
Director of Volunteer Services,  
The Palms of Largo, The  
Residence at Timber Pines and  
Westchester Gardens

The Volunteer Appreciation  
Luncheon was held on Thursday,  
April 27, at noon, in the Sidney  
A. Goodman Ballroom at The  
Largo Community Center with  
150 Volunteers in attendance.

Calling All Superheroes was the  
theme, and The Palms of Largo  
Volunteers were entertained by a  
musical performance "Never Too  
Old To Rock" by the Royal Palms  
Players under the direction of  
Jim Abegglen, The Performing  
Arts Director. Jim co-emceed  
the festivities with me and  
directed his troupe in a selection  
of favorites featuring dancers.  
The Players are always a crowd-  
pleaser, and their fans cheered  
them on appreciatively.

The ballroom was decked out  
in a City Skyscraper Scene, and  
each table featured bright linens,  
gold star napkin holders and  
miniature musical instruments.  
Once again, the centerpieces  
were assembled by our very  
crafty ladies of Imperial Palms.  
These masterpieces took a great  
deal of effort, and the ladies  
created an assembly line to get

the 23 centerpieces completed in time. Their efforts were led by Director of Life Enrichment for Imperial Palms, Ruth Morissette. Ruth coordinated, supervised and provided the supplies for this effort. Our guests were greeted at a Registration Table by Regional Human Resources Manager SE, Robin Nellis, Melodie Vorhees and Tammie Williams.

The Volunteers also enjoyed a multimedia musical presentation showing our Volunteers in action and a Photo Booth (photography by Videographer Volunteer, David Wainscott). The photos were shown to our guests at the end of the event, and everyone received a copy at a later date. The hostesses, the Directors of Life Enrichment, Tammy Dunlap, Kory Blair, Arlene Yali, Jessica Hartle, Kathy Nordlinger, Ruth Morissette, as well as Director of The Plaza, Tammy Perez, were rocking out in their best rocker gear and many shades of fluorescent hair.

A Teen and Young Adult Volunteer Appreciation Pizza Party was held on Thursday, May 25, at 3 p.m., at The Plaza, with Sabal Palms own teen volunteer, Noah J, participating.

180 Adult Volunteers and 20 Teen Volunteers actively serve at The Palms of Largo. In 2015, Volunteers contributed 11,886 hours of participation to our community.

Thank you to Jamie Hanlin for providing all the printed materials so we could honor our Volunteers and their continued service.



## Children's Center News: Second Annual Vacation Bible School Is a Success!

On Monday, June 12, and Monday, June 20, the children and young adults of The Children's Center at Sabal Palms participated in our second Annual Vacation Bible School (VBS). Over 25 volunteers from Our Savior Lutheran Church & School came out to run this amazing program. The children and young adults participated in two separate groups, each designed with their unique interests and abilities in mind. The Children's Center at Sabal Palms has had an ongoing relationship with Our Savior Lutheran Church & School for the past two years. During the school year, the middle school students come several times to visit the children and lead them in worship. Cassie Moore and her husband, Pastor Tyler Moore, helped lead the groups and organized the activities which included crafts, songs, video clips, a devotional message and special prayer time. Everyone had a blast playing and praying together. The church hosted their annual VBS program the previous week, and many of the children who attended that program came to Sabal Palms VBS along with their parents to volunteer. Kory Blair, Director of Life Enrichment for Sabal Palms Children's Center, stated, "We do our best to create normalcy and fun for the children and teens who live at The Children's Center. Many of these children, if they were home, would be participating in a Vacation Bible School type activity. Sabal Palms VBS helps the residents connect to their religion, have fun and learn about their religion, faith and prayer. We are so grateful to Our Savior Lutheran Church for bringing Vacation Bible School to the children and young adults who reside at Sabal and providing them with this opportunity they would not otherwise have."



The children of Sabal Palms and volunteers from Our Savior Lutheran Church singing a worship song during VBS.

## Newsletter Club

Hard at work for next month.



## Frenchy's at the Beach

A great time was had by all at Frenchy's at the Beach. Sun, sand and surf were enjoyed by Paul F.; Susie K. and her brother, Steve; Helen C. and her daughter, Irene; Barbara M.; Regina T.; Jim J.; and Pam with Life Enrichment



## Understanding Sunscreen

Wearing sunscreen is a safe, easy way to protect your skin from sun damage that can lead to premature aging, sunburn and skin cancer.

The ingredients in sunscreen work together to block or absorb the sun's ultraviolet rays before they reach your skin. Choose products labeled as broad-spectrum, which means they protect against both UVA rays (the cause of wrinkles and age spots) and UVB rays (the cause of sunburn).

The Food and Drug Administration recommends sunscreens with a sun protection factor of at least 15, while dermatologists advise using SPF 30 or above. This number refers to the percentage of the sun's rays that the sunscreen blocks. SPF 15 filters out 93 percent of incoming rays, and SPF 30 filters out 97 percent.

About 15-30 minutes before you go outside, apply 1 ounce — about a full shot glass — of sunscreen to the parts of your body not covered by clothing.

## In Memory of

Betty L.; Kunica I.; Doris R.; Bill W.; Genevieve W. (700 Unit); Genevieve W. (800 Unit); Peter C.





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 Children's Center

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Lauren Evarts

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**Housekeeping Director**

Jack Holloman

**Maintenance Director**

Chip Brown

**Medical Records Director**

Traci Hanhिलammi

**Rehab Director**

Barbara Lauretani

**Social Services**

Tara Berube

## Happy Birthday and Anniversary to

**A very Happy Birthday to:**

7/2: Dorothy H.

7/5: Jason M.

7/6: Rose Marie M.

7/6: Eric M.

7/9: Regina T.

7/10: Tony E.

7/13: Raul T.

7/17: Zachary G.

7/18: Beverly C.

7/18: Josephine H.

7/19: Beth W.

7/25: Virginia S.

7/25: Jurnee E.

**and a Happy Anniversary to :**

7/3: Rudy and Dorothy K.

7/3: Willis and Jane C.

7/9: Paul and Barbara F.

