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Good Life NEWS

at Sabal Palms Health & Rehabilitation

JANUARY 2026

TEAM MEMBERS

Executive Director
Scott Allen

Assistant Executive Director
Lisa Kolman-Befort

Director of Nursing
Tiki Martinez

Assistant Director of Nursing
Abe Astillo

Admissions Director
Courtney Seragusa

Life Enrichment Director
Alex Neal

Director of Culinary Operations
Joanne Rossi

Environmental Services Director
Sa'Deya "Dede" Jones

Director of Maintenance
Ryan Howdeshell

Social Services Director
Wendy Tabor-Underhill

Human Resource Coordinator
Paulette Cintrón



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Joan A.
- Yvette G.
- Christopher K.
- Gunn B.
- Donald G.



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Jane F. - 1/2
- Anne D. - 1/4
- Vivien W. - 1/6
- Albert M. Jr. - 1/10
- Kevin B. - 1/11
- Jamari H. - 1/13
- Patricia L. - 1/15
- Diane S. - 1/17
- Debra D. - 1/23
- Beverly K. - 1/23
- Aries R. - 1/23
- Arthur H. - 1/25
- Robert H. Jr. - 1/26
- Legacy C. - 1/28
- Nora D. - 1/29
- Merwin G. - 1/29
- Sylvia S. - 1/29
- Sophis R. - 1/30



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TEAM MEMBER SPOTLIGHT

Meet Jose G.

If you've ever walked through the halls and heard laughter echoing from the rooftop to the first floor, chances are you've just met Jose G. A bundle of unstoppable energy wrapped in personality, Jose is our resident social butterfly in Life Enrichment.

With interests as colorful as his spirit, Jose enjoys Disney adventures, K-dramas, fishing trips, collecting POP figurines and Disney pins, and indulging in delicious food (not necessarily in that order!). His love for board games makes him competitive, clever, and endlessly entertaining. There's never a dull moment when Jose is rolling dice or plotting his next strategic game move.

Outside of work, Jose proudly claims the title of "Funcle," which is fun uncle for those who don't know. He dotes on his niece and nephew with excitement, fun, and plenty of silliness. He also holds a special admiration for his grandmother, cherishing the bond they share with the same devotion he gives everything he loves.

Jose thrives on attention, not for vanity, but because it draws in laughter, joy, and connection. His rambunctious personality isn't just noise; it is a spotlight he uses to make sure everyone around him is having a good time.

Adorned with tattoos and piercings that match his expressive and bold personality, he wears his story outwardly with passion and flair. Though he's never shy to brag about himself (yes, with pride!), it is amusingly contrasted with his star sign, Taurus, which is known for quiet stubbornness. Leave it to Jose to be the exception.

With a heart as generous as his voice is loud, Jose brings fun, energy, and memorable moments every day. Whether he is singing Disney songs, organizing gameplay, or sharing food recommendations, his presence makes our community brighter, livelier, and joyful. Here's to Jose, our unforgettable social butterfly!



RESIDENT SPOTLIGHT

Meet Janet M.

Born in Johnston, Pennsylvania, Janet grew up in a close-knit family with two sisters and brothers who have since passed. Her childhood was filled with strong family bonds that helped shape her caring nature and her dream of becoming a nurse.

Janet pursued a three-year diploma program and became a registered nurse. Wanting to serve during the Vietnam War, she volunteered, but due to a long waiting list, she was instead sent to Würzburg, Germany. There, she spent two years in the Army Air Corps, using her medical training to care for servicemen and women.

When she returned to the United States, she continued her nursing career at Washington Hospital Center, where she fulfilled her goal of caring for others with compassion and professionalism.

Outside her work in health care, Janet has always enjoyed sports, especially football and softball. While playing softball, she met Mary, a talented pitcher who later became her life partner. Their relationship grew through shared interests and mutual support.

Today, Janet enjoys word searches and watching football and softball. She stays closely connected with her sisters and looks forward to visits from her nieces, Kim and Deann, who continue to bring joy to her life.

Janet's story reflects a lifetime of service, dedication and meaningful connections.



SABAL PALMS
Health & Rehabilitation

499 Alternate Keene Road, Largo, FL 33771 | 727-586-4211 | sabalhealthand rehab.com



MANAGED BY The Goodman Group



WINTER TIE-DYE FUN

Who says bright colors are only for summer? This season, our residents brought sunshine indoors with a festive tie-dye activity. Laughter filled the room as everyone experimented with playful patterns. With each twist and fold, plain fabric became wearable art—a warm hug on a chilly day. Winter tie-dye shows that creativity knows no season, and a splash of color can brighten even the coldest afternoon.



WINTER WONDERLAND

Each year, our community becomes a Winter Wonderland, filled with laughter, music, and togetherness. Residents, families, and team members gather under one magical roof to celebrate the true joys of the season—not the presents, but the presence of one another. Every year, we aim to make the season even more memorable. The halls come alive with festive melodies, the scent of fresh cookies, and the delight of hot chocolate. Snow machines sprinkle the air with a flurry of fun, turning Florida sunshine—or mild weather—into a dreamy snowfall that brings out the childlike wonder in everyone. Craft tables overflow with creativity, capturing memories as treasured as any gift. For many, the highlight is stepping into a snowy photo scene to snap pictures with the beloved Mr. and Mrs. Claus. Laughter fills the room as families pose together in holiday cheer.

Every snapshot, song, and sprinkle of faux snow adds to the joy that stays with us long after the decorations are gone. Winter Wonderland reminds us that the magic of the season comes not from boxes and bows, but from shared moments, sweet treats, and the joy of being together. It's a celebration of community, love, and simple wonder.



NURSING NOTES

Understanding Seasonal Affective Disorder



Seasonal affective disorder (SAD) affects about 10 million Americans. While often discussed in younger adults, SAD can be especially challenging for older adults in assisted living or nursing homes. Limited sunlight, more time indoors, and symptoms that mimic other health conditions can make it harder to detect.

In seniors, SAD may show up as increased fatigue, body aches, stomach issues, forgetfulness, or slowed thinking. It can also lead to irritability, anxiety, withdrawal from activities, or changes in sleep and appetite. Reduced sun exposure can lower vitamin D and serotonin, and SAD may worsen chronic conditions such as heart disease, diabetes, or cognitive impairment.

At communities managed by The Goodman Group, we understand the impact SAD can have on residents. Each community has a dedicated life enrichment team, guided by our national director of life enrichment. Many communities also have a spiritual care director who supports residents through move-ins and life changes. The life enrichment team collaborates with residents to create monthly calendars tailored to their interests. Activities may include outings such as shopping trips, restaurant visits, carnivals, plays, or boat rides, as well as in-house programs like pet visits, performances, games, and lectures.

Team members across departments work together to support residents' well-being, helping identify anyone who may be isolating or showing signs of decline. This team approach includes input from residents, families, staff, and medical providers. When needed, the nursing team advocates for additional evaluation or treatment. Mental health providers recommend seeking help if symptoms persist for two weeks or more. Treatment may include light therapy, vitamin D supplements, exercise, activities, counseling, or in some cases, medication.

If you have questions or feel you may be experiencing symptoms of seasonal affective disorder, please notify the nursing team.

Tammy Talley
Health Services Director of Survey Readiness
The Goodman Group

SOARING®: SUPPORTING THE SPIRIT



A New Year Filled with Hope

As the final days of the year quietly fade, a familiar sense of anticipation begins to rise. The new year arrives not simply as a date on the calendar but as a symbol — an open door and a renewed chance to shape our lives with intention. With it comes hope for growth, goodness, and the small, extraordinary moments that make life meaningful.

The past year, with all its challenges and celebrations, has taught us valuable lessons. Some were gentle, others difficult, but each helped us better understand who we are and who we want to become. It reminds us that we can begin again — no matter our age, our circumstances, or our past. The hope we carry into a new year isn't about perfection but about progress — believing we can keep moving forward with purpose and compassion.

In the months ahead, may we find deeper connections with the people we love. May we experience moments of joy that arrive unexpectedly, laughter that fills rooms, and peace that lingers in our hearts. And may we discover strength on difficult days and gratitude on bright ones. Happy New Year! Welcome, 2026!

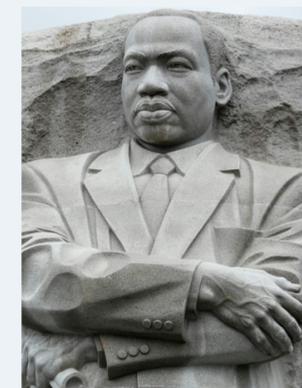
Maria Heit
Spiritual Care Director
Westpark Village (Billings, MT)

MLK: HIS LIFE AND LEGACY

Join us on Wednesday, Jan. 14

A virtual lecture by Anthony E. Dixon, Ph.D.

Dr. Martin Luther King Jr.'s development of the nonviolent movement was truly indicative of the Civil Rights Movement's evolution as a whole. The ideologies of nonviolence were shaped by his upbringing in the church. However, he had to develop a process for turning those theoretical principles into action. This development derived primarily from the teachings and actions of Gandhi and the ongoing mentoring of his friend Bayard Rustin. This lecture will discuss the life of Dr. King and the development of his philosophies as well as his course of action during the Civil Rights Movement.



Anthony E. Dixon, Ph.D., is a public historian whose expertise is African American and African diaspora history and culture. He served on the Florida African American History Task Force and is the founder and president of Archival and Historical Research Associates.

See activity calendar for time and location.