

GOOD Life News

at Sabal Palms Health & Rehabilitation

JANUARY 2019

www.sabalhcc.com

Resident Spotlight

Our January Resident Spotlight is relatively new to Sabal Palms. She is Linda F. from 400 Hall. Linda was born in Brooklyn, N.Y., and when she was about 10 years old, the family moved to Lindenhurst, N.Y. She is the oldest of seven children. She says she is a Niagara Falls baby. Her siblings include: Steven, Jimmy, Timothy, Thomas, Jenny and Kathy. After graduating from Lindenhurst High School she went to work at the Williamsburg Savings Bank, the same bank her mother had worked at 20 years before. Linda married at 19 years old, but it was not meant to be, and a few years later she married the love of her life, Terry. They liked to travel and have fun. They went to the Bahamas and they toured a lot of the USA, including snow skiing in the northeast and white water rafting the Colorado River. Linda's favorite place to visit is Cherokee, N.C. She likes the shops and the creek that runs through town. Linda and her husband also enjoyed cooking and entertaining. They always had a large crowd for Christmas but before the guests arrived, they would have one slow dance together. Terry died in 2007 after a long illness. Linda participated in a literacy program with book donations at St. Catherine's. Linda now enjoys attending many of the activities her. She is what we would call a social butterfly. She is a big advocate for activities, exercise and visiting other residents. We are truly blessed to know her.

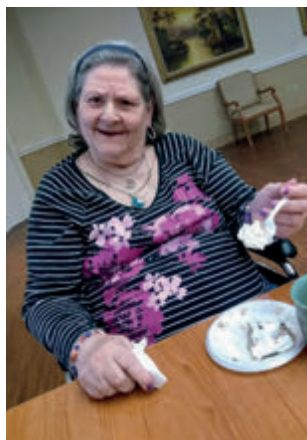


Linda F.

Pie, Anyone?

Once a month, we have a Dine-In luncheon for our residents. This takes place in the main dining room at 2:15 p.m. The idea behind this fun activity has dual purpose. The first being that we get to socialize and meet with other residents from different halls in our building. Second, we get to try foods from various places. This month was more of a dessert deal than a meal. The residents decided they wanted pie this past month. They had a choice between Chocolate (a past favorite) or Pumpkin pie; along with coffee, hot cocoa or tea.

Please, let a staff member in our Life Enrichment Department know if you'd like to join us for this fun event in the future.



Elaine B.



Doris S.



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

**Platinum Service®
Standard #6**

"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

Children's Center News

What an incredible month the youngest residents of Sabal Palms experienced this past December. Highlights included an outing to see the Harlem Globetrotters at the Yuengling Center, along with getting autographs and meeting the players. The following day the Twenties and Thirties Group (TNT) from St. Paul United Methodist Church spent several hours volunteering with the children and helped decorate the unit for the holiday season. The Children's Center Annual Holiday Party was a huge success, with 25 family members from the pediatric and young adult units visiting that day! The party was spectacular, complete with yummy food, crafts, cookie decorating, pictures with Santa, caricatures done by Jim Puyda, and amazing photos taken by Horton Townes from St. Paul Church. Presents from the members of the Christian Fellowship Church Ladies Ministry, a special reading of Sandy Claus by co-author Joanie Gulbranson and a blessing offered by Pastor Steve Gulbranson brought joy to many. Continuing with the holiday spirit, the residents attended outings to see the amazing local holiday light displays. Many thanks to the staff, volunteers, and organizations who helped make the holidays so very meaningful for the children and young adults at Sabal Palms.



Kory, Kashton, Nathaniel, RT Lisa, AJ Bobby, Keith, Nurse Tamika, and Noah at the Harlem Globe Trotters on Dec 1.



The children and young adults enjoying holiday celebrations.

Pearls of Life

Our Pearls of Life here were really into the Holiday Spirit in December. They absolutely love making holiday crafts, singing Christmas carols, and reminiscing about the holidays. During this holiday season, we do our best to enhance the quality of life of our residents by keeping them engaged in meaningful activities. On this special day, thanks to Jamie C. in Payroll, our residents enjoyed making gingerbread houses while listening to holiday tunes in the background. Jamie's generous donation allowed all Sabal residents to participate in decorating gingerbread houses and ornaments this year! Jamie, thank you for being a part of our holiday spirit and bringing smiles to all residents and staff involved.



Irene C. and Courtney K.

Happy Birthday to:

Antonietta M., 8th
 Beverly M., 8th
 Kevin B., 11th
 Gloria N., 11th
 Jamari H., 13th
 Arthur A., 14th
 Helen E., 14th
 Linda F., 19th
 Frances A., 20th
 Emogene T., 22nd
 Hazel S., 22nd
 Ruth E., 23rd
 Shirley C., 24th
 Linda B., 27th
 Legacy C., 28th
 Nora D., 29th

Soaring: 2019

Another milestone! Another calendar goes on the scrap heap. How big would that scrap heap of calendars be for you? How many beautiful pictures have you looked at as you flipped through the months? How many times did you say "I'd like to go there"? How many significant dates have come and passed for you over the years? Some of those dates bring a smile to your face others, while others not so much. No matter how you choose to slice it, each is a milestone and a chance for growth. Unfortunately, growth also means change and change often doesn't happen without discomfort. I would like to share a poem written by Mother Teresa;

Life is an opportunity, benefit from it
 Life is beauty, admire it
 Life is a dream, realize it
 Life is a challenge, meet it
 Life is a duty, complete it
 Life is a game, play it
 Life is a promise, fulfill it
 Life is sorrow, overcome it
 Life is a song, sing it
 Life is a struggle, accept it
 Life is a tragedy, confront it
 Life is an adventure, dare it
 Life is luck, make it
 Life is life, fight for it

In 2019, just as in every year before it, we will face all of what Mother Teresa wrote in her poem. Some will be good and some not so good. Yet how it affects us will be determined by how we handle it. We can lift our eyes up or we can let things drag us down. I want to wish each of you a very Happy and Blessed New Year!

Jim Keller
 Spiritual Care Director

Holiday Spirit Hangover

The holidays were busy as these months often dictate. However, we had tons of fun. Kicking off the season with the Annual Tree Lighting Ceremony on Nov. 30. We enjoyed festive refreshments, holiday songs sung by Frank Cannon, a visit with Santa and a beautiful new Christmas Tree. Throughout December many residents enjoyed outings to see the Lights of Lake Park Estates, benefiting Suncoast Hospice and Empath Health which further up-held Sabal traditions. We received a special invite by Mayor Brown to attend the Largo Christmas Parade with other Palms of Largo residents. Our Holiday Craft Fair was a great shopping events for staff and residents alike! This as well as the birthday grams and garage sale events helps us to fulfill everyone's letter to Santa. We enjoyed many special events including Palm Harbor Chorus, Oak Grove Middle School's Jazzy Knights Band, and caroling with the Salvation Army, only to mention a few. With full hearts we say goodbye to 2018 and with hope we look forward to the amazing things 2019 will bring!



Oak Grove Middle School Jazzy Knights Band



Sabal Palms Annual Tree Lighting Ceremony

In Memory of:

Gordon B.	Dorothy H.	Emanuel M.
Frances B.	Viola F.	
Leonard H.	Janet J.	



SABAL PALMS

Health & Rehabilitation

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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.

Susie Smiles

Clever words for clever people:

COUNTERFEITER

Workers who put together kitchen cabinets.

ECLIPSE

What an English barber does for a living.

HEROES

What a man in a boat does.

