

# GOOD Life News

*at Sabal Palms Health & Rehabilitation*

MAY 2018

www.sabalhcc.com

## Resident Spotlight

On Mother's Day in the month of May, our resident spotlight is on Dorothy (Dot) P. from 400 hall. Dot was born in Pittsburgh. While her brother, Edward, served in the Marine Corps, he introduced Dot to John. Unbeknownst to her, she was meeting her future husband. John served in Iwo Jima during World War II. Dot and John had three children. After getting married, he went to work at the J&L steel mill until retiring. Dot remained a busy mother going to football practices and games, scouts and swimming. One of her fondest memories is taking her children to Disney Land. After raising her kids and retiring, she moved here with her husband to enjoy basking in the Florida sunlight. Being one of our most outgoing residents, she spent many years here as the resident council president up until she handed down the crown. Often, you will find Dot sunning herself near the front entrance, looking through books in the facility library. Her go-to author is James Patterson. Her favorite activities include outings to the beach, picnics and shopping, among many others. Happy Mother's Day, Dot! Happy Mother's Day to all the mothers in our community!



*Dorothy P., son Mark, son John and daughter Robin*



*Dorothy "Dot" P.*

## Extra, Extra

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



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

**Platinum  
Service®  
Standard #1**

*"I place our residents at the center of everything I do, personalizing my services to meet their preferences."*

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

## Children's Center News: Spring Has Sprung

The children and young adults have been enjoying the wonderful spring weather with many special events and projects. Over the past few months, the kids have been working diligently on a gardening project entitled "Carton 2 Garden." This nationwide initiative encourages students to recycle old milk cartons into garden planters. Evergreen Packaging sponsors an annual contest that encourages schools to be creative by re-purposing milk and juice cartons to either build or enhance gardens. The goal of the program is "to engage students in a hands-on experience creating teachable moments on environmental stewardship, sustainable packaging and healthy living." The Children's Center has proudly created "The Rolling Garden," a planter on wheels, by re-purposing an old wheelchair. Over 140 milk cartons went into the project. The residents had a blast planting seeds and watching them grow. Another special event was Princess Day at the Plaza. The kiddos had a wonderful time meeting these special princesses and spending time with their friends from the Learning Center. A fantastic baseball game at Spectrum Field watching the Thresher's play and an outing to Ruth Eckerd Hall to see "Disney Jr. Live!" capped off the month's fun-filled activities.



Jamari enjoying the "Rolling Garden"



The children and teens enjoying the baseball game.



Emily M., Tatiana A. and Emily K. with the Rolling Garden

## National Skilled Nursing Care Week! May 13-19 "Celebrating Life's Stories"

In skilled nursing care centers across the country, each person has a unique story to tell. If you take the time to listen to how life's most significant events, relationships and experiences have shaped who others are today, you'll cultivate a shared sense of purpose and deeper understanding of your center and the surrounding community. Narrating one's life story can be an enriching experience for both the storyteller and the listener. This National Skilled Nursing Care Week (NSNCW), formerly known as

National Nursing Home Week, centers will collect life's most treasured moments to celebrate every individual's personal narrative.

In 2018, Sabal Palms Healthcare Center will pay homage to the kaleidoscope of perspectives that residents, families and staff bring to interactions every day with the theme, "Celebrating Life's Stories."

For events, please see calendars and flyers near you!



## Happy Birthday and Anniversary to:

|                     |                                      |
|---------------------|--------------------------------------|
| 5/4: Rosie M.       | 5/25: John C.                        |
| 5/6: Olivia S.      | 5/25: Helen E.                       |
| 5/19: Stephen S.    | 5/26: Shirley K.                     |
| 5/20: Roberta N.    | 5/26: Joan R.                        |
| 5/20: Teresa S.     | 5/26: Gerardo P.                     |
| 5/22: James S.      | 5/27: Mitka B.                       |
| 5/23: Jacqueline G. | 5/31: Helen C.                       |
| 5/23: James S.      | 5/29: Antonietta M.,<br>Happy 107th! |
| 5/25: Rose J.       |                                      |

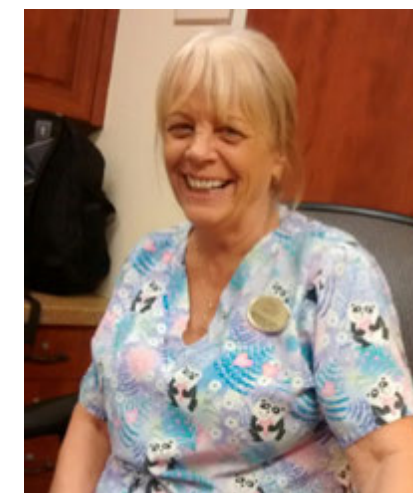
### Happy Anniversary to:

5/30: Joe and Una C., 37 years



## National Nurses Week, May 6-12

In honor of National Nurses Week, May 6-12, we would like to spotlight Barbara Lyons. She has been a nurse at Sabal since 2002, working on the pediatric and young adult halls. In August 2017, she became unit manager of 300 Hall with the young

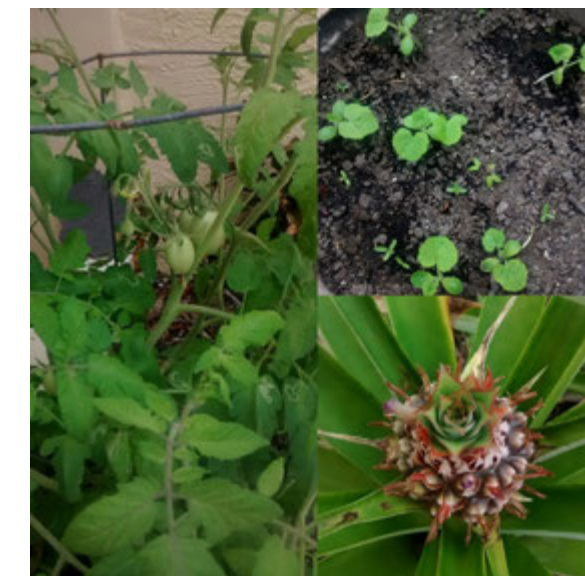


Barbara "Barb" Lyons, RN

adults. Barb, as we call her, has three children and six grandchildren. One of her favorite pastimes is playing with her grandkids. Barb is getting married May 4 to Kevin Keane. Barb is very loving of those she cares for, including her co-workers. When asked, "What is the best part of working here?" She replied, "The kids; they get in your heart and they don't leave." Thank you, Barbara and all nurses in our Sabal community, for your hard work this week and every week of the year!

## Young Adults and Their Amazing Green Thumbs

This spring, our young adults have been working on some gardening projects of their own. They have planted tomatoes, squash, flowers and cantaloupe. They are growing beautifully outside the young adult lounge and in the garden area by the Pediatric courtyard. Please enjoy looking at the plants, but no picking! Also, our pineapple plants are growing their second pineapple.



Tomatoes, squash and another pineapple

## Susie Smiles

**Son:** Mom can I get 20 bucks?

**Mom:** Does it look like I am made of money?

**Son:** Well isn't that what M.O.M stands for?

**Q:** What did the baby corn say to the mama corn?

**A:** "Where's Popcorn?"

**Q:** Why is a computer so smart?

**A:** Because it listens to its motherboard.

**Q:** What did the mama tomato say to the baby tomato?

**A:** Ketchup!

**Q:** What did mommy spider say to baby spider?

**A:** You spend too much time on the web.

**Q:** What did the mother broom say to the baby broom?

**A:** It's time to go to sweep!

My mother said, "You won't amount to anything because you procrastinate."

I said, "Oh yeah? Just you wait."



Susie and her MOM



**SABAL PALMS**

Health & Rehabilitation

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SNF #1487096

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 The Goodman Group

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## The Soaring Spirit

Hello, Sabal Palms! My name is Jim Keller. I am the new Spiritual Care Director at Sabal Palms. I am here to serve you. I have met some of you, and I am looking forward to meeting the rest of you soon. If there is anything I can help you with, please contact any staff member and I will make sure to stop in. You can also call me at 727-599-7106. Keep an eye on this section of the newsletter! I will have an article monthly, called "The Soaring Spirit!" I am so proud and excited to be a part of the Sabal community and hope I can enrich your spirit! Thank you for the warm welcome! Have a great Sabal day!



*James "Jim" Keller*

## In Memory of:

Woody "W", George M.,  
Roberta "Bobby" I., Mary M.,  
Loren H., Bill M., Bob W., Alan C. and Betty H.

