

# GOOD Life News

*at Sabal Palms*

JUNE 2017

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## Resident Spotlight

Born in Springfield, Mass., in 1953, Cindee B. is the middle child of five siblings. She spent her formative years in western Massachusetts. After high school, Cindee went on to become a nurse, and she then worked for Springfield Medical Center for four years. Feeling a wanderlust, she became a traveling nurse. She worked in the exciting metropolises of New Orleans, Palm Springs and various California cities. It was in California where she met her brilliant and dashing husband. They settled in the San Joaquin Valley. Wanting to expand her horizons, she went back to school to receive her bachelors of nursing degree at the University of California at San Francisco. Cindee worked in the intensive care unit while earning her degree. Once Cindee graduated, she became a teacher at the university and was there for 12 remarkable years. After teaching, she went on to become a research associate in cardiology. Cindee then went to work for Genetech, where she learned about T.P.A. (a medical product) and began giving lectures for the company about the product. She did so well at this and feeling that wanderlust again, Genetech sent her around the world lecturing about the product at various conferences. Of all the places she has been around the world, she says America is the best because "there's no place like home." In 1993, she developed cancer, and after chemo and various surgeries, Cindee landed here with us at Sabal Palms. Cindee partakes in a variety of different activities, attending poker, music, outings and special events. She can be found at her round table outside the young adult lounge playing cards or doing puzzles. Cindee's greatest passion these days is designing and making beautiful jewelry. She likes to use natural stones and precious stones. While Cindee has lived many places, she remains an avid Patriots fan. One of her fun quirks is she likes to be called Audrey.



*Cindee B.*



*Regina, Cindee and Noah playing cards.*



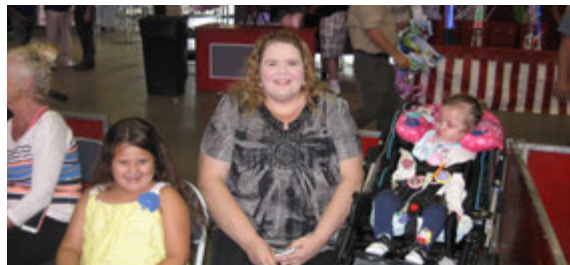
**Our Talk.  
Our Walk.  
Every Day!**

**National  
Safety Month**

Summer's start is a great time to think about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month – a great time to reconsider how we can "Keep Each Other Safe," this year's theme. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various programs that can help increase muscle and bone strength!

## Children's Center Spotlight "Fun at the Shriner's Circus"

On Sunday, April 30, the Children of Sabal Palms were treated to a spectacular performance by the Shriner's Circus. Held at the Tampa Fair Grounds, the children were mesmerized by the flying trapeze artists, incredible stunts and friendly clowns. We are so grateful to the Shriner's organization for the wonderful show and VIP treatment the children and their families received.



Nora, her sister, Sophia, and their mom eagerly waiting for the circus to begin!



Nurse Carol and Manny!



Jamari and his family enjoying the circus.

## Nursing Home Week Recap!

The week of May 14 was Nursing Home Week, and the theme was Spirit of America. Residents and staff had a blast sporting their funky outfits and participating in a variety of special activities including Staff vs. Resident Balloon Volleyball, Wii Bowling, the Talent Show and the Crazy Sock Contest! Kathy from Life Enrichment helped prepare the residents on 800 Hall for Crazy Sock Day by orchestrating a phenomenal tie dye activity! Thank you to everyone who participated and helped make the week one to remember.



Balloon Volleyball!



Wii Bowling!

## June Highlights

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6/2 at 2:15 p.m.: Music with Frank Cannon — MDR

6/6 at 2:15 p.m.: Spiritual Music with David — MDR

6/9 at 2:15 p.m.: Music D. Jay Joey — MRD

6/10 at 2 p.m.: Bob and Friends Karaoke — Lobby

6/13 at 2:15 p.m.: Imperial / Sabal Wii Tournament — Lobby

6/14: Flag Day

- Week of June 15-22

- National Nursing Assistance week — CNAs —

- Thank you for all you do!

6/16 at 2:15 p.m.: Happy Hour with Dale — MDR

6/18: Father's Day

6/18 at 2:15 p.m.: 2 Peace Band — MRD

6/21: First Day of Summer

6/23 at 2:15 p.m.: Birthday / Anniversary Celebration with Larry — MDR

6/24 at 2 p.m.: Bob and Friends Karaoke — MDR

6/26 at 2:15 p.m.: Old Time Band — MRD

### Meetings:

6/7 at 10:30 a.m.: Resident Council — MDR Patio

6/7 at 11:15 a.m.: Food Committee — MDR Patio

### Outings :

6/8 at 9:30 a.m.: Outing — Target

6/22 at 10:30 a.m.: Outing — Perkins Restaurant

## Susie Smiles

Venison for dinner again? Oh deer!  
England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.  
They told me I had type-A blood, but it was a typo.

I changed my iPod's name to Titanic. It's syncing now.

Jokes about German sausage are the worst.

## Pinellas County Hospital Homebound Graduation

On Friday, May 12, three Sabal Palms Hospital Homebound Students, Taylor, Jackie and Theo, participated in a very special graduation ceremony. Dressed up in their caps, gowns and tassels, the three smiled with pride at their accomplishments as family, friends, teachers and Sabal Palms staff and residents cheered.



Graduation Cake made by Carol Crocker, Director of Patient Services

The amazing ceremony was orchestrated by Linda Adams, Carna Barnes and Sabrina Berger, the amazing Pinellas county teachers who instruct the children at Sabal Palms. The processional featured a wonderful invocation by Horton Townes, who leads the Handicapable Ministry at St. Paul's United Methodist Church and the Children's Center monthly worship service. Mistine Dawe, Administrator of Pinellas County's Hospital Homebound program, and Sherry Aemisegger, Executive Director for Exceptional Student Education, provided words of encouragement to the graduates. Mark Moyer, Executive Director of Sabal Palms, commended the students on their accomplishments and provided a heartfelt thanks to the teachers and staff for all of their hard work. After the graduation, all in attendance participated in a delicious lunch catered by Sabal Palms. Many thanks to Chef John and JoAnne Rossi for the spectacular food. Carol Crocker, Patient Services Director, created a beautiful and scrumptious cake, making the celebration all the more special. Many thanks to all who helped make this fantastic day possible.



Jackie with her family and friends at her graduation!

## Employee of the Year: Louise Williams

Louise Williams, CNA, was named Sabal Palms Employee of the Year for her outstanding service and dedication to the residents. Congratulations, Louise, and thank you for all of our hard work!



Louise Williams, Sabal Palms Employee of the Year!

## Happy June Birthdays and Anniversary's

A very Happy Birthday to the June Birthdays

**Have a wonderful day:**

6/3: Ellen R. (101!)

6/5: Destiny V.

6/9: John S.

6/15: Freida R.

6/15: Evelyn D. (102!)

6/18: Andrew M.

6/19: Barbara E.

6/19: Emily K.

6/23: Queenie B.

6/24: Lisa M.

6/27: Elaine W.

6/29: Antoniette (106!)

6/29: Lauren M.

6/30: Gabe O.

**Happy Anniversary to:**

6/2: Bobbi and Tom I. (71 Years)

6/8: Mitka and Tom (61 Years)



Happy June birthdays and anniversaries



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## Staff

**Executive Director**

Mark Moyer

**Assistant**

**Executive Director**

Erin Brookins

**Director of Nursing**

Natasha Belichka

**Life Enrichment  
Director**

Kory Blair,  
Children's Center

**Life Enrichment  
Director**

Lauren Everts

**Executive  
Assistant**

Christine Trovato

**Director of  
Dining Services**

Joanne Rossi

**Business Office  
Director**

Reg Martell

**Housekeeping  
Director**

Jack Holloman

**Maintenance  
Director**

Chip Brown

**Medical Records  
Director**

Traci Hanhiammi

**Rehab Director**

Barbara Lauretani

**Social Services**

Tara Berube

## Extra, Extra! Join the Newsletter Club!

Like to write? Like to snap pictures? Come join our newly-formed newsletter committee to offer your ideas and suggestions for our facility's monthly paper. We meet each Thursday at 1:15 p.m. in the 300 hall young adult lounge to decide what items and photos will be published.

This group welcomes all residents, so come on, give us your input! Who knows, you just may become a Pulitzer Prize Winner!

## In Memory of

Lucille R., John D., Albert "Jack" B., Garrett S., Queenie B., Ofelia F., Isabel H., Martha B., Prentice D., Dorothy L., Rosemarie C. and John H.