

GOOD Life News

at Sabal Palms

NOVEMBER 2017

www.sabalhcc.com

Resident Spotlight

Jackie F. has been chosen for our November resident spotlight. She resides on the young adult hall. Jackie was born and grew up in Tampa, Fla. Prior to arriving at Sabal Palms, Jackie was attending high school in Tampa where she was quite active. Jackie was a cheerleader, on the swim team and also taught swimming at Palma Ceia Country Club. She was voted most sincere in her senior class (some things never change). Jackie enjoyed participating in various water sports like water boarding, boating and fishing. She also has a dog that is a service dog that she continues to enjoy.

Here at Sabal Palms she attends Pinellas' Hospital/Homebound program. Her teachers say she works hard at school. Jackie graduated from the Hospital/Homebound program in May 2017 but continues to take additional classes. Jackie has a lot of visitors that include her mother Kathy, father John, brother JT, aunts and uncles, cousins and, of course, her Meme Miram Faircloth. She has many friends who visit regularly. However, what support system would be complete without a visit from her favorite pup, Boca? Jackie goes on many outings with her family including going to her parents' home and sitting by the dock. Here at Sabal Palms, she likes crafts, Pinterest and having stories read to her. Jackie, your presence in group is a delight and we love you!



Jacquelyne (Jackie)



Jackie with parents John and Kathy and brother JT



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

**FIT Functional
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.

Susie Smiles

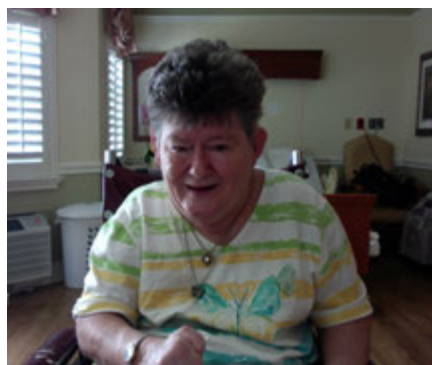
A lady was picking through the frozen turkeys at the grocery store but couldn't find one big enough for her family. She asked the stock boy, "Do these turkeys get any bigger?" The stock boy answered, "No ma'am, they're dead."

If a big turkey is called a gobbler, what do you call a little turkey?
A goblet.

Young Simon was sitting in his grandmother's kitchen, watching her prepare the Thanksgiving meal. "What are you doing?" Simon inquired. "Oh, I'm just stuffing the turkey," his grandmother replied. "Wow, that's cool," Simon remarked. "Are you going to hang it next to the deer?"

How many cooks does it take to stuff a turkey?
Only one, but you really have to squeeze to get him in.

What did the hen tell her naughty chicks?
If your father could see you now, he'd turn over in his gravy.



Joy For All Companion Pets

Have you noticed a recent trend at Sabal? "Joy For All Companion Pets," a line of robotic pets created by Hasbro. Thanks to the support of Mark Moyer in collaboration with TGG, we have been given the opportunity to provide these pets to our community.

These pets may not be appropriate for everyone but there have been positive results for many residents who have participated including increased socialization and reduced anxiety.

These pets are meant for therapeutic use. Therefore, if you believe your family member/resident may benefit, please contact Life Enrichment.



Nancy W. with her Joy For All Companion Pet, "Kit Kat"

Children's Center Spotlight

The children and young adults have frolicked into fall with many special events. In September, the children were treated to a spectacular princess party thanks to the company Parties with Character. The children were dazzled as they met their favorite fairy tale princesses. Everyone was delighted as Belle, Moana, Rapunzel and Cinderella sang and danced. Many thanks to this amazing company for donating their time to bring smiles to the children of Sabal Palms; it was truly a magical day.

The Disney Magic continued when the children went to Amalie Arena for the performance of Disney on Ice-Frozen! We are so grateful to the fantastic people at Feld Entertainment for making it possible to see this amazing show.



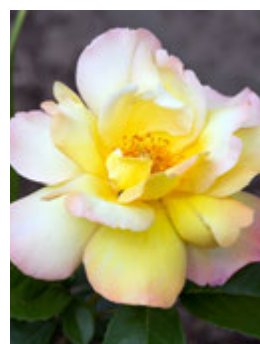
Alyssa H. and Bentley T. with the amazing princesses from Parties with Character.



The Children of Sabal Palms enjoying Disney on Ice-Frozen.

In Memory Of:

Vincent G. Carolyn W.
Thomas B. Anthony K.
Nancy L. Gavin O.
Vincent G.



National Patient Transportation Week: November 5-11, 2017

If you have ever gone on an outing from Sabal Palms, you would marvel at the efficiency of the dedicated drivers of our Transportation Department. They make it look easy but they work very hard. The qualifications to become a driver for the Palms of Largo are a Commercial Driver's License (CDL), a physical exam from the Department of Motor Vehicles (DMV), either annually or every two years. It doesn't stop there! They are also Cardiopulmonary Resuscitation (CPR) trained. The Palms of Largo has three handicap vans, one grocery van and five town cars. Their usual territory is Pinellas County, but they have traveled as far as Orlando and Naples. The process all starts with coordinating the schedules between multiple buildings. Once that is complete, during transportation, they transition wheelchairs into the vehicles with a lift and position them correctly and safely by strapping them in place. Now imagine doing this four, five or more times daily. Drive here, drive there! They do this for all of the Palms of Largo buildings. They continue to provide these services with unyielding pleasant attitudes and excellent customer service. Here is to all the hard-working men and women in our Transportation Department! Three cheers, hip, hip and hooray! What would we do without these great folks? Thank you for everything you do for us every day to improve our quality of life!



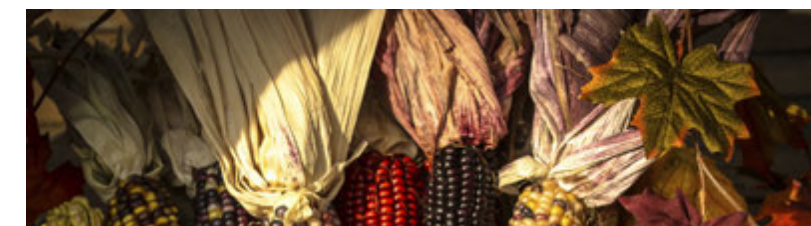
Extra, Extra!

If you have any ideas for articles for the newsletter, please contact the Life Enrichment Department.



Save the Date!

Tree Lighting
December 1, 2017
6:30-7:30 p.m.
Entertainment with Frank Cannon
Refreshments



Harvest Family Night Dinner: Thursday, November 9, 2017

Sabal Palms Cordially Invites You To Celebrate Our Annual Harvest Family Night Dinner!

On Thursday Evening:

- November 9, 2017
- 5-7 p.m.
- In The Main Dining Room

Main Entrée:

- Roast Turkey with Gravy
- Seasoned Mashed Potatoes
- Dressing/Cranberries
- Roasted Harvest Vegetables
- Pumpkin Pie or Apple Pie

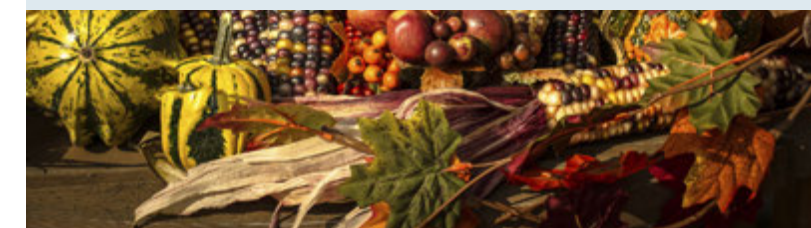
Alternate Entrée:

- Roast Beef/ Au Jus
- Rice Pilaf
- Roasted Garden Carrots

RSVP Sabal Receptionist, 727-586-4211, by November 1, 2017.

Limit two guests per resident, and limited seating.

\$15 Per Guest.



499 Alternate Keene Road
 Largo, FL 33771
 727-586-4211
 SNF 1487096



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Staff

Executive Director Mark Moyer	Dining Services Joanne Rossi
Assistant Executive Director Erin Brookins	Business Office Director Reg Martell
Director of Nursing Justin Brett	Housekeeping Director Jack Holloman
Life Enrichment Director Kory Blair, Children's Center	Maintenance Director Chip Brown
Life Enrichment Director Lauren Evarts	Medical Records Director Traci Hanhilammi
Executive Assistant Christine Trovato	Rehab Director Barbara Lauretani
Director of	Social Services Tara Berube

Happy Birthday and Anniversary

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| Happy Birthday to: | 28: Jewel T. |
| 3: Albert V. | 30: Paul D. |
| 4: Jacquelyn F. | Happy Anniversary to: |
| 6: Mary B. | 30: Beverly and Bill C. |
| 7: Bonnie R. | |
| 9: Alicia B. | |
| 10: Sailor N. | |
| 11: Shirley G. | |
| 15: Margaret P., Alexander R. | |
| 17: Shirley D. | |
| 18: Bryston B., Emmanuel M. | |
| 21: Una C. | |
| 22: Connie N. | |
| 23: Amber M. | |
| 26: Jeanette G. | |



Happy Birthday and Anniversary