

GOOD Life News

at Sabal Palms

MAY 2017

www.sabalhcc.com

Resident Spotlight: Noah J.

Resident Spotlight article was written by Cindy B.

Noah was born May 20 in South Carolina. He will be 19 this month! He came to Sabal Palms on October 3, 2016, where he had previously lived with his parents, three brothers, two stepbrothers, and one stepsister. Noah has become a valuable asset to the Sabal Palms community, and proudly wears his volunteer name badge. Despite Noah's 70 surgeries, he is cheery and gladly helps whenever he can. He transports wheelchair-bound residents to and from the dining hall and on the weekends, he can be frequently found assisting nurse supervisor Trish, which she greatly appreciates. Some of Noah's hobbies include playing his Xbox, music, volunteering, playing cards with some of the senior residents, and helping Louise, Kory and Tierney. Noah keeps active by participating in FIT to Pedal™ and lots of walking. He attended the Special Olympics Summer County and Area Games taking home three ribbons in the shot-put, long-jump, and 100-meter dash. He also received a medal for fishing. Noah still roots for his hometown hockey team the "The Hurricanes"! He went to prom this year with two dates. He has many friends here including Matt and his roommate Kevin. The biggest part of Noah's time is spent around music. He loves country and hip hop artists and if you want to see a great dancer, catch him when there is music in the main dining room. Noah is also learning how to play the guitar. Congratulations on being resident of the month, Noah! We are so glad to have you be part of the Sabal Palms community.



Noah competing at Special Olympics Area 6 Games at Lakewood High School



Noah at Dino World!



Noah at The Children's Center Make A Difference Fishing Tournament



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

**Step into
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

May Highlights

May Highlights:

May 2, 2:15 p.m. — Spiritual Music with David, MDR

May 5 — Cinco de Mayo

May 5, 1:30 p.m. — Taco Cart, 200 Dining Room

2:15 p.m. — Music with Frank Cannon, MDR

May 6, Kentucky Derby

May 6-12 — National Nurses Week

May 9, 2:15 p.m. — Imperial / Sabal Wii Tournament, Lobby

May 12, 11 a.m. — Graduation Celebration, MDR

2:15 p.m. — Music with Carlo, MDR

May 13, 2 p.m. — Bob and Friends Karaoke, Lobby

May 14 — National Nursing Home Week Begins, The Spirit of America (May 14-20)

Mother's Day Celebration

Wear Floral Day

2:15 p.m. — Mother's Day Celebration, MDS

May 15 — Crazy Sock Day

2 p.m. — Crazy Sock Contest

2:15 p.m. — Bucket and Ring Toss Contest

May 16 — Favorite Sports Team Attire

2:15 p.m. — Staff and Resident Balloon Ball

May 17 — Wear Red White and Blue Day

11:30 a.m. — Cookout for Residents and Staff

2:25 p.m. — Wii Bowling Staff vs. Residents



May 18 — Throwback Thursday, Favorite Decade

2:15 p.m. — Talent Show and Root Beer Floats

May 19 — Mismatched Day

1 p.m. — Ice Cream

2:15 p.m. — Happy Hour with Dale, MDR

May 20 — Armed Forces Day

Wear Tie Dye Attire

3 p.m. — Cookies and Milk

May 22, 2:15 p.m. — Old-Time Band, MRD

May 26, 2:15 p.m. — Birthday / Anniversary Celebration with Larry, MDR

May 27, 2 p.m. — Bob and Friends Karaoke, MDR

May 29 — Memorial Day Celebration

Meetings:

May 3, 10:30 a.m. — Resident Council, MDR Patio

11:15 a.m. — Food Committee, MDR Patio

Outings:

May 11, 9:30 a.m. — Outing, Walmart

May 25, 10:30 a.m. — Outing, Lunch

Vets:

May 9, 9:15 a.m. — Vets Get Together

May 23, 9:15 a.m. — Vets Get Together, 200 Dining Room

Shopping at Sabal:

May 3, 10 a.m.-2 p.m. — Larry's Watches, Lobby

Children's Center Spotlight

The Children's Center has had several special events during the spring including the Third Annual Special Olympics Motor Activities Program Challenge and Field Day. The Special Olympics Motor Activities Training Program (MATP) is designed to provide opportunities for athletes with severe or profound intellectual and physical disabilities with sport-specific activities appropriate for their abilities. This is a year-round program and today was the culminating celebration. Every participant completed various game stations and received a gold medal. Ages of participants ranged from 2 to 65! To make this event possible, 32 seventh and eighth grade students from Our Savior Lutheran School came on a field trip to The Children's Center and assisted in running the game stations and various activities. Seeing these middle school students interact and cheer on the participants was truly inspiring. It was a spectacular day for all involved.

Another amazing event was the Make A Difference Fishing Day at Sabal Palms. This very special organization, whose mission is helping those with special needs experience the simple joy and camaraderie of fishing, had a day of fishing for the residents of Sabal Palms. Over 35 residents and 15 of their family members were able to fish off the dock near the Children's Center. Over 20 volunteers came to make this event possible, including treating everyone to a delicious cookout lunch. The children also had a blast at the Princess Party at the Plaza, meeting Ariel and Belle.

Finally, the Pinellas County Hospital Homebound Program will be having a graduation on May 12, celebrating three Sabal Palms residents, Jackie F., Theo C., and Taylor S. The staff, children and families are eternally grateful for all of the hard work of our dedicated teachers, Carna Barnes, Sabrina Berger and Linda Adams, who will be resigning after this school year after she came back from retirement three years ago. The teachers add so much to the lives of the children and staff at Sabal Palms, their contributions are truly immeasurable and we are all so thankful and appreciative for their service. The children and young adults of Sabal Palms wish everyone a safe and happy summer!



Jurnee, Fanny, Noah, Alyssa and Nora at Princess Day at the Plaza!



Field Day Fun with Fanny M., Jamari H. and Alyssa H. Also pictured is Tamake Glassgow, Sabal Palms CNA and current Galen Nursing Student.

Happy Birthday and Anniversary

A very special birthday to all the May birthdays.

Enjoy your day!

1st: Bobbi I.

3rd: Helen S.

4th: Rosie M.

6th: Virginia A., Olivia S.

20th: Roberta N., Teresa S., Noah J., Betty H.

23rd: James S.

25th: Rose J.

26th: Shirley K., Joan R., Gerardo P.

27th: Mitka B.

30th: Charles B.

31st: Helen C.

Happy Anniversary :

3: Loretta and Joseph S., 67 years

30: Una and Joe C., 36 years





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Assistant

Executive Director

Erin Brookins

Director of Nursing

Natasha Belichka

Life Enrichment Director

Kory Blair,
Children's Center

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Christine Trovato

Director of Dining Services

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Maintenance Director

Chip Brown

Medical Records Director

Traci Hanhilammi

Rehab Director

Barbara Lauretani

Social Services

Tara Berube

Quality Coordinator

Liz Carroll

Susie Smiles

I think more about running away now than I did as a kid. But by the time I put my teeth in, my glasses on and find my keys, I forget why I'm going!

I don't need a personal trainer as much as someone to follow me around and slap the unhealthy food outta my hands!

Why is it that the one who snores loudest always falls asleep first?

In Memory of:

Regina Z., Roland R., Marie D., Dorothy S., Margaret B.