
SABAL TIMES

September
2010



SABAL PALMS NURSING AND REHAB. 499 ALTERNATE KEENE ROAD LARGO, FL. 33771

Administrative Staff

Mark Moyer
Executive Director

Pradeep Muley
Assistant Administrator

Christine Trovato
Exec. Director Assistant

Natasha Belichka
Director of Nursing

Denise Spurgeon
Assistant Director of Nursing

Joanne Rossi
Director of Dining Services

Barbra Lauretani
Director of Rehabilitation

Wendy Suemnicht
Director of Social Services

Leigh Bullen
Director of Life Enrichment

Chip Brown
Director of Operations

Dalton Beckles
Director of Housekeeping

Pat Backer
Dietician

Linda Smith
Director of Admissions

Dear Diary,

You don't have to be a great writer, a perfect speller, a grammar whiz, or a creative thinker to enjoy Dear Diary Day on September 22. All you need is a pencil and paper to start writing down your thoughts, feelings, and experiences. The benefits of keeping a journal have been known for years. Journaling helps detangle confusing thoughts and feelings, increase focus, build self-esteem, manage stress, increase problem-solving abilities, and resolve conflicts. It even has shown to have health benefits, too, such as lowering blood pressure, strengthening the immune system, and decreasing the symptoms of asthma and arthritis. Professionals believe that all it takes is fifteen minutes of expressive writing a day.

Some of history's most famous and powerful people kept diaries. During World War II, American President Harry Truman kept a diary and recorded his feelings about the development of the atomic bomb: "We met at 11 A.M. today. That is Stalin, Churchill, and the U.S. President. But I had a most important session with Lord Mountbattan and General Marshall before then. We have discovered the most terrible bomb in the history of the world. It may be the fire destruction prophesied in the Euphrates Valley Era, after Noah and his fabulous Ark."

One of the world's most famous diaries belonged to an Englishman named Samuel Pepys. He recorded every day of his life for ten years from 1660 to 1670, and included thoughts on his friends, relationships, jealousies, insecurities, health, politics, and major events of the day. His diary provides a startling record of what life was really like in England during the 17th century.

What is it about diaries that are so intriguing? They provide an honest and unique view into the mind and heart of another human being. Whether you keep a diary for yourself or for others, your daily writings will end up a treasure to discover.

Your Turn to Gurn



It's not a pretty sight, but on September 18 the town of Egremont, in Cumbria, England, will host the World Gurning Championships. What exactly is gurning? It's when

you twist your face up into the silliest, and often ugliest, expression you can. It is considered a folk art in England, and the gurning contest at the Egremont Crab Apple Fair dates all the way back to the year 1237.

The competition is largely made up of toothless old men. Often, the best gurners are those with no teeth, because this allows the lower jaw to move so far up the face that sometimes the lower lips can cover the entire nose in a spectacular display of gurning. Peter Jackman, one of England's most famous gurners, actually had his teeth removed so that he could gurn easier.

How did this bizarre tradition begin? One story is that a local Lord wheeled a cart of crab apples through the village to help feed the poor. The crab apples were so sour that many peasants made puckered faces while they ate. Those puckered faces led to modern day gurning. Another story is that locals would tease the village fool and ask him to make some funny faces in exchange for a pint of ale. Today, everyone takes the place of the village fool, but instead of winning a pint of ale, all they win are pride and prestige.

Do you think you have what it takes to gurn? On September 18, hold your own gurning competition. Gather a group of friends and take turns making the silliest, scariest, ugliest, and funniest faces you can. If you want to add an air of authenticity to your event, pose your faces while wearing a horse collar. That's the way they do it at the Egremont Crab Apple Fair. Don't forget to take plenty of photos!

What is a Rose?

**A rose is a rose Maybe?
Flowers that grow in our garden.
Roses could grow in a garden.
Pink roses would be pretty.
Yellow roses would be pretty.
Grace speaks up, " I think red
red roses because they show up
More." Vera shares "My favorite
is hard to say red or maybe
yellow." Charlie smiles and
talks as if he is in a memory. "
"My favorite rose is the one that
makes my wife smile."**

**This poem was written by the
700 Hall residents.**

WE ARE IN NEED!

**Do you have Radios, Magazines,
Large print books, or board games
Sitting around and collecting
dust? The activity department
would love to give them a good
home. If you would like to
donate any of these items please
do so or get in touch with Leigh
Bullen Life Enrichment Director.**



The Glow of Singapore

On September 22, under a full white moon, millions of people across Singapore will admire the glowing beauty of fabulous lanterns for Singapore's Mid-Autumn Lantern Festival. The



lanterns come in all imaginable shapes, sizes, and colors – glowing paper animals prowl the parks, paper cities float down the river, paper armies march down the streets and avenues. The entire country is aglow with awe, happiness, and celebration.

This Mid-Autumn festival is hundreds of years old, and is both a Harvest Festival and a Moon Festival. On this day the moon is at its fullest and brightest, symbolizing a time of abundance and plenty. Families celebrate by gathering together, eating traditional moon cakes (pastry made of lotus seed paste), gazing at the moon, and watching the parades of lanterns go by.

You may have heard of the Man on the Moon, but during the Mid-Autumn Festival people in Singapore tell the ancient legend of the Woman on the Moon named Chang-O. Chang-O was married to a powerful archer named Hou-Yi. In ancient times, ten suns circled the earth, each taking a turn to warm the planet, but one day all ten suns shined at the same time, burning the earth. Hou-Yi, with his bow and arrows, shot down nine suns and saved the earth. As a reward, the gods gave Hou-Yi a pill of immortality. Chang-O discovered the pill and, being curious, she took it. She suddenly began to fly to the moon! Up on the moon she found it hard to breathe and she coughed out the pill. A rabbit, a wise and magical animal, was told by the gods to make another pill. It is believed that he is still making that pill today, and for now, Chang-O still waits on the moon. On September 22, when the moon is full, Hou-Yi will visit his wife, and that is why the moon glows so bright.



Birthdays in September

Mitchell Beller	9/10	P. Peterson	9/13
Winifred Brain	9/03	R. Richards	9/6
Theophlous Clay	9/21	S. Rogers	9/16
Romaine Clunan	9/2	E. Ruffino	9/14
Ruth Clyatt	9/27	L. Shovan	9/02
Evelyn Colbert	9/26	V. Thomas	9/12
Brandon Cremeans	9/26		
Joseph Cushman	9/28		
Richard Danesi	9/26		
Emily Day	9/7		
Mary Divoli	9/10		
Briana Dorsey	9/15		
Carolina Florio	9/4		
Bridgette Gricus	9/29		
Vita Harvey	9/23		
Margaret Johnson	9/24		
Ruth Lowry	9/28		
Jean Mack	9/7		
Pamela Miller	9/18		
Selma Olsen	9/11		

A Store Named Tiffany

Visitors strolling down Fifth Avenue in New York City pass right by Tiffany & Co., the luxury goods store famous for its bright blue boxes and expensive jewelry. However, it had more humble beginnings. When the store was founded on September 18, 1837, it mainly sold stationery. During the Civil War, it even sold military supplies such as swords, rifles, and ammunition. It wasn't until 1878, when Tiffany's won a gold medal for jewelry and a grand prize for its silverware during the Paris Exposition, that Tiffany's became a symbol of luxury.



The store has become so famous that it has starred in books, music, and movies. Audrey Hepburn window-shopped at Tiffany's in the film *Breakfast at Tiffany's*. Marilyn Monroe mentioned it in her song "Diamonds Are a Girl's Best Friend." The store is even mentioned in the James Bond novel, *Diamonds are Forever*. From humble beginnings, Tiffany & Co. has become a superstar amongst stores.

Your Lucky Day



Do you cringe every time a black cat crosses your path? Do you avoid walking under ladders? If you break a mirror, do you hang your head and

accept the next seven years of bad luck? Well, on September 13, Defy Superstition Day, you no longer have to be a victim of these superstitions. On this day, deliberately celebrated on the thirteenth, throw away your rabbit's feet and four-leaf clovers and dare to defy all that is taboo. All cultures enjoy their own unique superstitions. Here are a few of the strangest from around the world:

Thailand

When you buy new shoes, you should bite them before you wear them. This will prevent the new shoes from "biting" your feet.

Scotland

Newborn babies remain under "fairy spells" until their first sneeze. The spells are broken when a baby sneezes for the first time.

Greece

It is common to carry the tiny bone of a bat in your wallet. Carrying this bone protects you from the evil eye.

Taiwan

Like the number thirteen, the number four brings incredibly bad luck. Hospitals and hotels often do not have a fourth floor.

Venezuela

If someone passes a broom over a young woman's feet, she will never get married.

Whatever your beliefs, on September 13 you can breathe easy and go about your business without the fear of running into any bad luck. So go ahead and break a mirror or open an umbrella indoors.

September Birthdays

If you were born from August 23-September 22, you are a Virgo, the virgin. If you were born from September 23-October 22, you are a Libra, the scales. Virgos are modest, intelligent, reliable, practical, and able to clearly analyze the most complex of problems. Libras, like balanced scales, are harmonious, impartial, and understanding. They dislike conflict and encourage compromise and cooperation.

Gloria Estefan (singer)	Sept. 1, 1957
Mitzi Gaynor (actress)	Sept. 4, 1931
Claude Pepper (U.S. senator)	Sept. 8, 1900
Jesse Owens (Olympian)	Sept. 12, 1913
Milton Hershey (candy-maker)	Sept. 13, 1857
Clayton Moore (Lone Ranger)	Sept. 14, 1914
J.C. Penney (entrepreneur)	Sept. 16, 1875
Ray Charles (musician)	Sept. 23, 1930
Wilford Brimley (actor)	Sept. 27, 1934
Ed Sullivan (really big host)	Sept. 28, 1901

Happy September Birthdays!

Hands Across The Palms

On Saturday, September 11, 2010 Sabal Palms will be taking our veterans to a special ceremony in honor of the 9/11 tragedy. We will be leaving at 9a.m. and heading to Royal Palms. If you are a veteran, and you are interested in attending this special event please get in touch with Leigh Bullen Life Enrichment Director.