



THE PALMS WORLD

Sebring, Florida

Week of February 23, 2009

Ribbon Cutting Ceremony



The ribbon cutting for Phase III of our renovation program was well attended by residents, staff, and community leaders.

Ted McMullan was pleased to cut this ribbon signifying the new opportunities this will give us as we continue to serve the Sebring area.

Staff Changes at the Palms

With new and exciting changes on the horizon we are happy to announce that Nancy Hawk will be crossing over to our Health Care Center to enhance the activities provided there. She has been working hard on her Activity Director training and has qualified as an Activity Director for a Skilled Nursing Facility. She plans to develop a great program to benefit the residents in the Health Care Center.

We have formed a Wellness Program Committee that will focus on the physical, emotional, spiritual, social and intellectual well-being of our independent and assisted living residents.

The committee members are Andrea Hall-Smyth, the Wellness Director, Adele Dornheim, Judy Tibedo and Lynne Warman. We also have residents Marge Sella, Dorothy Olson and Norman Russak on the committee.

We anticipate great things from both of these programs. With the ability to specialize on each program we will be able to better serve the residents on both sides of our continuum of care.

Steve Austin, Executive Director

Friday Program

The special program for this week will feature
Bill & Judy Williams - So Loved
at 2:00 p.m. in the
Main Dining Room

Mardi Gras

This year the entire Palms community will celebrate Mardi Gras with events throughout the day. (Tuesday, February 24th)

All residents are invited to attend the Health Care sponsored "Pancake Race" at 10:30 a.m. in the new portico area on Pine Street. Teams of directors will compete in a pancake flipping relay race against nursing personnel. This is a Mardi Gras tradition that is being revived for your viewing pleasure. We need a lot of spectators to cheer for your favorite team.

The Marketing Department is sponsoring an afternoon event in the Oak Avenue Lobby at 2:00 p.m. They will be serving Hurricanes in a special glass, Mint Juleps or Sazeracs, King's Cake, Beignets and Bananas Foster. Independent and Assisted Living residents are invited to join Janice and Adele for an afternoon of Mardi Gras celebration. Friends are invited to this event and to tour our renovated areas.

Residents in the Health Care Center will also have a special Mardi Gras treat at 2:00 p.m.

Town Hall Meeting

All residents are invited to attend this month's Town Hall Meeting which will be held Tuesday, February 24th at 3 p.m. in the Oak Activity Center.

BUS Reception

Everyone is welcome to attend a reception Thursday, February 26th at 2:30 p.m. in the Oak Activity Center for Emily Fuentes, our Brethren Volunteer Services person. She will be assisting in many areas here at the Palms. Come and get acquainted with her!!!

Chaplain's Chat



By Cecil Hess

Most of us agree that God has unlimited power. He created the heavens and earth; He is all knowing and all seeing. But I would like to suggest there are 3 things God has never seen:

1. A person He does not love. We read terrible crimes committed against innocent people by people who seem to have no morals. We get impatient with slow drivers, or people with many items in the express lane. We need to be reminded that they too are God's children.

2. A situation God cannot help. How often we read stories about individuals somehow given the strength to lift a car from an accident victim, or watch a football player run 90 yards with great energy. In the Scriptures, we read of Moses called to do a job he thought impossible, or Paul fighting what he called his "thorn in the flesh." But history has proven that with God all things are possible.

3. A substitute for His Son. We live with many substitutes today: for sugar, for salt, or for regular coffee. Some find fulfillment with high salaries, status, or success. But we know these are only temporary satisfactions. We believe Jesus was an inspiring preacher, gifted teacher, and heroic in His death. But more than that: He came that we might have life, and have it more abundantly.

Thanks be to God, who when we were a world lost in sin, in need of a Savior, He cared enough to send His very best.

Let's Travel

This week's travel adventure will take us "Cruising to Bermuda." Join us at 2 p.m. Wednesday in the Oak Activity Center.

Movies on the Big Screen!

Tuesday's movie at 6:30 p.m. will be "Danielle Steel's Star." Jennie Garth and Craig Bierko star in this flick about love, beauty and second chances as people are reunited after years of separation.

Wednesday night at 6:30 p.m. we will be showing "Rio Grande" with John Wayne and Maureen O'Hara. This is the third in a trilogy of films about Wayne's character who is promoted to Lieutenant Colonel in this movie. He is assigned to defend the settlers against the hostile Apaches. This is complicated by dealing with a lot of raw recruits, including his son that he hasn't seen in 15 years. Then the estranged wife shows up to add to the tension.

The Friday evening movie will be "Goodbye, Mr. Chips" starring Peter O'Toole and Petula Clark in the 1969 remake of the 1939 musical. A shy English school teacher in a private boys' school comes out of his shell when he meets a good woman. This will also be shown on Saturday at 2 p.m. for your enjoyment.

Sunday evening there will be no movie as the youth group from First United Methodist Church will be here visiting residents.

Palms Royalty 2009



Our new King and Queen of Love, Em and Martha Davidson, are shown shortly after they were crowned as this year's royal couple. Before Harry Olson gave up his crown, he announced that he was cutting everyone's taxes in half. The crowd went wild!!!

Wellness News *By Andrea*

"Update"

With all the exciting changes on the horizon, we do have a few upcoming changes we would like you to be aware of. Currently The World comes to you on a weekly basis, but that will be changing. We are going to transition to a *monthly* newsletter that will include all of our current Palms World news, as well as additional information.

The calendar that you receive on the back page of the World will still be distributed on a weekly basis and our monthly calendar will still be provided in your boxes as it has been.

We truly appreciate your patience and understanding as we start to roll out the new things and look forward to showing you what is in store!!

March Birthdays



Health Care Center

George Kircher	-	3/3
Mary Dennis	-	3/4
Robert Grady	-	3/5
Dorothy Poth	-	3/6
Juliette Lamoureux	-	3/8
Ethel Bruno	-	3/12
Juanita Chonat	-	3/19
Elizabeth Boomgaard	-	3/23
Marian Chapman	-	3/26
Evelyn Roberts	-	3/30

Independent & Assisted Living

Sam Burgio	-	3/7
Grace Fernsler	-	3/8
Margaret Lawrence	-	3/9
Marge Sella	-	3/16
Dorothy Olson	-	3/21
Betty Dittman	-	3/26

Thoughts for the Week

How does the guy who drives the snowplow get to work in the morning?

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He who blows the coals in a quarrel that he has nothing to do with has no right to complain if sparks fly in his face.

Benjamin Franklin

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A new broom sweeps clean, but the old brush knows all the corners.

Irish Proverb

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The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.

Benjamin Franklin

Hearing Aid Workshop

There will be a Hearing Aid Workshop on Thursday, February 26th at 1:30 p.m. in the Library. Please have a seat in the Oak Activity Center and you will be called in an orderly fashion.

Thanks are extended to Lampe Kiefer for offering this service to our residents.

Candy Hearts Contest

Thanks to those who participated in our "Count the Candy Hearts" contest. First place for residents went to Marge Sella and Jeanne Briggs won the second place prize.

Leonardo Latorre was the first place winner in the employee contest. Rocky Valentin's guess won her the second place prize.

There were 387 in each jar!!!!

Friendship Reception

Our residents are enjoying the Friendship Reception on Monday afternoons at 2 p.m. This is the ideal way to meet your neighbors and find out what's happening during the week at the Palms. This is especially helpful for our residents who have some problems reading the printed version of the Palms World.

Join us in the Oak Activity Center.

COMING EVENTS

- Monday, 2/23
- General Store - 12 to 1 p.m. - Place orders! - Next to Gift Shop
 - Friendship Reception - 2 p.m. - Oak Activity Center
 - Bunco - 3 p.m. - Oak Activity Center
 - Bridge Club - 6:30 p.m. - Library
 - Surprise Cinema - 6:30 p.m. - Oak Activity Center
- Tuesday, 2/24
- Publix Trip - 8:00 a.m. - Tower Residents - 8:00 a.m. - Poinsettia Residents
 - Mardi Gras Pancake Race - 10:30 a.m. - Pine Street Portico
 - Mardi Party - 2 p.m. - Oak Activity Center
 - Town Hall Meeting - 3 p.m. - Oak Activity Center
 - Movie - "Danielle Steel's Star" - 6:30 p.m. - Oak Activity Center
- Wednesday, 2/25
- General Store - 12 to 1 p.m. - Pick up orders! - Next to Gift Shop
 - Bible Study with Cecil Hess - 1:15 p.m. - Weimer Memorial Chapel
 - Travel - "Cruising to Bermuda" - 2 p.m. - Oak Activity Center
 - Wii Fun - 3:30 p.m. - Oak Activity Center
 - Euchre - 6 p.m. - Library
 - Movie - "Rio Grande" - 6:30 p.m. - Oak Activity Center
- Thursday, 2/26
- WalMart Trip - 8:45 a.m. - Poinsettia Residents - 9 a.m. - Tower Residents
 - Hearing Aid Workshop - 1:30 p.m. - Library
 - Reception for Emily Fuentes (BVS) - 2:30 p.m. - Oak Activity Center
 - Bingo - 6:30 p.m. - Oak Activity Center
- Friday, 2/27
- Publix Trip - 8:45 a.m. - Poinsettia Residents - 9:00 a.m. Tower Residents
 - Bank/New Mall Trip - 1 p.m. - Oak Avenue Lobby
 - Bill & Judy Williams (So Loved) - 2 p.m. - Main Dining Room
 - Watering Hole - 5 p.m. - Pine Street Lobby
 - Movie - "Goodbye, Mr. Chips" - 6:30 p.m. - Oak Activity Center
- Saturday, 2/28
- Chapel - 9 a.m. - A.C. Bryant - 1st U. Meth. Church - Weimer Memorial Chapel
 - Coffee Club - 9:30 a.m. - Library
 - Movie - "Goodbye, Mr. Chips" - 2 p.m. - Oak Activity Center

Tower Chapel Services Saturday - 9:00 a.m.



February 28 - A. C. Bryant
1st United Methodist

H.C. Chapel Services & Bible Study (1st Floor Dining Room - 10 a.m.)

Wednesday, Feb. 25 Keith Simmons

Thursday, Feb. 26 Seth Bliven

Come to Coffee Club

Monday - Saturday, 9 a.m.

Library

Conversation, coffee, and treats!

This is an ideal time to get to know your neighbors, read the newspaper, drink that second cup of coffee and enjoy something sweet provided by the kitchen. As in the past, please limit your cookie consumption to one cookie per person so there are enough to go around.



The World

"The World" is published weekly for the benefit of residents, staff, friends and visitors at The Palms of Sebring Retirement Community. Ideas and article contributions are welcome. Please call Nancy Hawk, Editor, 402-4710.