

Painting with Purpose



Jean conducts a monthly painting project for residents. She's guided us through a variety of creative expressions and this month she will take us through the process to create a Halloween-themed project.

Date: October 21st

Time: 11:00 AM

Place: Activities Room

Happy Birthday!

10 - 1 Ira W

10 - 4 Robert T

10 - 10 Bernice H

10 - 12 Marlene H

10 - 16 Mildred A

10 - 17 Betty B

10 - 26 Whitney P

6 Strategies for Coping with Change

1. Plan Ahead.
2. Reframe your thinking.
3. Take time to reflect
4. Strive to maintain some normalcy.
5. Create some comfort.
6. Count your blessings.

<https://www.henryford.com/blog/2017/05/coping-with-change>

Note from our Executive Director

Change is the one constant in our lives. From new residents and staff to different menu choices and daily activities, we have seen a lot of change just in the past few months.

Sometimes change is planned and other times it just happens. It's important to recognize that change can be a good thing and can present new opportunities.

Some of us view change as a challenge, while others look forward to something new and different. What's important is accepting that change is constant and we have developed strategies throughout our lives to cope with it.

Remain positive and know that you are not alone, we are all in this together.
~ Brett

October 2021

Sabal Palms News & Events



2125 Palm Harbor Parkway
Palm Coast, FL 32137



Welcome New Neighbors

Chuck - Room # 120

Jim - Room # 207

Oley - Room # 238

Dorris - Room # 119

Ira - Room # 103

Charles - Room # 116

"Keep your face to the
sunshine and you cannot
see the shadow. It's
what sunflowers do."

~ Helen Keller

