

## Happy Birthday to You!

Valerie P.  
Dorothy B.  
Gloria E.  
Fausto D.

1/4  
1/12  
1/21  
1/30



## The Power of the Resolution

It's the beginning of the New Year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This raises the question: why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you.

Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well. Instead, focus on the positive and resolve to use your natural gifts in powerful ways.



We love our visits with cyd

January 2023

# Sabal Palms



Santa Came to Sabal Palms

## New beginnings and endings

**Some of us will embark on new healthy habits in an attempt to end old habits. Let's kick-off healthy habits and new beginnings by staying squarely on a straight and narrow path!**

## Resident Anniversaries

Edith T.	1/10
Cathy S.	1/14
Gertrude F.	1/15
Adolfo V.	1/24
Nancy H.	1/26
Rudell D.	1/28

*The bad news is  
time flies. The  
good news is  
you're the  
pilot. -  
Michael  
Altshuler*

