

# Palm Garden Post

Palm Garden of Tampa 3612 East 138<sup>th</sup> Ave, Tampa Fla 33613 (813) 972-8775

## Messages of Love

How does one write the perfect love note? Let me count the ways on September 26, Love Note Day. Whether you pen a love note to make an ordinary day extraordinary or jot some loving words down in a greeting card, penning a heartfelt love note takes some practice.



The sonnet was the preferable form for a love note for hundreds of years. It was invented by the Italian Giacomo de Lentini in the 13th century. The word *sonnet* means "little song," and it is a 14-line poem with a variable rhyming scheme that always

ends with a turn of thought or sentiment. As you can see, a sonnet is a highly technical piece of writing, perhaps better left to poets like Dante or William Shakespeare. However, if you truly wish to woo your love, then a sonnet is the traditional choice.

Modern times, however, may require modern methods. A greeting card, a poem, or a note on a napkin must all be sincere. It is important to speak from your heart. And don't just write "I love you" or "You're beautiful." These generic phrases, while true, are uninteresting. It is of utmost importance to be particular. Mention details and things you love: the smell of hair, the way she likes her coffee, his obsession with crossword puzzles. Show that you've noticed things that no one else but a true love could have possibly noticed. That is love.

Why is it important to a relationship to write love notes? Writing down your thoughts and feelings makes them permanent. Also, it is often easier to describe your heart in writing when you are alone and thoughtful than to express your truest thoughts and feelings on the spot in front of another person. Perhaps you'd like to start by writing a letter and not sharing it? The simple act of writing about your love for your beloved is a way to rejuvenate your feelings for them. So let your love flow from your pen. And if you're feeling really ambitious, try to make it rhyme!

## September Birthdays

### Residents

Norma Gerkin 9/04  
Marjorie Arnold 9/05  
Gwendola Small 9/09  
Leroy Miller 9/11  
Patricia Robison 9/14  
Stanley Stein 9/14  
Elizabeth Hamilton 9/29  
Eileen Zalewski 9/29

### Staff

Rosie McDonnell 9/07  
Seretta Biley 9/09  
Sheron Graham 9/09  
Bennie Daniels 9/11  
Lorraine Sailor 9/11  
Denise Nicholas 9/15  
Henry Sihite 9/19  
Rebecca Ruhle 9/20  
Angela Davis 9/29

## In the Zone



Without the ozone layer to protect Earth from the sun's harmful ultraviolet radiation, we would all be toast, which is why September 16 is the International Day for the Preservation of the Ozone Layer. In 1985, scientists discovered that the use of harmful chemicals was creating a hole in our ozone layer over Antarctica. Two years later, countries all over the world signed the Montreal Protocol, promising to end using such harmful chemicals. So the good news is that this holiday has been a success! The harmful chemicals that destroyed the ozone layer were banned, stopping further depletion of the ozone layer. Scientists now expect that the hole in the ozone layer could be entirely healed by the year 2060, as long as countries adhere to the ban—which means we get to keep on celebrating!

## Newsworthy

Perhaps we take for granted the convenience of finding our daily newspapers on the front stoop or in the mailbox. On September 4, give extra thanks to our delivery boys and girls on Newspaper Carrier Day, for it was on this day in 1833 that New York City news publisher Benjamin Day hired the very first paperboy, 10-year-old Barney Flaherty. Day's advertisement looking for help requested "steady men" for the job, but Flaherty proved a sincere and hardworking lad. Soon, boys and girls could be found manning the city's street corners yelling, "Extra! Extra! Read all about it!"

Nowadays, newspaper carriers are a rare breed. A 2016 study showed that in the United States, only two out of 10 adults get their news from an actual paper. More than half of us watch the news on television. But a recent 2017 survey showed that 67% of all Americans now get the latest news through social media outlets like Facebook and Twitter. Cell phones have dramatically contributed to this change, with 72% of Americans using their phones to find out the latest headlines. While many lament that print newspapers are going obsolete, there is some good news: journalism is actually getting better.

The world is better informed today than it has ever been. Thanks to cell phones, people can follow the news with a few quick swipes of the finger. Moreover, journalists have better access to the technology that allows them to uncover facts and stories, as well as to widely distribute those facts. So, the good news is that there is a lot of good news out there. However, with so much news out there competing for our attention, it has never been more important to check the news for ourselves and get our facts straight. While those printed newspapers delivered by our celebrated newspaper carriers undergo rigorous editorial processes, sometimes online outlets do not. Reading the news is a responsibility we should all take seriously.



### Administrative Staff

**Michele Forney**  
Executive Director  
**Dr. Zubair Farooqui**  
Medical Director  
**Cheryl Gagnon**  
Director of Clinical Services  
**Seretta Biley**  
Director of Social Services  
**Kevin Kyle**  
Director of Transitional Services  
**Karen Wesler**  
Director of Guests Relations  
**Tameka Burke**  
Director of Life Enrichment  
**Sharon Daniely**  
Director of Culinary Services  
**Daisy Torres**  
Medical Records  
**Debbie Simmons**  
Business Office Manager  
**Frank Martin**  
Maintenance  
**Jon Irvine**  
Environmental Services  
**Jeanette Barzey-Brown**  
Director of Rehab  
**Lori North**  
Director of Quality Assurance