



Assisted Living #11835

*Living
The Life*

5601 N Honore Ave. • Sarasota, FL 34243 • (941) 355-0303 • www.DeSotoPalms.com

DEPARTMENT HEADS

Shannon Stevens Executive Director x5105
 Jennifer White Business Office Director
 x5103
 Cindy Black Marketing Director x5102
 Carol Podjan Wellness Director x5112
 Bridget Hyatt Asst. Director of Wellness
 x5166
 Laura Giammona Culinary Services Director
 x5145
 Doug Giammona .. Maintenance Director x5136
 Wendy Mills Move-in Coordinator
 x5203
 Beth Chulock Activities Director x5306
 Kitchen x5143
 Activities Department x5305

HAPPY SEPTEMBER BIRTHDAYS!!

JAMES JACKSON SEPTEMBER 4TH
 PHIL MARTELLACCI SEPTEMBER 6TH
 RUBY LAUDIG SEPTEMBER 16TH
 PHIL HUGHES SEPTEMBER 24TH
 EDITH GORRITZ SEPTEMBER 29TH



September 2026



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

3 Ways to Improve Mature Skin Care

Did you know that skin becomes drier with age? The American Academy of Dermatology recommends three ways older adults can improve their skin care:

1. Use warm but not hot water when washing and bathing.
2. Opt for fragrance-free soaps and moisturizers.
3. After bathing and washing hands, gently pat skin to be almost dry and then apply a moisturizer.

What's Cooking

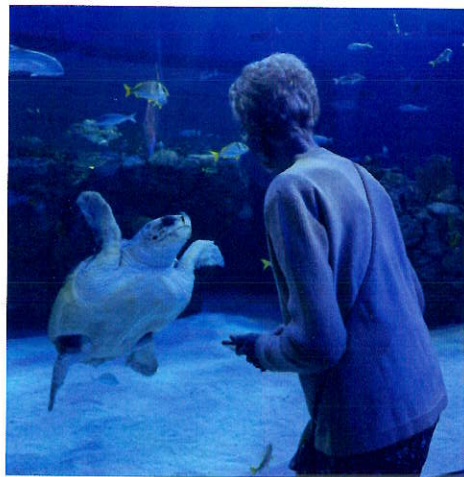
Our residents are always cookin' up something good! From Whoopie Pies to Pizzas to Red Velvet Cupcakes, these folks know their way around a kitchen!



Just for Fun



Sanford's Paraffin Treatment!



Deannie's Turtle Friend at Mote!



Employee of the Month

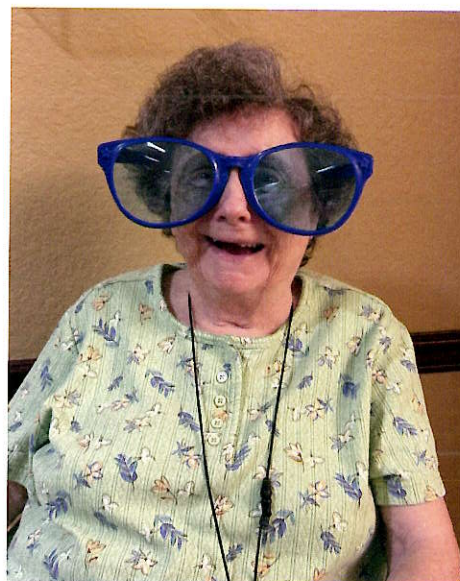


Congratulations, Wendy Mills!

Wendy has been working here for almost 8 years and has worn many hats! She started out as a Resident Aide/ Med Tech, moved to ADOW, then she became our Life Enrichment Director and Bus Driver Extraordinaire! She currently is the Move-in Coordinator. Wendy has always been committed to caring for our residents in whatever role she is in. She has empathy, compassion, and a desire to make our residents' lives better every day. She has lived in Sarasota for 27 years and is Mom to her 2 fur babies, Lola and Sweetie, whom she adopted from former residents. We are fortunate to have you as a part of our team! Your spirit, love, and energy are unmatched!



Lenore spelling her name in Clay!



Chris soaking up the sun!

HONOR PATRIOT DAY

Sept. 11



National Day of Service and Remembrance



Happiness is
being a grandparent.

Luck is
being a grandchild.

Celebrate Grandparents Day

The First Sunday after Labor Day

