



The Palms Tatler

12 May 2022

INTERNATIONAL NURSES DAY

Live life when you have it.
Life is a splendid gift —
there is nothing small
about it.

Florence Nightingale



Dear Residents

I hope all the ladies at Palm Garden enjoyed our special pre-Mother's Day Celebration on Friday, and that Mother's Day on Sunday was filled with love, family, and delicious treats.

For those who did not attend Monday's monthly residents meeting, the residents who attended gave me & the rest of the team a belated Mother's Day present! What was this you may ask? We were overwhelmingly gifted with compliments, thank you's, and not a single concern reported. Thank you! Thank you! Thank you! The team at Palm Garden, including Western Province Catering, Empire security, Housekeeping, Maintenance, Admin & Nursing appreciate your continued support.

Today the world celebrates those who we cannot live without, yet don't thank often enough. **Happy International Nurses Day** to all the nursing staff at Palm Garden. Without your love, compassion, knowledge & care, the residents at Palm Garden would not feel as well cared for and content as they do.

We remind you to contact Sumaya if you require assistance in completing the 2022 CENSUS. The deadline for the Western Cape has been extended to 14 May, and to ensure adequate funding in all sectors, being counted is imperative.

With love, Tatum & team



Whats happening this week?

Thursday
12-May

Rebirth Physio
exercise class @
11h00

Friday
13-May

Saturday
14-May

**CENSUS 2022
DEADLINE**

Sunday
15-May

Lunch Buffet

Monday
16-May

Tuesday
17-May

Wednesday
18-May

Thursday
19-May

Lunch Buffet

Pet Therapy
with Bella @
16h00



Friendly reminder
to steer clear of
the construction
area



Mental Health Awareness

Everyone feels worried or anxious or down from time to time. But relatively few people develop a mental illness. What's the difference? A mental illness is a mental health condition that gets in the way of thinking, relating to others, and day-to-day function.

Dozens of mental illnesses have been identified and defined. They include depression, generalized anxiety disorder, bipolar disorder, obsessive-compulsive disorder, post-traumatic stress disorder, schizophrenia, and many more.

Mental illness is an equal opportunity issue. It affects young and old, male, and female, and individuals of every race, ethnic background, education level, and income level. The good news is that it can often be treated.

Signs and symptoms of mental illness depend in part on the illness. Common symptoms include

- feeling down for a while
- extreme swings in mood
- withdrawing from family, friends, or activities
- low energy or problems sleeping
- often feeling angry, hostile, or violent
- feeling paranoid, hearing voices, or having hallucinations
- often thinking about death or suicide



In some people, symptoms of a mental illness first appear as physical problems such as stomach aches, back pain, or insomnia.

Individuals with a mental illness can often ease their symptoms and feel better by talking with a therapist and following a treatment plan that may or may not include medication.





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G	Y	Y	O	A	I	G	V	S	P	I	I	Z	R	Y	O	N	N	P	E	T	R	P
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ABSTINENCE
 ACCEPTANCE
 ACTION PLAN
 AMENDS
 AWAKENING
 BIG BOOK
 BLESSED
 BROWN BOOK
 CARRY MESSAGE
 COMPULSIVE
 CONTROL
 COURAGE
 CREATOR
 DEFECTS
 FOOD PLAN
 FOR TODAY
 GRATITUDE

HEARING
 HIGHER POWER
 HONEST
 LETTING GO
 LETTING GOD
 LISTENING
 LITERATURE
 MEDITATING
 MEETINGS
 NINE TOOLS
 OPENNESS
 OVEREATER
 PHONE CALLS
 POWERLESS
 PRAYING
 PRESENT
 PRINCIPLES

PROGRESS
 REACHING OUT
 RECOVERY
 RELAPSE
 SERENITY
 SERVICE
 SOLUTION
 SPIRITUAL
 STEPS
 STUBBORN
 THANKFUL
 TRADITIONS
 UNDERSTANDING
 UNMANAGEABLE
 WILLINGNESS
 WISDOM

