



*Our Roots  
Run Deep  
IN OUR  
COMMUNITY*

**FEBRUARY 2022**

## *Management TEAM*

**DONALD CROW**  
*Chairman*

**TERESA ROBERTS**  
*Vice President*

**SHARON GRISWOLD**  
*EVP Finance*

**LAURIE ALLEN**  
*Administrator*

**LISA SYNAKOWSKI, LPN**  
*Assistant Administrator*

**ROSE RUIZ**  
*Community Chef*

**MELA MAHARAJ-SHAH**  
*Activity Manager*

**DANIELLE AYUSO**  
*Office Manager*

**ALBERT BEATTY**  
*Maintenance*

**SABRINA COOK**  
*Housekeeping*



## *A word from your ADMINISTRATOR*

Dear Residents,

It's February, so we'll have hearts in our eyes and on our minds. That's not just due to Valentine's Day drawing near, but because it's also American Heart Month.

We have to take care of our tickers! That means heart-healthy habits such as staying active, making conscious decisions with our diets and encouraging our family and friends to do the same.

Fortunately, Grand Oaks offers a broad menu of fun exercise activities and many healthy and delicious choices on the actual menu each day in the dining room.

We hope you'll take part in a fun way to remind each other to honor our heart health and pay homage to American Heart Month by wearing red the first Friday in February.

But the first Friday in February isn't the month's most famous date. Love is in the air everyday at Grand Oaks, but it's especially evident on Valentine's day. We have a day of fun activities planned, beginning with an outing to a nearby restaurant for breakfast, later culminating with a Valentine's party with Jim Clark.

In addition to usual trips to Walmart and Dollar Tree, we have the following events planned:

- 2/8- Creating with Clay
- 2/8- Music with Lauren
- 2/9- Music with Paul
- 2/12- Paparazzi Jewelry with Juanita
- 2/16- Salvation Army trip
- 2/18- Wine and Cheese Social
- 2/23- Town Hall Meeting
- 2/26- Music with Paul
- 2/28- Don and Annette Show Birthday Party

*Lisa Synakowski*

Lisa Synakowski, L.P.N.  
Assistant Administrator







*Chef's*  
**SPECIAL**

**CHICKEN CUTLET  
PARMESAN**



Thin pounded chicken breast that is hand breaded with Italian seasonings and Parmesan cheese and topped with tomato sauce and melted mozzarella. Served over angel hair pasta with more tomato sauce and a side of pan roasted carrots and green beans.



*New Move-Ins*  
**WELCOME!!**

Richard Z.

*Happy*  
**BIRTHDAY!!**

**FEB  
21**

Bobby L.



★ **PRESIDENT'S DAY** ★

February 21, 2022

## PRESIDENTIAL FUN FACTS



George W. Bush became the first president to complete a marathon.



William McKinley had a pet parrot that he taught to whistle "Yankee Doodle."



Dwight D. Eisenhower kept three lucky coins in his pocket—a silver dollar, a five-guinea gold coin, and a French franc.



At 5 ft 4 in, James Madison was the shortest president.



Woodrow Wilson is the only president to have a Ph.D.



Before becoming president, Ronald Reagan co-starred in a movie with a chimpanzee named Peggy.



James Buchanan was nearsighted in one eye and farsighted in the other, which made him permanently tilt his head to the left.



Millard Fillmore stood for public office from three different parties.



As well as having his own pets, Calvin Coolidge was given a wallaby, a pygmy hippo, a black bear, and a pair of lion cubs by foreign dignitaries.



Thomas Jefferson invented the first swivel chair.



Franklin D. Roosevelt was a stamp collector and approved the design of over 200 stamps.



Bill Clinton's hobby was crossword puzzles. He even composed one for the New York Times.



In 1927, Herbert Hoover appeared on the first long-distance television broadcast in the U.S.



George H. W. Bush celebrated his 90th birthday by making a parachute jump.



The teddy bear was named after Theodore Roosevelt.



John Quincy Adams kept an alligator as a pet.



Barack Obama collected Spiderman and Conan the Barbarian comics.

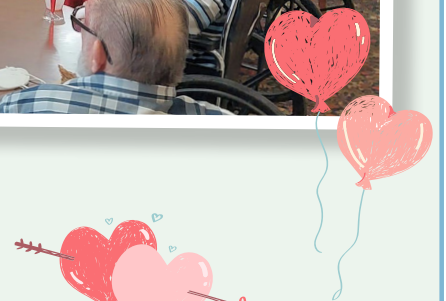


Abraham Lincoln was the first president to have a beard, and was the tallest at 6 ft 4 in.






Richard M. Nixon financed his first congressional campaign from his winnings at poker.



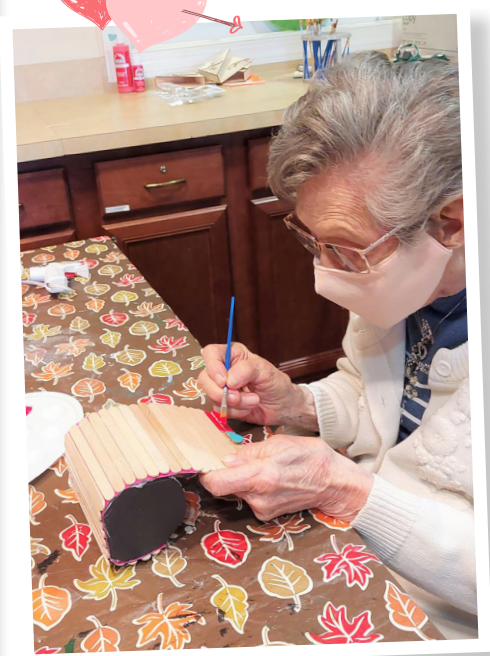
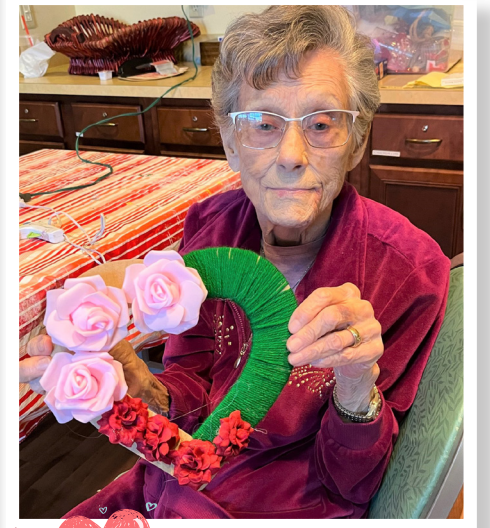




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <p><b>Grand Oaks</b> Assisted Living</p> </div>		<div>  <p>1 9:30 Sit and Fit 10am Scrabble 11am Price is right 2pm <b>L C R</b> 6pm Uno <small>Chinese New Year (Year of the Tiger)</small></p> </div>	<div> <p>2 9:30 Sit and Fit 10am Porch Talk 11am Price is right 2pm <b>Dollar Tree</b> 3pm Wii Bowling 6pm Dominos <small>Groundhog Day</small></p> </div>	<div> <p>3 9:30 Sit and Fit 10am Senior Feud 11am Price is right 2pm Penny Poker 3pm Hangman 6pm Checkers</p> </div>	<div> <p>4 9:30 Sit and Fit 10am <b>Walmart</b> 11am Price is right 2pm Mini Mani 3pm Ringtoss 6pm Jenga</p> </div>	<div> <p>5 9:30 Porch Talk 10am Painting 2pm <b>BINGO</b> 3pm Build a Word 6pm Dominos</p> </div>
	<div> <p>6 9:30 Bible Study with Charlie 10am Gospel Singers 2pm <b>MOVIE</b> 6pm Puzzles</p> </div>	<div> <p>7 9:30 Sit and Fit 10am Trivia 11am Price is right 2pm Penny Poker 3pm Senior Feud 6pm Jenga</p> </div>	<div> <p>8 9:30 Sit and Fit 10am <b>Creating w/Clay</b> 11am Price is right 2pm <b>Music w/Lauren</b></p> </div>	<div> <p>9 9:30 Sit and Fit 10am Porch Talk 11am Price is right 2pm <b>Music w/Paul</b> 6pm Word a Melon</p> </div>	<div> <p>10 9:30 Sit and Fit 10am Crafts 11am Price is right 2pm Wheel of Fortune 6pm Rummikub</p> </div>	<div> <p>11 9:30 Sit and Fit 10am <b>Walmart</b> 11am Price is right 2pm <b>L C R</b> 3pm Pictionary 6pm Dominos</p> </div>
	<div> <p>13 9:30 Bible Study with Charlie 10am Gospel Singers 2pm <b>MOVIE</b> 6pm Puzzles</p> </div>	<div> <p>14 7:30 <b>Valentines Breakfast Trip</b> 9:30 Sit and Fit 10am Scrabble 11am Price is right 3pm <b>Valentines Party w/Jim Clark</b> <small>Valentine's Day</small></p> </div>	<div> <p>5  9:30 Sit and Fit 10am Crafts 11am Price is right 2pm Mini Mani 6pm Checkers</p> </div>	<div> <p>16 9:30 Sit and Fit 10am <b>Salvation Army Trip</b> 11am Price is right 2pm Ringtoss 6pm Dominos</p> </div>	<div> <p>17 9:30 Sit and Fit 10am Porch Talk 11am Price is right 2pm <b>L C R</b> 3pm Trivia 6pm Jenga</p> </div>	<div> <p>18 9:30 Sit and Fit 10am <b>Walmart</b> 11am Price is right 2pm <b>Wine and Beer Social</b> 6pm Uno</p> </div>
	<div> <p>20 9:30 Bible Study with Charlie 10am Gospel Singers 2pm <b>MOVIE</b> 6pm Puzzles</p> </div>	<div> <p>21 <b>Bobbie's Birthday</b> 9:30 Sit and Fit 10am Trivia 11am Price is right 2pm Penny Poker 3pm Treat 6pm Rummikub <small>Presidents' Day (US)</small></p> </div>	<div> <p>22 9:30 Sit &amp; Fit 10am <b>CASINO</b> 11am Price is Right 2pm Bowling 6pm Checkers</p> </div>	<div> <p>23 9:30 Sit and Fit 10:30 <b>Town Hall Meeting</b> 11am Price is right 2pm PO-KE-NO 6pm Uno</p> </div>	<div> <p>24 9:30 Sit and Fit 10am Country Kitchen 11am Price is right 2pm <b>BINGO</b> 6pm Dominos</p> </div>	<div> <p>25 9:30 Sit and Fit 10am <b>Walmart</b> 11am Price is right 2pm Hangman 3pm Senior Feud 6pm Jenga</p> </div>
	<div> <p>27 9:30 Bible Study with Charlie 10am Gospel Singers 2pm <b>MOVIE</b> 6pm Puzzles</p> </div>	<div> <p>28 9:30 Sit and Fit 10am Scrabble 11am Price is right 2pm <b>Don &amp; Annette Show/ Birthday Party</b></p> </div>				

# February 2022

THIS CALENDAR IS SUBJECT TO CHANGE PLEASE CHECK DAILY ACTIVITY BOARD







## Nurse's CORNER



## Employee SPOTLIGHT

### ANDREA DESKIN *Sous Chef*



Andrea was born in West Palm Beach on May 16, 1986. She has one older brother and one younger brother. Her favorite childhood memory is visiting her grandparents in Alabama every fall. Her grandfather would rake the leaves and make big piles for her to jump in--one of her most cherished activities.

Andrea always wanted to be a chef, an aspiration inspired by her grandfather, who along with her grandmother owned a restaurant, Patera's Pizza & Subs. Andrea loved to watch him cook and considers him her hero. She looked up to her grandfather and knew from watching him that she would one day become a chef. She moved to Alabama with her dad when she was seven years old.

Andrea moved back to Okeechobee in 1999, attending Okeechobee High School. After graduating, Andrea moved back to Alabama and worked at Patera's Pizza & Subs for seven years. She also worked for Publix and in 2013 returned to Florida to help her mom care for her stepdad. In addition to working at Publix, she also

worked as a server at Brahma Bull restaurant while attending Indian River State College to earn a certification in child development. She worked in childcare for three years.

A single mom with two boys, James and Robert, Andrea loves cooking, watching football and--most of all--spending time with her boys. Andrea says she's also adventurous. Despite a fear of heights, she went parasailing in Fort Myers with some friends, proof positive that she loves to take on challenges.

Most important lessons she has learned in life, is to be a leader not a follower and wants her children to follow in her footsteps. She is very proud of them.

Andrea has been working at Grand Oaks now for seven months and she said, "I Love it here, but most of all, I love cooking for the residents."



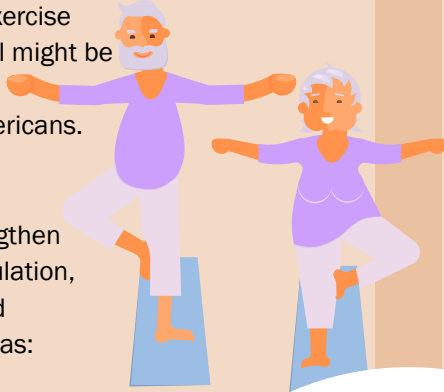
# HEART-HEALTH TIPS FOR SENIORS

February is American Heart Month. What can seniors do to keep their hearts healthy? Exercise and diet play important roles in heart health at any age, but certain adjustments need to be made.

## MAINTAIN PHYSICAL ACTIVITY

High-impact aerobic exercise like playing racquetball might be a bit too strenuous and risky for older Americans. But there are plenty of moderate, low-impact activities to help strengthen muscles, improve circulation, maintain flexibility, and improve balance such as:

- Yoga
- T'ai chi
- Water aerobics
- Walking
- Stretching



## CHECK YOUR LEVELS

Get regular check-ups from your healthcare provider for:

- Cholesterol
- Blood Pressure
- Blood Sugar



After age 55, many people require fewer calories than when they were younger.

As a result, the types of food you eat need to be nutrient-dense such as:

- Beans
- Nuts
- Fish
- Lean Meats
- Vegetables
- Fruits



## KEEP A HEALTHY WEIGHT

Other factors contribute to heart disease such as:

**Smoking** – It might be time to quit

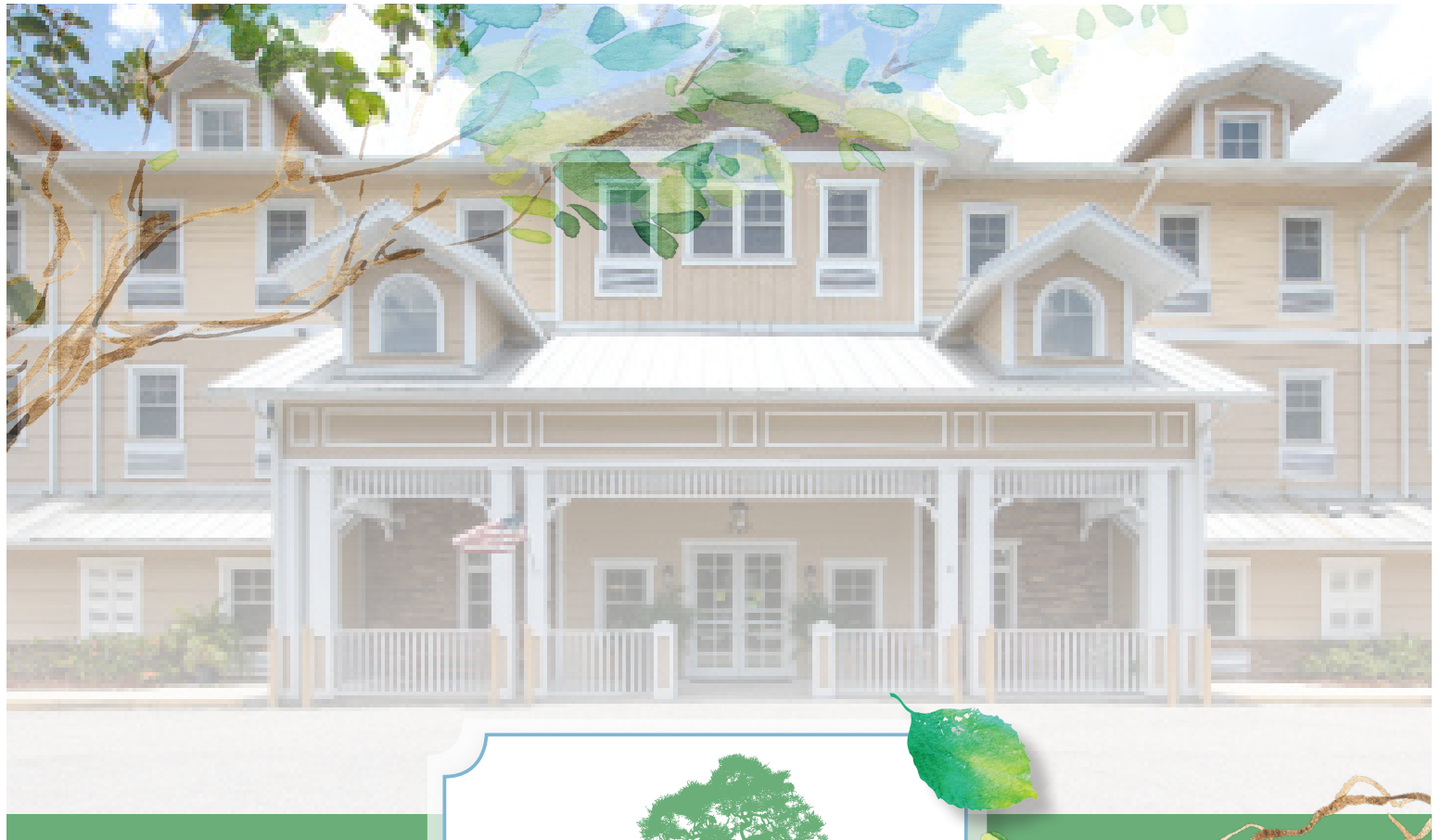
**Drinking** – Reduce your alcohol intake if you have more than 2 drinks per day

**Stress** – Try to keep it to a minimum through meditation, positive thinking, laughter, and deep breathing



## AIM FOR A HEALTHY LIFESTYLE





## Calendar Spotlight

  
**Grand Oaks**  
ASSISTED LIVING BY THE VNA  
— OKEECHOBEE —

*Our Roots  
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IN OUR  
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*February 8*

Creating with Clay  
10:00 am



*February 14*

Valentine's Party with Jim Clark  
3:00 pm



*February 28*

Don & Annette Show/  
Birthday Party  
2:00 pm