



Grand Oaks

ASSISTED LIVING BY THE VNA
OKEECHOBEE

*Our Roots
Run Deep
IN OUR
COMMUNITY*

JULY 2022

Management TEAM

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

LAURIE ALLEN
Administrator

LISA SYNAKOWSKI, LPN
Assistant Administrator

ANDREA DESKIN
RENAEE MILLER
CAMERON ROGERS
Community Chefs

MELA MAHARAJ-SHAH
Activity Manager

ALBERT BEATTY
Maintenance

SABRINA COOK
Housekeeping

A word from your Administrator.



Summer is here and everything is in full swing at Grand Oaks. We have many fun activities and fantastic outings this month, including a wonderful 4th of July barbeque. This patriotic party will be complete with hamburgers, hot dogs, grilled chicken, baked beans, salads, and desserts. And that's just the food. We're going to top it off with our own dazzling fireworks display.

We'll also be taking a shopping trip to Tradition. So get your walking shoes ready and bring your appetite for a delicious lunch at Texas Roadhouse. In addition to that, we'll have a few musical entertainers, and plenty of game nights to participate in. Also, this month's chefs' special sounds tasty as can be. I won't spoil it for you, but if you love Italian food, you're in for a treat.

Now, you'll be glad to know that this month's newsletter is brimming with patriotic content, so you'll have plenty of Independence Day entertainment at your fingertips. Whether you want to read a poem or answer a riddle, you'll be proud to be an American when you do.

I'll leave you with a quote to ponder this 4th, by none other than Willy Nelson.

"America, to me, is Freedom."

Lisa Synakowski

Lisa Synakowski, L.P.N.
Assistant Administrator





Chef's
SPECIAL

CHEESE RAVIOLI



Fluffy cheese raviolis served with your choice of a hearty bolognese sauce or a velvety marinara sauce. This pasta perfection is accompanied by warm garlic rolls. Parmesan anyone? Enjoy!

RIDDLES

What did one flag say to the other flag?

What kind of tea did the American colonists thirst for?

How many E's are in the 4th of July?

A girl went over to the U.S. on the 4th of July and vacationed for 3 days and came back on the 4th of July. How did she do that?

What do you get when you cross a dinosaur with fireworks?

What quacks, has webbed feet, and betrays his country?

answers on back cover

Remember
When...

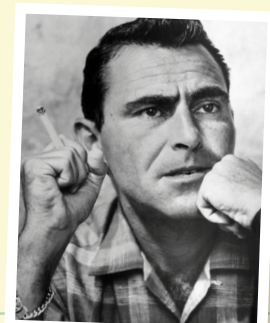
Were you a fan of The Twilight Zone? Here are a few episodes of Rod Serling's sci-fi television classic that you may want to spend a leisurely afternoon rewatching.

Once Upon a Time – Season 3, Episode 13 – This episode plays around with the notion that the grass isn't always greener on the other side.

Eye of the Beholder – Season 2, Episode 6 – This episode challenges the idea of needing to change our outer appearance.

The Night of the Meek – Season 2, Episode 11 – This Christmas-themed episode will pull at your heart strings.

The Bewitchin Pool – Season 5, Episode 36 – This episode teaches us to appreciate the people in our life.



New Move-Ins
Welcome!!!



Mary H.



HAPPY BIRTHDAY!!!



JULY
09

Charlie L.

JULY
24

John B.

SPORTS HISTORY

Hey sports fan. Have you been keeping up with the latest and greatest in baseball? Whether you have or not, why not take a look at some fascinating events from the world of sports history that happened in July.

1944 - Nelson Potter, of the Browns is first pitcher suspended for throwing spitballs.

1952 - Emile Zatopek runs Olympic Record 10K in 29:17.0.



1956 - Whitey Ford, the pitcher for the Yankees, ties AL record of 6 straight strike-outs.



1957 - 44th Tour de France: Jacques Anquetil, french cyclist wins first of 5 general classification titles.

1963 - US Open Women's Golf Mary Mills wins her first of 3 major titles by 3 strokes ahead of runners-up Sandra Haynie and Louise Suggs.





Resident SPOTLIGHT

ANDY S.



Andy was born on 11/27/1942 in Lake Wales, Florida to parents Anderson and Ruth. His family owned a citrus farm and he always wanted to work in the family business. He is a native of Florida.

He attended Frostproof High School and he was involved in sports from 10th grade until graduation. He played basketball, football, and baseball, and was in track and field. Sports were a big part of his life. History was his favorite subject.

He met his future wife in 5th grade. His grandfather worked in the mines and he found some great old artifacts that Andy brought to school for show and tell. Carol was very interested in his story and what he had brought for show and tell. He said with a huge smile on his face, "It caught her eyes." He said he knew at that moment that she was going to be his wife.

Andy went to Stetson University to study business for four years and got a bachelor's degree in business and also did a study on citrus for two years at Florida Southern College. He actively managed Smith Family Citrus entities.

Andy was 21 years old when he married Carol on June 6th, 1964 and they had two sons. He was a volunteer for the Army for two years and was in the reserve for four years. He was assigned to work as a finance officer. Working for the Army gave him the experience he needed when he worked for his family business. Traveling to different countries and visiting Berlin, Germany also gave him a sense of appreciation for living here in the USA. The highlights of being in the Army for him were seeing the beautiful countryside of each country where he was stationed.

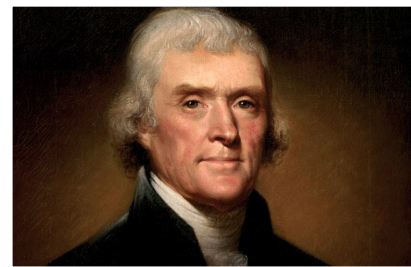
Andy's hobbies include collecting coins, fishing, and traveling. Something very interesting about Andy is that he volunteered as a missionary building houses and helping with support.

His wife Carol passed away in 1996. They were married for thirty years. During that time they actively supported several missions and individual missions around the world. He remarried in August of 1998 to Mary Beth who also was a volunteer for the mission. She passed away in 2017. Andy moved to Okeechobee in February of 2021 and moved into Grand Oaks. He said he loves living here because he loves the people and the programs. There is a lot to do to keep him busy and enjoys that very much.

Inspiration Corner

In America nobody says
you have to keep the
circumstances somebody
else gave you.

- Amy Tan



The glow of one warm thought is to
me worth more than money.

- Thomas Jefferson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <h1>July 2022</h1> </div>						
9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	Independence day BBQ PARTY	9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Walmart 6pm Puzzles	9:30 Sit & Fit 10am Scrabble 11am Price is right 2pm Jodi on the Piano 6pm Dominos	9:30 Sit & Fit 10am Pictionary 11am Price is right 12pm Lunch 2pm L C R 6pm Jenga	9:30 Sit & Fit 10am Scrabble 11am Price is right 12 Lunch 2pm Coffee & Donuts 6pm Puzzles	9:30 Sit & Fit 10am Scrabble 11am Price is right 12 Lunch 2pm Coffee & Donuts 6pm Puzzles
9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	9:30 Sit & Fit 10am Country Kitchen 11am Price is right 2pm Walmart 6pm Dominos	9:30 Sit & Fit 10am Painting 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Rummikub	9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm BINGO 6pm Uno	9:30 Sit & Fit 10am Trivia 11am Price is right 2pm Songs by Don & Annette 6pm Checkers	9:30 Sit & Fit 10am Senior Feud 11am Price is right 2pm Ice Cream Social 6pm Jenga	9:30 Sit & Fit 10am Country Kitchen 11am Price is right 2pm Walmart 6pm Dominos
9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	9:30 Sit & Fit 10am Rummikub 11am Price is right 12pm Lunch 2pm Walmart 6pm Uno	9:30 Sit & Fit 10am Porch Talk 11am Price is right 2pm Birthday Party w/Mitch 6pm Jenga	9:30 Sit & Fit 10am Scrabble 11am Price is right 12 Lunch 2pm Bowling 6pm Checkers	9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm L C R 6pm Puzzles	9:30 Sit & Fit 10am Trip Shopping @ Tradition/Lunch 11am Price is right 2pm Bowling	9:30 Sit & Fit 10am Rummikub 11am Price is right 12 Lunch 2pm Hangman 6pm Checkers
John's Birthday 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm Walmart 6pm Uno	9:30 Sit & Fit 10am Mini Mani 11am Price is right 2pm Dollar General Trip 6pm Jenga	9:30 Sit & Fit 10am Crafts 11am Price is right 2pm Wheel of Fortune 6pm Dominos	9:30 Sit & Fit 10am Baking w/Reina 12pm Lunch 2pm Penny Poker 6pm Rummikub	9:30 Sit & Fit 10am Rummikub 11am Price is right 12 Lunch 2pm Hangman 6pm Checkers	9:30 Sit & Fit 10am Rummikub 11am Price is right 12 Lunch 2pm Hangman 6pm Checkers
9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	<div> <h2>Grand Oaks</h2> </div>					

THIS CALENDAR IS SUBJECT TO CHANGE. PLEASE CHECK DAILY ACTIVITY BOARD.





MEMORY LANE

In this edition of Memory Lane, we're going to bring back some country music favorites from the 50's. Were you a fan of Hank Williams or Kitty Wills? Take a look at this list and talk about your favorite classic country music favorites from the Grand Ol' Opry with a friend at dinner today.

Your Cheatin' Heart - Hank Williams

I Can't Stop Loving You - Kitty Wills

Crazy - Patsy Cline

I Walk the Line - Johnny Cash

Tennessee Waltz - Patti Page

Cash on the Barrel Head - The Louvin Brothers

City Lights - Ray Price



Lack of a good night's sleep can have negative effects on the following day. It can cause you to become irritable, forgetful, and moody. The good thing is there are ways to ensure you sleep well at night. Try the following ideas today.

- Go to bed and wake up at the same time every day
- Avoid afternoon naps. They may cause you to become restless at night.
- Create a bedtime routine for yourself. Pick something enjoyable and relaxing to do before you go to bed every night. Reading a book and listening to peaceful music are both great ideas.
- Put your cell phone away and turn your television off at least an hour before you plan on going to bed. The light from both of these electronics may cause you to stay awake.
- Don't eat a large meal right before you go to bed. It will keep you awake.
- Avoid coffee, tea, soda, and chocolate late in the day. They all contain caffeine that will rob you of a good night's sleep.



Gardening Corner

Summer is here, so why not spruce up your room with a new indoor plant? Here are a few that will appreciate summer sunshine.

African Violet - These purple beauties are some of the most beautiful indoor plants and for good reason. They flower year-round and give a dazzling display of blooms. They prefer room temperature, so that's why they're easy to grow indoors.

Peace Lilly - This indoor plant does double duty. Not only does it purify the air, but also boasts creamy white blooms. As the name indicates, it symbolizes peace and tranquility.

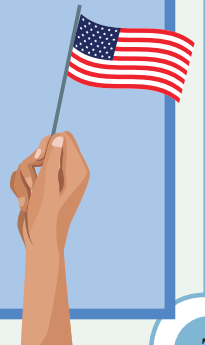
Golden Pothos - If you want an indoor vine, there's nothing better than a pathos. Its heart-shaped leaves are a favorite of many and it's very easy to take care of.

Wax Begonia - If you want something colorful for your living space, there's nothing better than a wax begonia. In fact, they're available in pink, red, yellow, orange, and white.

Happy gardening and take some time to tend to your houseplants this month.

4TH OF July Fun Facts!

- The main author of the Declaration of Independence was Thomas Jefferson and the first person to sign it was John Hancock.
- Independence Day was established as an official holiday in 1870.
- The first newspaper to print the Declaration was the "Pennsylvania Evening Post".
- The "Star-Spangled Banner" didn't become our national anthem until 1870.
- The 50th star was added to the American flag on July 4, 1960. It symbolized Hawaii's admission as the U.S.'s 50th state.
- Americans eat 150 million hot dogs on July 4th.
- There are around 16,000 4th of July firework displays every year.





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Calendar Spotlight

Our Roots Run Deep IN OUR COMMUNITY



July 1st

Coffee and Donuts from
Dixie Cream Donuts
2:00pm



July 15th

Ice Cream Social
2:00pm



July 22nd

Shopping Trip and Texas
Roadhouse Lunch
10:00am

I HEAR AMERICA SINGING

I hear America singing, the varied carols I hear,
Those of mechanics, each one singing his as
it should be blithe and strong,
The carpenter singing his as he measures his plank or beam,
The mason singing his as he makes
ready for work, or leaves off work,
The boatman singing what belongs to him in
his boat, the deckhand singing on the steamboat deck,
The shoemaker singing as he sits on
his bench, the hatter singing as he stands,
The wood-cutter's song, the ploughboy's on his way in
the morning, or at noon intermission or at sundown,
The delicious singing of the mother, or of the
young wife at work, or of the girl sewing or washing,
Each singing what belongs to him or her and to none else,
The day what belongs to the day—at night
the party of young fellows, robust, friendly,
Singing with open mouths their strong melodious songs.

-Walt Whitman

Riddle Answers:

Nothing – it just waved!, Liber-ty, “indEpEndEncE day” (so there are 4!),
She went over on the date of the 4th of July and came home on the boat
called the 4th of July, Dino-mite, Beneduck Arnold