

# Grand Oaks

ASSISTED LIVING BY THE VNA  
OKEECHOBEE

*Our Roots  
Run Deep  
IN OUR  
COMMUNITY*

JUNE 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



The month of June is sure to be a blast for our residents as we have an entire calendar of great events planned. We're kicking everything off with a sunshine-filled trip to the Fort Pierce Jetty that includes a picnic-style lunch. It's a great place for our residents to take a leisurely stroll and enjoy a cool breeze from the inlet.

A few days later we're driving down to the Seminole Casino for a fantastic day of entertainment. Hopefully, lady luck will be on our side as we all enjoy some good, clean fun. Our activities don't stop there, as we're having a spectacular 50's and 60's party complete with live music and tasty finger food. This blast from the past is sure to be a great time for all.

Now don't worry, we haven't forgotten about Father's Day. In fact, we're going to be bringing out our best with a King cut prime rib feast (save me a plate). The meal starts at noon and all who attend will be sure to have a good time and leave with their belly full. It's just our way of honoring all of the fathers at Grand Oaks. I think Jim Howard said it best when it comes to the dads, step-dads, uncles, and grandfathers in our lives so, I'll end with that:

"There are never words enough to thank the good men who helped us find our way into the world."

*Lisa Synakowski*

Lisa Synakowski, L.P.N.  
Assistant Administrator





*Chef's*  
SPECIAL

## STUFFED PEPPERS



Fresh bell peppers, stuffed with seasoned ground beef, tomatoes, and white rice. Baked to perfection and topped with tomato sauce and cheese.



*New Move-Ins*  
Welcome!!!

Janice C.  
Jean N.

*Happy*  
BIRTHDAY!!!



JUNE  
16

Mary Ellen R.

## JOKES

HA HA  
HA!

Did you hear about the ancient Egyptian man that launched a successful stone quarry business? Turns out it was a pyramid scheme all along.

We all know where the Big Apple is...  
But does anyone know where the 'Minne-apol-is'?

There are three types of people: those who can count and those who can't.

Do you know how scientists freshen their breath?  
With experi-mints!

Among the things that are so simple even a child can operate them are grandparents.

JUNE  
16

*Caregivers Week*

JUNE  
22

Happy Caregivers Week!  
Words can simply not express our gratitude for taking care of our residents, so let us simply say thank you.

## RIDDLES

What word is spelled incorrectly in every dictionary?

Tracey has married lots of men in her lifetime, and yet she claims never to have been married. How is this possible?

What occurs once in a minute, twice in a moment, and never in your life?

What can you hold without touching it at all?

Forwards, I'm heavy; backward, I'm not. What am I?

What starts with an e and ends with an e but has only one letter in it?





## Employee SPOTLIGHT

### JANE JONES CAREGIVER



Jane was born in St. Louis, Missouri, and has two older brothers. One of her favorite childhood memories is going on vacation to Branson, Ohio, and spending quality time with her family.

Jane attended Metropolitan High School in Clayton, Missouri, and did one year at IRSC to pursue her career in nursing. She's wanted to be a nurse for as long as she can remember. She obtained her CNA license but didn't have the opportunity to go as far as she wanted to in the nursing program.

Something interesting people may not know about Jane is that she got her black belt jiu-jitsu when she was fourteen and has competed in many competitions.

In 2001 Jane got her first job as a truck driver with Howard Trucking in Ohio. She stayed with them for two years. Oddly enough, that's how Jane met her husband James. She was having a hard time backing her rig into a parking space and he started laughing at her. This got them talking and the rest is history.

Jane has four children and one granddaughter, Charlotte, who she absolutely adores. Jane and her husband had a business showing guns on the weekends at various events. They moved to Florida in 2016 to enjoy the warm weather and fishing and enjoyed life to the fullest together until her husband passed away in October of 2021.

Jane is most proud of her children and wants them to always remember what a caring and fun person she is. She has been a caregiver for six months and enjoys every moment of it. When asked what she likes most about working at Grand Oaks, she replied, "I love working for the residents and taking care of them, they are fun to be around."

### Inspiration Station

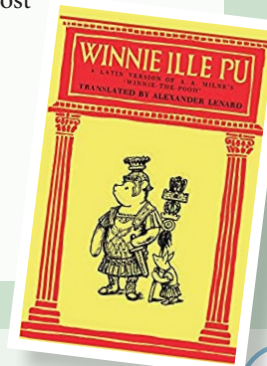
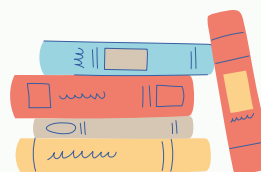
"I've learned the great value of the three F's: forgive, forget and forge ahead." - Unknown

### Memory Lane

The 1960s gave us many literary classics that made it to the New York Times's Bestsellers List. One book, in particular, taught us not to take life too seriously and that was "Winnie Ille Pu" by A.A. Milne. It's actually the Latin translation of the original beloved children's book and was the first foreign-language book to make it the list and spent 9 weeks there. Here is the the first line: "Ecce Eduardus Ursus scalis nunc tump-tump-tump occipite gradus pulsante post Christophorum Robinum descendens."

Just that small excerpt shows us why the book commanded people's attention in the 60s. It shows us all that we can find humor in serious places.

What book did you enjoy from the 60s?  
Talk about it at lunch with a friend today or have fun rereading it.





Sunday

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

# June 2022

			1 9:30 Sit & Fit 10am Scrabble 11am Price is right 2pm Wheel of Fortune 6pm Jenga	2 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Uno	3 9:30 Sit & Fit 10am Trip to Fort Pierce Jetty/Lunch 11am Price is right 2pm Cornhole 6pm Rummikub	4 9:30 Porch Talk 10am Painting 2pm BINGO 3pm Build a Word 6pm Dominos Shavuot Begins
5 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	6 9:30 Sit & Fit 10am Country Kitchen 11am Price is right 2pm LCR 6pm Dominos	7 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Uno	8 9:30 Sit & Fit 10am Casino 11am Price is right 12pm Lunch 2pm Bowling 6pm Checkers	9 9:30 Sit & Fit 10am Porch Talk 11am Price is right 2pm Songs by Don & Annette 6pm Rummikub	10 9:30 Sit & Fit 10am Walmart 11am Price is right 12pm Lunch 2pm Po-Ke-No 3pm Treat	11 9:30 Porch Talk 10am Build a word 2pm BINGO 3pm Build a Word 6pm Dominos
12 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	13 9:30 Sit & Fit 10am Craft 11am Price is right 12pm Lunch 2pm BINGO 6pm Dominos	14 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm LCR 6pm Uno Flag Day (US)	15 9:30 Sit & Fit 10am Pictionary 11am Price is right 12pm Pizza & Movie 6pm Rummikub	16 Mary Ellen's Birthday 9:30 Sit & Fit 10am Scrabble 11am Price is right 2pm Birthday Parties! w/Mitch	17 9:30 Sit & Fit 10am Walmart 11am Price is right 12 Lunch 2pm Friday HAPPY HOUR 6pm Checkers	18 9:30 Porch Talk 10am Painting 2pm BINGO 3pm Build a Word 6pm Dominos
19 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles Juneteenth	20 9:30 Sit & Fit 10am Trivia 11am Price is right 12pm Father's Day Luncheon 6pm Checkers	21 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Jenga Summer Begins	22 9:30 Sit & Fit 10am Pictionary 11am Price is right 2pm 50's 60's Party w/Lauren 6pm Rummikub	23 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm LCR 6pm Puzzles	24 9:30 Sit & Fit 10am Walmart 11am Price is right 2pm Porch Treat w/Reina 6pm Dominos	25 9:30 Porch Talk 10am Dice Game 2pm BINGO 3pm Build a Word 6pm Dominos
26 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	27 9:30 Sit & Fit 10am Pictionary 11am Price is right 12pm Lunch 2pm Coffee & Donuts	28 9:30 Sit & Fit 10am Trivia 11am Price is right 12pm Lunch 2pm LCR 6pm Checkers	29 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm BINGO 6pm Uno	30 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm Sundae's 6pm Rummikub		

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





## TONGUE TWISTERS

One wise whistling whale

Two tooting toothless turtles

Three twirling tricky terns

Four flighty frisky flamingos

Five freezing fleeing flatworms

Six sharp sleepy sharks

Seven small stripped seashells

Eight eager able eagles

Nine itching inching iguanas

Ten tough tiny timid tunas





## Best Vitamins for Seniors

Do you take any vitamins? It's a great way for older adults to ensure that receive the proper nutrients they need. You see, as we age we may not always be able to get all of the nutrients we need from food alone. Here are a few key vitamins to consider taking.

**Multivitamin** – When shopping for a multivitamin, look for something that contains magnesium, sodium, potassium, vitamin A, vitamin E, and vitamin C.

**Calcium** – This supplement is vital, as it supports bone and teeth health.

**Vitamin B12** – This vitamin keeps your blood cells and nerves healthy.

**Vitamin B6** – This tablet takes care of the connections between brain and nerve cells.

**Vitamin B9** – This vitamin may slow down memory loss.

**Vitamin D** – This supplement also supports bone health.

Remember  
When...

Were you a fan of M\*A\*S\*H\* in the 70's?

The first episode of the 4077 crew aired on September 17th 1972 and was simply titled "Pilot" and starred both Hot Lips Houlihan and Hawkeye. Who was your favorite character?



## Gardening Corner

"A garden isn't meant to be useful. It's for joy." - Rumer Godden  
This month in gardening cornering we're going to explore the hidden meaning of herbs:

Basil: Love  
Fennel: Worthy of Praise  
Lavender: Devotion  
Oregano: Joy  
Thyme: Courage  
Mint: Virtue  
Lemon Balm: Sympathy



Bring a little joy to your life and consider keeping one or more of the following herbs as a houseplant in your room.

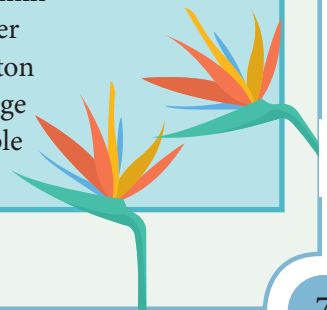


## SPORTS HISTORY

Did you enjoy watching the Chicago Black Hawks and the New York Rangers in the 60s? Maybe you preferred the Montreal Mapleleaves and Detroit Red Wings?

Regardless of how was your favorite team during that era, you probably had a favorite goalie. Here is a list of them that stopped many a puck in the 1960's

- Glenn Hall
- Johnny Bower
- Gump Worsley
- Jacques Plante
- Terry Sawchuk
- Eddie Giacomin
- Roger Crozier
- Eddie Johnston
- Charlie Hodge
- Bruce Gamble







## Calendar Spotlight

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*June 3* } Trip to the Fort Pierce jetty for Lunch



*June 8* } Casino



*June 20* } Father's Day Luncheon



*June 22* } 50's /60's Party with Lauren

"How true it is that,  
if we are cheerful and contented,  
all nature smiles,  
the air seems more balmy,  
the sky clearer,  
the earth has a brighter green...  
the flowers are more fragrant...  
and the sun, moon, and stars  
all appear more beautiful,  
and seem to rejoice with us."

- Orison Swett Marden

**Riddle Answers:** Incorrectly, She's a minister (the men she's married have been grooms in weddings she has officiated), The letter "m", A conversation, The word "ton", An envelope