

MAY 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

DANIELLE AYUSO
Office Manager

ALBERT BEATTY
Maintenance

SABRINA COOK
Housekeeping



A word from your ADMINISTRATOR



“When you look into your mother’s eyes, you know that is the purest love you can find on this earth.”—author Mitch Albom

Where would we be without our mothers? (We realize we wouldn’t “be” at all, but of course you know what I mean.)

There’s no love like the love our mothers have shown to us, nor like the love those of us who are mothers have toward our own children. It’s an incredible circle of blessings. While we could rightfully dedicate every day to honoring our moms, the official occasion to do so is coming up and boy, do we plan to celebrate.

In honor of Mother’s Day we’re planning a big barbeque meal—complete with plenty of delicious side dishes and tasty treats—that you won’t want to miss. We want all our resident mothers (and grandmothers and great-grandmothers) to feel cherished, appreciated and pampered. Many of us will not only enjoy the day but take time to remember our mothers if they’re no longer with us.

Honestly, what would we really know about love, life, family and kindness without them? To all our moms at Grand Oaks of Okeechobee, we love and appreciate you and can’t wait to show you how much. So bring your heart and your appetite to our celebration and prepare to have both filled to the fullest! On a more somber note, it’s appropriate that in the same month that we honor mothers, we also commemorate Memorial Day, honoring those members of the military who paid the ultimate price in service to our nation. Thank you to all who served, and remember those who gave all to preserve the freedoms we enjoy today.

Lisa Synakowski

Lisa Synakowski, L.P.N.
Assistant Administrator





*Chef's
SPECIAL*

BBQ RIBS



Fire braised, St Louis-style BBQ ribs served with a side of fresh vegetable medley.



*New Move-Ins
Welcome!!!*

Ernest J.



*Happy
BIRTHDAY!!!*



MAY
15

Bonnie

MAY
18

Jack C.



FLOWER TONGUE TWISTERS

"Moses supposes his toeses are roses,
but Moses supposes erroneously;
for nobody's toeses are posies of roses,
as Moses supposes his toeses to be..."

Flower, flower, flower, pretty little frilly flower.

Lily the ladybug loves lavender lilies.

Red roses for ruby, red rubies for rosie.

MOTHER'S DAY FUN FACTS

Mother's Day was founded by Anna Jarvis.

Mother's day is celebrated on the second Sunday of May.

Mother's Day became a holiday in 1914.

Carnations are the traditional flower for Mother's Day.

More phone calls are made on Mother's Day than any day of the year.

Mother's Day is the busiest day of the year for restaurants.

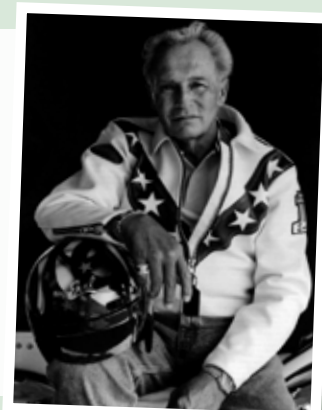
"There is only one pretty child in the world, and every mother has it." —Chinese Proverb



Memory Lane

Where you a fan of Evel Knievel in the 70's? Here are a few things you may not know about his dare devilish career:

- He successfully jumped over 22 cars while on a motorcycle.
- He did over 75 ramp-to ramp jumps over his career.
- He defied gravity and cleared over 14 Greyhound buses.
- He spent a grand total of three years in the hospital over his career and broke 35 bones.





Bobbie is the president of the residents in Okeechobee. She was born on 2/21/1945 in Tampa, Florida. She had one older brother who passed away and one younger brother. Her dad was a plumber and her mom was a nurse's aide. Bobbie used to fight with her younger brother and get herself into lots of trouble. Her favorite memory was climbing the orange tree in the front yard of their house. I guess you can say she was a little tomboy. They lived down the street from where the movie, "The Yearling" was based.

Her family left Tampa and moved to West Palm Beach when she was twelve. She attended Palm Beach High school and was a member of the class of 1964. Bobbie was in the school choir and was in a couple of plays. Her favorite teacher was Mr. Hodges, who helped her with her school work.

Two weeks after graduating from high school, Bobbie got married. She met her husband at a convenience store while he was buying a beer and she and her friend were buying candy. She looked at her friend and said, "I'm going to marry that guy" and they laughed. They got married in 1964 and had four children. Twelve years later, they divorced. She then married Patrick, someone she knew previously. They had one child together and her four children and his three children from a previous marriage. It was just like the movie, "Yours, Mine and Ours". She loves being a mom. She said the happiest moment of her life was when her first baby was born.

She is most proud of the blankets she made in the past and regrets not taking photos of them. To this day, Bobbie still makes blankets for her grandchildren and great-grandchildren. Her grandmother taught her everything she knows. She jokingly said that she thinks they keep having babies, so she can make them blankets. She has fourteen grandchildren and twelve great-grandchildren.

Bobbie worked at Good Samaritan Hospital with her mom. She wanted to be a nurse, but things did not work out that way. She also worked for multiple companies before starting her own cleaning business.

A little known fact about her family is that her grandfather was the pitcher for the Red Sox in the early 1940s. His nickname was Lefty.

Bobbie was very good at bowling in the past and loved to dance. She moved into Grand Oaks in July 2019 and loves living here because the residents are very nice and the staff is always helpful.



Inspiration Station

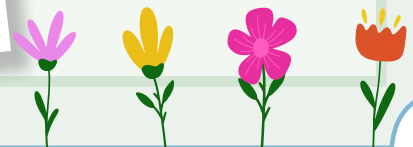
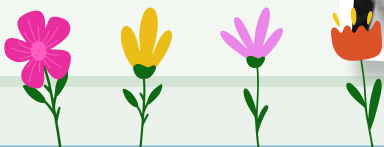
"You are not an extra in somebody else's film. You are the star in your own life."

- Faye Dunaway



"Not taking a risk is a risk. That's how I see it."

- Robert Redford



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles <small>May Day</small>	2 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm L C R 6pm Rummikub	3 9:30 Sit & Fit 10am Salvation Army Trip/Lunch 11am Price is right 12pm Lunch 2pm Ringtoss	4 9:30 Sit & Fit 10am Country Kitchen 2pm Jodi on the Piano 6pm Jenga	5 9:30 Sit & Fit 10am Trivia 12pm Mexican Buffet 2:30pm CINCO DE MAYO	6 9:30 Sit & Fit 10am Walmart 11am Price is right 12pm Lunch 2pm Sundae's 6pm Uno	7 9:30 Porch Talk 10am Build a word 2pm BINGO 3pm Build a Word 6pm Dominos
8 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles <small>Mother's Day</small>	9 9:30 Sit & Fit 10am Pictionary 12pm Tribute to Mother's Day/Luncheon w/Music by Jodi	10 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Dominos	11 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Quarter BINGO	12 9:30 Sit & Fit 10am Scrabble 11am Price is right 12pm Lunch 2pm Wheel of Fortune	13 9:30 Sit & Fit 10am Walmart 11am Price is right 12 Lunch Friday HAPPY HOUR 2pm Happy Hour 6pm Checkers	14 9:30 Porch Talk 10am Painting 2pm BINGO 3pm Build a Word 6pm Dominos
15 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	16 Bonnie's Birthday 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Uno	17 9:30 Sit & Fit 10am Scrabble 11am Price is right 2pm Birthday Parties! w/ Mitch 6pm Rummikub	18 Jack's Birthday 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm L C R 6pm Dominos	19 9:30 Sit & Fit 10am Trivia 11am Price is right 12pm Lunch 2pm Painting 6pm Checkers	20 9:30 Sit & Fit 10am Shopping @ Marshall's/Lunch 12pm Lunch 2pm Cornhole 6pm Jenga	21 9:30 Porch Talk 10am Scrabble 2pm BINGO 3pm Build a Word 6pm Dominos <small>Armed Forces Day</small>
22 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	23 9:30 Sit & Fit 10am Porch Talk 1:15pm Christian Academy Visit Pen Pals 3pm Treat <small>Victoria Day (Canada)</small>	24 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Hangman 3pm Go Fish	25 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm Wine & Cheese Social	26 9:30 Sit & Fit 10am Scrabble 11am Price is right 12pm Lunch 2pm Milk n R Trip 6pm Uno	27 9:30 Sit & Fit 10am Walmart 11am Price is right 12pm Lunch 2pm Bowling 6pm Jenga	28 9:30 Porch Talk 10am Painting 2pm BINGO 3pm Build a Word 6pm Dominos
29 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles	Memorial Day Barbeque Fun & Games	31 9:30 Sit & Fit 10am Dollar Tree Shopping 11am Price is right 2pm Penny Poker 6pm Checkers	<h1>May 2022</h1>			

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



MEMORIAL DAY FACTS

The original name for Memorial Day was “Decoration Day” and was a way to honor the graves of fallen Civil War soldiers with flowers.

May 30th was picked because flowers are in bloom at that time of the year.

The first largest gathering for this day of remembrance was in 1868 in Waterloo, NY.

Memorial Day became a national holiday in 1971 and honors all American soldiers who died in war.

The National Moment of Remembrance is at 3 PM on Memorial Day and that’s a time for a moment of silence to honor all fallen U.S. soldiers.



Remember
When...

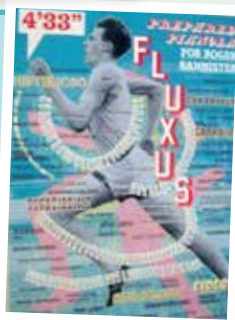
The first episode of *The Munsters* aired on September 24, 1964, and was titled “Monster Masquerade”.

With such a delightful cast, it may be hard to pick a favorite, but who was yours? Were you a fan of Herman and Lily, Grandpa, Edie, or Marilyn? Talk about this iconic television show with a friend at dinner tonight.



THIS MONTH IN SPORTS HISTORY

On May 6th, 1954, Roger Bannister shocked the world and completed a 4- minute mile. His exact time for this athletic feat was 3 minutes and 59.4 seconds. His record was beaten 46 days later by John Lundy, who clocked in at 3 minutes and 57.9 seconds.



GOOD NEWS FOR THE MONTH

School Children Help Shelter Animals Get Adopted



Schoolchildren in Richmond, VA took it upon themselves to help shelter animals get adopted. This classroom of youngsters wrote letters for each shelter animal to help the odds of them finding their forever home. Of course, they may have had a little help from their teacher.

FLOWER RIDDLES

I'm yellow but I'm not a banana
I can be over ten feet tall but I'm not a giraffe
I have seeds but I'm not a lemon
I can provide oil but I'm not canola
I'm a plant but I'm not a rose.

I am the color purple
But am I a movie? Nope!
I am a type of flower
Sometimes used as scent in soap.

Why is letter A the most like a flower?


What kind of flower lives between your mouth and chin?

In a pond there are some flowers with some bees hovering over the flowers. If each bee lands on a flower, one bee doesn't get a flower. If two bees share each flower there is one flower left out. How many flowers and bees are there?



HELP KEEP YOUR MEMORY SHARP

- Write down a to-do list and say it out loud to yourself. You're more likely to remember it if you hear yourself say it.
- Be sure to get a full night's sleep. Turn the television off an hour before you plan on going to bed to help ensure a good night's rest.
- Keep your room clutter-free, so you're less likely to lose something. A place for everything and everything in place is truly helpful.
- Drink more cocoa, as new research suggests it's beneficial to brain health. Opt for a dark chocolate version if you can.
- Exercise your brain by reading a book or playing a crossword puzzle or Sudoku.
- Go on a brisk daily walk. The key to this tip is consistency.
- Spend time with your friends and engage in activities that are meaningful to you.
- Keep your stress to a minimum. Don't multitask, take breaks when you need them, express your feelings, and say no if you need to.
- Take time to laugh. Watch a comedy or read the funnies.



Gardening Corner

This month we're taking gardening corner inside, and highlighting houseplants that are easy to take care of. If you would like cheer up your room with a little greenery, we suggest the following plants:

- Pathos – this trailing beauty is easy to take care of and doesn't mind a dark corner
- Chinese Evergreen – This big leaved plant likes water, so you don't have to worry about overwatering it.
- Asparagus Fern – Light green and whimsical looking, this gem of a plant is a must on anyone's dresser.
- Spider plant – Bicolored and flowing, this plant only needs to be watered once a week to brighten your living space.
- Aloe – One of the most beautiful succulents you can find, this will be the perfect addition to your nightstand. Does best in indirect light and only needs watering once or twice a week.

Meaning of Native Florida Flowers

Aster – Love and patience
 Azalia – Abundance and family
 Beach Sunflower – Loyalty and longevity
 Caladium – Delight and great joy
 Clematis – Ingenuity and cleverness
 Fern – Confidence and new beginnings
 Hibiscus – Beauty and hospitality
 Jasmine – Affection and prosperity
 Lantana – Strength and happiness
 Magnolia – Nobility and dignity
 Salvia – Wisdom and good health
 Phlox – Harmony and sweet dreams
 Violet – Calmness and clarity
 Verbena – Good luck and creativity
 Zinnia – Friendship and remembrance



Calendar Spotlight

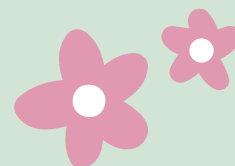

Grand Oaks
 ASSISTED LIVING BY THE VNA
 OKEECHOBEE

*Our Roots
Run Deep
IN OUR
COMMUNITY*



May 23

Christian Academy Pen Pal Visit



May 27

Bowling

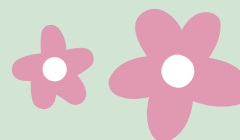
Oh! fragrant is the breath of May
 In tranquil garden closes,
 And soft yet regal is her sway
 Among the springtide roses.

—William Hamilton Hayne



May 30

Memorial Day Barbeque



Flower Riddles Answers: A sunflower, Lavender, Because the B is after it, Two-Lips, 4 bees and 3 flowers