

AUGUST 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
Office Manager

ANITA POWELL
Housekeeping



*A word from your
ADMINISTRATOR*

August has arrived and we're expecting to have tons of fun this month at Grand Oaks! Get ready for some great trips to Walmart, Dollar General, and Tradition this month for a nice day out to treat yourself. We also have an ice cream social on August 15th to look forward to! We'll have performers visiting us this month along with our usual craft days where you can join in to make cute decorations!

Check out our calendar on page 5 to find out more about all the great activities in store, such as a birthday party to celebrate your fellow residents. Get your game face on - this month we're playing great games like bingo, rummikub, and more. Join in on porch talk every Tuesday and Friday for a relaxing morning to catch up. Make sure to take a look at this month's chef special - it looks extra tasty!

Check out the following pages in the newsletter to see all the fun in store this month, learn some interesting facts, or have a laugh looking through riddles and tongue twisters. Keep cool, I hope you all have a fantastic August!

Lisa Synakowski

Lisa Synakowski, L.P.N.
Assistant Administrator



Chef's
SPECIAL

CILANTRO & LIME SHRIMP SKEWER



Skewered shrimp, grilled to order and basted with a cilantro lime butter. Try them blackened with the sides of the day, or on a hot summer day over an entrée caesar or garden salad with the dressing of your choice. Seasonal specials are with limited availability

RIDDLES

What do you call a group of musicians performing in august?
Where should you go to find a hot date?
What does a pig say on a hot summer day?
What do cats like best on a hot day?
What does a bee do when it's hot outside?
What do frogs like to drink on a hot summer day?

answers on back cover

Remember
When...

Do you recognize any of these 60's and 70's movie quotes?

"You brought music back into the house, I had forgotten." (The Sound of Music, 1965)

"Come in, come in! We won't bite you until we know you better". (West Side Story, 1961)

"The suspense is terrible, I hope it will last." (Willy Wonka & the Chocolate Factory, 1971)

"Tell me about it, stud." (Grease, 1978)

"No matter where you run, you end up running into yourself." (Breakfast at Tiffany's, 1961)



HAPPY BIRTHDAY!!!



AUG
29

Helen W.

AUG
31

Carolyn M.

SPORTS HISTORY

Hey sports fans! Let's look back on all the accomplishments made in august over the years.

2008 - Michael Phelps wins the gold medal for the men's 100 meter butterfly stroke

1996 - Michael Johnson wins the men's 200-meter final in a world record time of 19.32

1973 - Jack Niklaus wins the PGA National Championship at the Canterbury Golf Club



1936 - Jesse Owens wins two Olympic gold medals in the 100-meter dash and running broad jump in Germany

1903 - St Louis Cardinals pitcher Ed Karger throws a perfect game vs Boston Doves; wins 4-0 in 7 innings at Robison Field, St. Louis



New Move-Ins
Welcome!!!

Mary H. Dolly T.





Employee SPOTLIGHT

JAMIE HOLLIBOUGH



Jamie was born in Camden, Upstate New York, on 1/11/1984. Her mom worked as an administrator and her dad was a truck driver. They lived in a little town where the population was only 2,560.

Her favorite childhood memory was going to her grandmother's house every summer. She has three sisters. Jamie being the third child, used to love spending time with them and helping take care of her grandmother that was not well.

She told a story of her going on a walk with her grandmother and she didn't want to continue walking, so she decided to sit in the middle of the street. Her grandmother was very patient with her but refused to pick her up, so she had no choice but to get up and walk. Growing up Jamie looked up to her two older sisters as her role models.

She attended Camden High School and participated in playing volleyball. She said that was the best part of going to school because she did not like school very much. She had few friends that she liked hanging out with. They would mostly go swimming or go to the movies.

After high school, she went to BOCES, which stands for Board of Cooperative Educational Services. She studied for two years in Early Childhood Interventions. She wanted to be a Pre-School Teacher but things did not turn out exactly the way she had planned.

Her grandmother was the administrator at an assisted living facility before she got ill and then her mom took over. Jamie had been a volunteer at the facility before starting work there from the age of sixteen until she was twenty-one. She then worked for the state for thirteen years in developmental disability and then worked for Stone Hedge Nursing Home for a couple of months before moving here to Florida.

She met her husband, Ray at a party. She said she chased him around for a while and he was not showing any interest, so she moved on, but then he missed her bothering him and she was very surprised when she got a phone call from him. They dated for a year and got married in October 2008.

They have three children and two stepchildren. Her parents retired and moved to Florida and bought a house. She came to visit and they fell in love and decided to move here. They packed up and moved to Okeechobee in September of 2021. She's been working at Grand Oaks since November 2021. Jamie said, "I love working with the residents and being there for them."

Inspiration Corner

"The best part is not
the biggest,
it's the one that's
most memorable."
- Rob Lowe

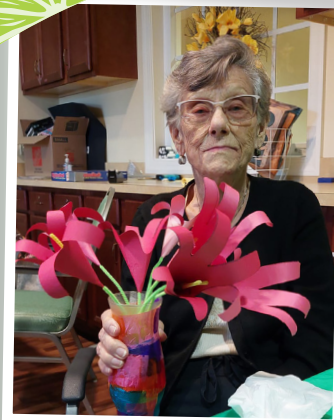


"When things go wrong,
don't go with them."
- Elvis Presley

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
|  9:30 Sit & Fit 10am Country Kitchen 12pm Lunch 2pm Walmart 6pm Jenga | 1 9:30 Sit & Fit 10am Country Kitchen 12pm Lunch 2pm Walmart 6pm Jenga | 2 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm BINGO 6pm Uno | 3 9:30 Sit & Fit 10am Senior Feud 11am Price is right 2pm Jodi on the Piano 6pm Dominos | 4 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm LCR 6pm Rummikub | 5 8am Titanic Museum in Orlando/Lunch 12pm Lunch 2pm Bowling 6pm Checkers | 6 9:30 Porch Talk 10am Trivia 2pm BINGO 3pm Build a Word 6pm Dominos |
| 7 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles | 8 9:30 Sit & Fit 10am Painting 11am Price is right 12pm Lunch 2pm Walmart 6pm Rummikub | 9 9:30 Sit & Fit 10am Porch Talk 11am Price is right 2pm Pirates of the Caribbean Party w/Lauren | 10 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm LCR 6pm Checkers | 11 9:30 Sit & Fit 10am Trivia 11am Price is right 2pm Shirley Temple Movie Snacks | 12 9:30 Sit & Fit 10am Hangman 11am Price is right 12pm Lunch 2pm HAPPY HOUR 6pm Jenga | 13 9:30 Porch Talk 10am Dice Game 2pm BINGO 3pm Build a Word 6pm Dominos |
| 14 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles | 15 9:30 Sit & Fit 10am Trivia 11am Town Hall Meeting 2pm Walmart 6pm Jenga | 16 9:30 Sit & Fit 10am Crafts 11am Price is right 2pm Wheel of Fortune 6pm Rummikub | 17 9:30 Sit & Fit 10am Shopping at Cato's/Lunch 11am Price is right 2pm Hangman 6pm Checkers | 18 9:30 Sit & Fit 10am Porch Talk 11am Price is right 12pm Lunch 2pm BINGO 6pm Dominos | 19 9:30 Sit & Fit 10am Scrabble 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Uno | 20 9:30 Porch Talk 10am Go Fish 2pm BINGO 3pm Build a Word 6pm Dominos |
| 21 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles | 22 9:30 Sit & Fit 10am Scrabble 11am Price is right 12pm Lunch 2pm Walmart 6pm Dominos | 23 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm BINGO 6pm Jenga | 24 9:30 Sit & Fit 10am Dollar Tree 11am Price is right 12pm Lunch 2pm LCR 6pm Rummikub | 25 9:30 Sit & Fit 10am Painting 11am Price is right 12pm Lunch 2pm Penny Poker 6pm Uno | 26 9:30 Sit & Fit 10am Shopping at Vero Outlet/Lunch 11am Price is right 2pm Cornhole 6pm Checkers | 27 9:30 Porch Talk 10am Dice Game 2pm BINGO 3pm Build a Word 6pm Dominos |
| 28 9:30 Bible Study with Charlie 10am Gospel Singers 2pm MOVIE 6pm Puzzles | Helen's Birthday 29 9:30 Sit & Fit 10am Senior Feud 11am Price is right 12pm Lunch 2pm Walmart 6pm Uno | 30 9:30 Sit & Fit 10am Porch Talk 11am Price is right 2pm BIRTHDAY PARTY w/Mitch | Carolyn's Birthday 31 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm BINGO 6pm Rummikub |  | | |

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 music favorites from the 70's. Were you a fan of bands like Queen or ABBA? Take a look at this list and talk about your favorite 70's songs at dinner!

- Bohemian Rhapsody (Queen)
- Dancing Queen (ABBA)
- I Will Survive (Gloria Gaynor)
- Y.M.C.A (Village People)
- Stayin' Alive (Bee Gees)
- American Pie (Don Mclean)
- Let it Be (The Beatles)
- Bennie and the Jets (Elton John)
- Leaving on a Jet Plane (Peter, Paul, and Mary)
- I Want You Back (The Jackson 5)
- Tie a Yellow Ribbon Round the Ole Oak Tree (Tony Orlando and Dawn)



The summer heat can be a lot to handle as we step into August!
Here are some quick tips for battling the heat this summer!

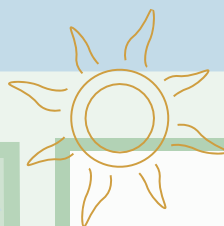


Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature.

Wear loose-fitting, lightweight clothing. Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.

Protect against sunburn. Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.

Take it easy during the hottest parts of the day. If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.



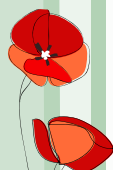
The August birth flowers, gladiolus and poppy, both symbolize remembrance. These two summer bloomers come in a variety of colors and make for great cut flowers. This month's gardening corner will provide some information on these two lovely flowers.

Gladiolus:

- Symbol of strength, victory, healing, and honor.
- Associated with moral character, remembrance, and intelligence.
- Symbolizes infatuation, love at first sight, and faithfulness

Poppy:

- Poppies have long been associated with sleep but also symbolize relaxation and recovery.
- According to Greek mythology, the poppy was associated with Demeter, the goddess of agriculture.



TONGUE TWISTERS

Mary's fixing fluffy muffin frosting.

Betty bakes big buns before breakfast.

Crab cake crepes are kind of creepy.

Mildred makes mango marmalade and mulberry
muffins in Millinocket,
Maine mostly on Mondays in May.

Top chopstick shops stock top chopsticks.

A synonym for cinnamon is a cinnamon synonym.

An ape hates grape cakes.

I saw a kitten eating chicken in the kitchen.

A proper copper coffee pot.



Calendar Spotlight


Grand Oaks
ASSISTED LIVING BY THE VNA
— OKEECHOBEE —

*Our Roots
Run Deep
IN OUR
COMMUNITY*



August 5

Titanic Museum in Orlando
8:00am



August 9

Pirates of the Caribbean Party
2:00pm



August 26

Shopping at Vero Outlets
10:00am

AUGUST

The hot still sky is hushed in silent rest;
No voice of bird.
A fleecy whiteness wings away to west.
No leaf is stirred.
The poplar's silver glistens in the burning light,
The meadow lands
Bathed in the still heat of a hot delight,
The hay-cart stands
On the white road waiting in the sun.
A straggling vine
Stretches across a dell where brown bees hum
And wet weeds shine,
A locust slips its shrill note in the air;
The beetles' drone
Flecks the hushed stillness here and there
With lazy tone.

- Gay Waters

Riddle Answers:

1. An AUGestra 2. Any date in August will be hot! 3. "I'm bacon!" 4. Mice cream 5. Takes off it's yellow jacket 6. Croak-a-cola