

SEPTEMBER 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

JIM DODSON
Maintenance

SABRINA COOK
Office Manager

ANITA POWELL
House Keeping



*A word from your
ADMINISTRATOR*

Dear Residents,

“September days are here, with summer’s best of weather, and autumn’s best of cheer.” - Helen Hunt Jackson

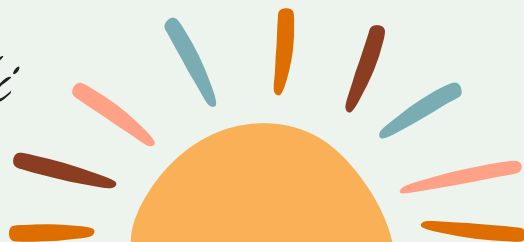
Welcome to the start of another great month! This September we have tons of exciting plans and outings such as a Parrot Island Grill lunch, and shopping trips to Hobby Lobby, JC Penney, and more. Check out page two to see what tasty chef’s special awaits you this month, as well as the calendar on pages four and five to find out when we’ll be playing games and doing fun themed crafts this month.

Learn about ways that exercise is good for seniors, and then join us for fit & sit! You can also join your Grand Oaks friends for porch talk every Saturday morning to catch up and discuss what plans you have this month!

We had a fantastic August and I’m so excited to what this September will bring!

Lisa Synakowski

Lisa Synakowski, L.P.N.
Assistant Administrator





Chef's
SPECIAL

CRISPY CHICKEN SANDWICH



Southern fried chicken breast, on toasted croissant with lettuce, tomato, Gouda cheese and roasted red bell pepper mayo. Served with you choice of side!



New Move-Ins
Welcome!!!

Bobby W. Florence L.



Happy
BIRTHDAY!!!



SEPT
16

Jean W.

SEPT
06

Leisa S.



CRAFT CORNER



Employee SPOTLIGHT

RENAEE M. COOK



Renaee was born in Belle Glades, Florida, and grew up in the town of Pahokee, FL. Her dad worked for US Sugar in upper management, and her mom was a teacher. She has one brother and one sister. Her favorite earliest childhood memory was meeting up at least three times a year at her grandmother's house. All her family would come together and have a big cookout, play games, and have a great time. Most of all she loves her Aunt Sarah.

Renaee went to Pahokee High School. Her favorite subject was PE and her favorite teacher was Miss Mean. She said laughing, "Her last name was Mean, but there was nothing mean about her. She was the nicest teacher in the whole school." She also said she was not sociable, so she didn't have many friends. She then attended Palm Beach Community College, she graduated in 1992 and went on to the Practical Nursing Academy, and was certified as a Medical Assistant.

She met her husband, Nathan, working for the same company, South Bay Grows. Their first date was at TGIF, the rest is history. They dated for six years before tying the knot in June 1999. She has three sons; Ivan, Ralph, and Takeo. She said giving birth to her first son was the happiest moment in her life. She also has two grandbabies; Ivy and Iyanna who she adores very much.

Renaee worked many jobs. She worked for OGA as a shift manager and as a supervisor for a Juvenile system for twenty years. She was also a housekeeper at Pahokee Hospital and worked as a medical assistant for a doctor's office for four years. In addition to that she worked for Okeechobee Youth Development as a mass control technician. Her hobbies include cooking and styling hair. Something that you might not know about Renaee is that she goes above and beyond to help people. She believes being honest and kind goes a long way.

Renaee moved to Okeechobee in 2011. She has been working at Grand Oaks for the past year. She said the best part of working here is the residents. She loves cooking for them and keeping them happy.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

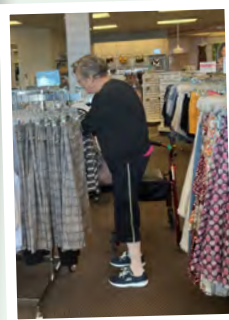
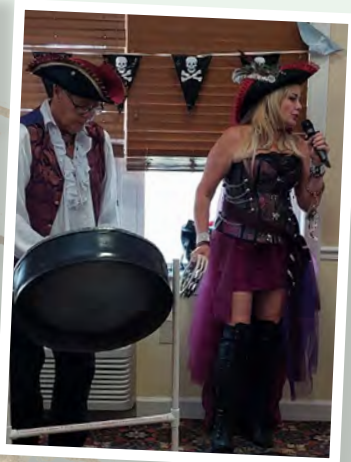
Saturday

September 2022

				1 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Ringtoss 6pm Checkers	2 9:30 Sit & Fit 10am Country kitchen 11am Price is right 2pm Penny poker 6pm Puzzles	3 9:30 Porch Talk 10am Dice Game 2pm BINGO 3pm Build a Word 6pm Dominos
4 9:30 Bible Study with Charlie 10am Rummikub 2pm 6pm Puzzles	5 9:30 Sit & Fit 10am Walmart 11am Price is right 2pm Country Kitchen 6pm Dominos	Leisa's Birthday 6 9:30 Sit & Fit 10am Scrabble 2pm Tribute to Country Music w/Lauren 6pm Uno	7 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm L C R 6pm Jenga	8 9:30 Sit & Fit 10am Mini Mani 11am Price is right 12pm Lunch 2pm Penny Poker 6pm RummiKub	9 9:30 Sit & Fit 10am JC Penney Trip/Lunch 11am Price is right 2pm Hangman 6pm Checkers	10 9:30 Porch Talk 10am GO Fish 2pm BINGO 3pm Build a Word 6pm Dominos
11 9:30 Bible Study with Charlie 10am Rummikub 2pm 6pm Puzzles	12 9:30 Sit & Fit 10am Walmart 11am Price is right 12 Lunch 2pm Penny Poker 6pm Checkers	13 9:30 Casino/Lunch 11am Price is right 12pm Lunch 2pm Bowling 6pm RummiKub	14 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Milk Shakes 6pm Uno	15 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm BINGO 6pm Hangman	Jean W Birthday 16 9:30 Sit & Fit 10am Po-Ke-No 12pm McDonald's & a Movie 3pm Cornhole 6pm Dominos	17 9:30 Porch Talk 10am Dice Game 2pm BINGO 3pm Build a Word 6pm Dominos
18 9:30 Bible Study with Charlie 10am Rummikub 2pm 6pm Puzzles	19 9:30 Sit & Fit 10am Scrabble 11am Price is right 12pm Parrot Island Grill Lunch 2pm Hangman	20 9:30 Sit & Fit 10am Walmart 11am Price is right 3pm Songs by WJ & Company 6pm Checkers	21 9:30 Sit & Fit 10am Trivia 11am Price is right 2pm 6pm Uno	22 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm Penny Poker 6pm RummiKub	23 9:30 Sit & Fit 10am Country Kitchen 11am Price is right 2pm L C R 6pm Puzzles	24 9:30 Porch Talk 10am RummiKub 2pm BINGO 3pm Build a Word 6pm Dominos
25 9:30 Bible Study with Charlie 10am Rummikub 2pm 6pm Puzzles	26 9:30 Sit & Fit 10am Painting 11am Price is right 12 Lunch 2pm Po-ke-No 6pm Uno	27 9:30 Sit & Fit 10am Walmart 11am Price is right 12pm Lunch 2pm L C R 6pm Jenga	28 9:30 Sit & Fit 10am Hobby Lobby Trip / Lunch 11am Price is right 2pm Scrabble 6pm Hangman	29 9:30 Sit & Fit 10am Crafts 11am Price is right 12pm Lunch 2pm BINGO 6pm Checkers	30 9:30 Sit & Fit 10am Porch Talk 11am Price is right 2pm Songs by Don & Annette 6pm Puzzles	

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





5 GREAT

Bedroom Plants

Golden Pothos

These charming plants are extremely hardy. They prefer moist air and drier soil.



Money Plant

With round, green leaves, this plant has a calm, grounding presence that is well-suited to the bedroom.



Dumb Cane

This plant, with its broad, smooth leaves, can grow up to 10 feet tall.



Alcobia

This plant boasts pleasing pink-flecked flowers among green, hairy leaves.



Boston Fern

This fern's gently drooping fronds make it a soothing presence in the bedroom.



RIDDLES

1. What word is always spelled wrong?
2. Where does today come before yesterday?
3. What invention lets you look right through a wall?
4. What two words, added together, contain the most letters?
5. When is "L" greater than "XL"?
6. What has a bottom at the top?
7. What color is the wind?



THIS MONTH IN SPORTS HISTORY

- 9/29/1920 - Yankees slugger Babe Ruth sets then-MLB home run season record at 54
- 9/26/1971 - Jim Palmer is 4th Oriole to win at least 20 games this season
- 9/14/1978 - Braves' Jim Bouton, 38, beats Giants, his 1st win since 1970
- 9/23/1984 - Sparky Anderson is 1st manager to win 100 games in both baseball leagues
- 9/01/1989 - Chris Evert is first player to win 100 matches in the US National/Open Tennis Championship

5 WAYS EXERCISE BENEFITS SENIORS



REDUCING THE RISK OF DISEASE

Physical exercise helps to protect our heart health, prevent high blood pressure, and reduce the risk of diabetes, cancer, or strokes.



SLOWING MUSCLE LOSS

We naturally lose muscle as we age. But staying physically active can slow the rate of loss. This helps in preventing falls and supporting our bones and joints.



PROTECTING COGNITIVE FUNCTION

Exercise helps to maintain good cognitive function, preventing memory loss and even reducing the chances of developing dementia.



SUPPORTING HEALING

Regular exercise helps our immune systems to function properly, increasing our ability to fight off infections. It also speeds up wound healing – possibly by as much as 25%.



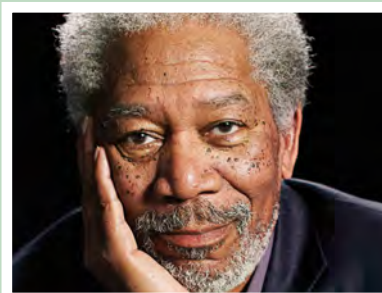
CONTRIBUTING TO THE OVERALL QUALITY OF LIFE

Keeping physically active can prevent depression and lift our mood, as well as keeping us independent for as long as possible.

INSPIRATION STATION



“The way I see it, if you want the rainbow, you got to put up with the rain.”
- Dolly Parton



“How do we change the world? One random act of kindness at a time.”
- Morgan Freeman

TONGUE TWISTERS

Lucky rabbits like to cause a ruckus.

Cooks cook cupcakes quickly.

We surely shall see the sunshine soon.

Seventy-seven benevolent elephants.

Five frantic frogs fled from fifty fierce fishes.

Sheep should sleep in a shed.

If you want to buy, buy, if you don't want to buy, bye-bye!



Calendar Spotlight



Our Roots Run Deep IN OUR COMMUNITY



September 9

JC Penney Trip & Lunch
10:00 am



September 20

Songs by WJ & Company
3:00 pm



September 28

Hobby Lobby & Lunch
10:00 am

SEPTEMBER

The golden-rod is yellow;
The corn is turning brown;
The trees in apple orchards
With fruit are bending down.
The gentian's bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun.
The sedges flaunt their harvest,
In every meadow nook;
And asters by the brook-side
Make asters in the brook

- Helen Hunt Jackson

Riddle Answers:

1. Wrong 2. The Dictionary 3. A window 4. Post Office 5. Using Roman Numerals 6. Your legs 7. Blew