



**Our Roots
Run Deep
IN OUR
COMMUNITY**

**Calendar
Spotlight**



Guess the Resident Answer: Nunik Firjanian



**Our Roots
Run Deep
IN OUR
COMMUNITY**

MAY 2026 NEWSLETTER

**Management
TEAM**

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

ANITA TOPPING
Administrator

TARA WESTER
Nurse Manager

ROBERT ZELANO
Executive Chef

DEBBIE ECKER
*Human Resources
Manager*

OSHANE ANDERSON
Maintenance

TATIANA BRACHO
Activity Manager



**A word from your
ADMINISTRATOR**

Dear Residents and Families,

As we welcome the beautiful month of May, we would like to take a moment to express our heartfelt appreciation to all of our residents for being such a special and valued part of our community. Your presence, kindness, and spirit are what truly make our community feel like home.

We are excited to kick off the month by celebrating Cinco de Mayo on May 5th with a special luncheon and festive music, bringing a joyful and lively atmosphere for everyone to enjoy together.

This month, we are also delighted to celebrate Mother's Day with a special luncheon prepared by Chef Bobby on Sunday, May 10th at 12:00 PM, along with a lovely gathering accompanied by Mike on the piano, creating a warm and joyful atmosphere to honor all the wonderful mothers in our community.

We warmly invite families to join us for this special celebration and share in this meaningful occasion together.

We will also be recognizing and celebrating our incredible nursing team during National Nurses Week, May 4th through May 8th. Their dedication, compassion, and care make a meaningful difference in the lives of our residents every day, and we are grateful for all that they do.

As we come together for Memorial Day, we will take time to honor and remember those who served, along with a refreshing visit from an Italian Ice Truck for everyone to enjoy. With many more engaging activities planned, May is sure to be filled with meaningful moments, connection, and fun.

Thank you for being part of our family.

Warm regards,

Anita Topping
Anita Topping
Administrator





CHEF'S SPECIAL

MANGO BBQ GLAZED PORK TENDERLOIN



Pork Tenderloin, glazed with Mango BBQ Sauce. Served with a side of Roasted Red Bell Pasta Salad.



ALL ABOUT THE MONTH OF MAY

- May is named after the Roman goddess Maia, who was associated with growth and springtime.
- The birthstone for May is the emerald, a green gemstone that symbolizes love and renewal.
- The traditional flower of May is the lily of the valley, which is known for its sweet smell and tiny bell-shaped blooms.
- The famous Kentucky Derby is held in May and is known for big hats, mint juleps, and horse racing traditions.
- The saying "April showers bring May flowers" comes from the idea that spring rain helps flowers bloom beautifully.
- Bees and butterflies are especially active in May, helping pollinate flowers and gardens.



Happy BIRTHDAY!



MAY 3

Janet Mac.

MAY 5

Karin K.

MAY 19

Joan C.

MAY 24

Mae D.

MAY 26

Felicia S.

MAY 30

Deborah R.



New Move-Ins WELCOME!

- Sonja M.
- Jeffry F.
- Stewart B.
- Carole T.
- Andrew E.



GUESS THE RESIDENT



Find out who this is on the back of the newsletter!



EMPLOYEE SPOTLIGHT

LALIDA MIRANDA



This month, we are proud to recognize Lalida Miranda, one of our dedicated and compassionate caregivers here at Grand Oaks.

Lalida grew up in Thailand alongside her sister. She completed her education there and earned a bachelor's degree in Chinese Language from Burapha University in Thailand. Her childhood memories are deeply rooted in the love and care of her father, who always made sure his family felt happy and supported. Lalida shares, "He taught me the meaning of kindness, and I carry that lesson with me every day."

Before beginning her journey as a caregiver, Lalida worked as a Chinese language teacher. She credits her teaching background for helping her develop the patience and communication skills she uses daily in her role. Her ability to connect, listen, and support others shines through in everything she does. Lalida is happily married to her husband, Joseph Miranda, and although they do not have children, she pours her nurturing spirit into both her work and her passions.

In her free time, Lalida is a passionate home chef who loves cooking traditional Thai food. She enjoys exploring new recipes and continues to refine her skills by learning from cooking videos on YouTube.

When asked what she loves most about working at Grand Oaks, Lalida shared that it's the meaningful connections she builds with residents. She says, "There is nothing more rewarding than seeing a resident's genuine smile when I lend a hand and brighten their day."

We are truly grateful to have Lalida as part of our Grand Oaks family. Her kindness, dedication, and warm spirit make a lasting difference in the lives of those around her.





RESIDENT SPOTLIGHT

LORRAINE TROPF

Lorraine Tropf was born on September 6, 1947, in the Bronx, New York. At just two years old, her family relocated to Queens, and later to Long Island, where she spent most of her childhood alongside her brother.

Lorraine married young, at the age of 19, to her first husband, Alexander. Together they had three children. After 20 years of marriage, Lorraine made the courageous decision to start a new chapter in her life.

Determined and driven, she returned to school and earned her degree in Psychology. She went on to build an impressive 25-year career in Human Resources at a large corporation. During her time there, Lorraine held key leadership roles, including Compliance Officer for Employee Relations and Equal Employment Opportunity (EEO). She was also known for organizing large-scale company events, including annual picnics for over 3,000 employees—no small tasks!

For 23 years, Lorraine embraced independence, dedicating her time to her career, personal growth, and exploring the world. She developed a passion for travel and enjoyed an incredible 43 cruises, creating memories across the globe. At the age of 60, Lorraine found love again when she met Bill Tropf, a Senior Physicist in a laboratory. They married and shared meaningful years together until his passing at the age of 76.

Lorraine is also incredibly proud of her beautiful family, which includes two sons, one daughter, one stepson, and three precious grandchildren. She lights up when speaking about them—one is a classical music composer, another is an organic scientist, and her granddaughter has participated in a national-level volunteer program. They are truly a source of great pride and joy for her.

Lorraine’s professional mindset has always stayed with her—she often reflects on her Human Resources experience and naturally finds herself thinking about what is expected in a workplace setting. Her expertise even led her to author two books on policies and procedures, a true testament to her knowledge and dedication.

One of Lorraine’s favorite childhood memories is when her father brought home a cat, whom she lovingly named “Stinky.”

When asked what she enjoys most about living at Grand Oaks, Lorraine shared: “The staff takes extraordinary steps to make me feel comfortable and happy.”

We are honored to have Lorraine as part of our Grand Oaks family. Her strength, independence, and life experiences continue to inspire us all.

“I’ve lived a full and wonderful life—raising my family, building my career, and traveling the world. But my proudest moments will always be my family.”

