

SEPTEMBER - OCTOBER 2024

## Management TEAM

DONALD CROW  
*Chairman*

TERESA ROBERTS  
*Vice President*

SHARON GRISWOLD  
*EVP Finance*

LAURIE ALLEN  
*Administrator*

BETH KELLEY  
*Sales Manager*

DANIELLE CASTRO  
*Nurse Manager*

ROBERT ZELANO  
*Executive Chef*

DEBBIE ECKER  
*Human Resources  
Manager*

TATIANA BRACHO  
*Activity Manager*



## A word from your ADMINISTRATOR



Dear Residents,

Welcome to October!

October brings a season of change, celebration, and reflection, and with it comes an exciting lineup of events and celebrations! We have a festive and meaningful month planned, filled with opportunities for fun, community spirit, and reflection. Here's a sneak peek at what's in store.

We're kicking off the month with our annual Oktoberfest Party on Friday October 4th. Join us as we celebrate this beloved tradition with delicious food, beverages, music, and games. Whether you're a fan of soft pretzels or bratwurst, there's something for everyone to enjoy!

October is also Breast Cancer Awareness Month, and we are proud to join the global effort to raise awareness and support for those affected by breast cancer. Throughout the month, we will be hosting a few events and informational sessions to encourage education and early detection. Please keep an eye out for more details and ways to participate.

Get ready to show off your creativity and spooky side at our Halloween Party on Thursday, October 30th. There will be a costume contest, treats, and plenty of fun activities. Don't forget to mark your calendars and wear your best costume!

I would like to extend a heartfelt thank you to our wonderful team of staff members who work tirelessly to ensure that our community remains a comfortable and welcoming place for all residents. Their dedication is deeply appreciated by everyone. Your efforts, patience, and professionalism do not go unnoticed, and we are grateful for everything you do every day. We hope that you'll join us in these wonderful celebrations and take part in the meaningful activities planned this October. Let's make this month one to remember as we embrace the joys and look forward to our Fall season together!

Thank you for being part of the Grand Oaks of Palm City community. Here's to a fantastic October filled with joy, laughter, and connection!

Warm regards,

*Laurie Allen*

Laurie Allen  
Administrator





*Chef's*  
SPECIAL

## SAUERBRATEN



German Specialty, meaning "Sour Roast", made by marinating beef eye rounds in a sweet-sour marinade before browning and slow braising in the marinade. Thin sliced with mashed potatoes and finished with a gravy of the natural juices, red wine, vinegar, and gingersnap cookies.



*New Move-Ins*  
Welcome!!!

Paula D.

Mary Ellen O.

*Happy*  
BIRTHDAY!!!



SEPT  
01

Charles M.

OCT  
10

Nunik F.

SEPT  
03

Cynthia C.

OCT  
13

Robert S.

SEPT  
05

Marcia K.

OCT  
15

John W.

SEPT  
09

Helen M.

OCT  
15

Betty N.

SEPT  
13

Elizabeth G.

OCT  
16

Mary H.

SEPT  
18

Kenneth R.

OCT  
24

Randy S.

SEPT  
21

Phyllis S.

OCT  
28

Josephine P.

SEPT  
26

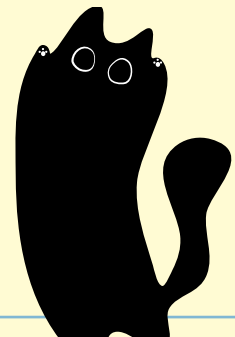
Sheila G.

SEPT  
26

Arlene M.

SEPT  
26

Therese C.



*Guess the*  
RESIDENT

WHO IS THE  
RESIDENT?

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







## Resident SPOTLIGHT

## ALAN & JANET A.



Alan was born in Ohio, while Janet, originally from Kentucky, moved to Ohio after her father's discharge from the service. Alan was a senior in high school, and Janet a junior, when they first met. After graduation, Alan served one year of active duty in the Navy Reserves. Two years after his return, he was deployed on a ship heading toward the Bay of Pigs to help prevent the revolution. For Alan, the experience wasn't traumatic, but it was unforgettable—his ship came under fire as they approached the Bay of Pigs. Their room is now filled with many pictures from that time, capturing those significant moments in his uniform and Janet is so proud and likes to share them.

After graduating high school, Janet dedicated over 45 years to teaching Special Education, a role she was deeply passionate about. She is particularly disheartened by the recent trend of banning books, which she believes are crucial for children's upbringing, understanding of history, and continued educational growth.

Both Janet and Alan have since retired, but Alan didn't stop there. He studied marketing and found success in a rewarding career in healthcare, designing equipment for the handicapped, such as grab bars and other assistive devices. Alan also found great fulfillment in his volunteer work. He was a regular volunteer with a reading service for blind individuals, providing a vital connection through his voice. In addition, he managed the suicide prevention hotline for his church, offering support to those in need. Alan also contributed his time to House of Hope, where he worked to make a difference in the lives of others, always driven by his strong sense of compassion and service. Meanwhile, Janet devoted much of her time to their children and grandchildren.

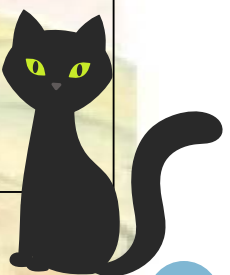
They are the proud parents of two children: their son David, who lives in Michigan, and their daughter Debbie, who resides in the sunshine state of Florida. Janet and Alan light up with emotion and excitement when they talk about their family. They cherish their nine grandchildren—six girls and three boys—and are overjoyed to have two great-granddaughters, with another bundle of joy expected in December.

However, due to health issues, they now spend most of their time indoors. To stay sharp and entertained, they enjoy playing online games daily, including Wordle, Scrabble, and poker, and often challenge each other on Brain Challenge. When they're not gaming, they love watching their favorite TV shows, *Dancing with the Stars* and *The Floor*, which bring them plenty of joy and excitement.

They have been happily married for over 60 years now, often reminiscing about their wedding day in 1963. The weather was a frigid 8 degrees below zero—talk about cold for young hearts! Despite the freezing temperatures, their love has remained warm and strong for decades, a bond that has only deepened over the years.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>OCTOBER</div> <div>2024</div>		<div>1</div> <div>Celebrate the Day - National Taco Day!</div> <div>9:30 Loop Band Exercise</div> <div>10:30 Rummikub</div> <div>11:00 Play Bingo</div> <div>2:00 Build your Brain</div> <div>3:30 Play Pool</div>	<div>2</div> <div>Celebrate the Day - Rosh Hashanah</div> <div>9:30 Trivia Game</div> <div>10:30 Zumba w/ Teri</div> <div>11:10 Walgreens</div> <div>1:30 Catholic Eucharistic Minister</div> <div>2:00 PUBLIX</div> <div>3:00 Play 5 Crowns</div> <div>Rosh Hashanah Begins</div>	<div>3</div> <div>Celebrate the Day - National Boyfriend Day!</div> <div>9:30 Chair Tai Chi</div> <div>10:00 Rummikub</div> <div>11:00 Play Bingo</div> <div>1:30 Painting w/ Valerie</div> <div>3:00 Linda Performance</div>	<div>4</div> <div>Celebrate the Day - National Cinnamon Bun Day!</div> <div>Hair Salon</div> <div>9:30 Pool Noodle Exercise</div> <div>10:30 Craft W/Tatiana</div> <div>1:30 Bible Studies W/ Carlene</div> <div>3:00 Oktoberfest Party W/ Levi and his Accordion</div>	<div>5</div> <div>Celebrate the Day - National Do something Nice Day!</div> <div>9:30 Exercise &amp; Guided Meditation</div> <div>10:30 Brain Games</div> <div>11:00 Karin &amp; Charles Performance</div> <div>2:00 Play Bingo</div> <div>3:00 Social Ice Cream</div> <div>6:15 Confession w/Father Martin</div> <div>6:30 Catholics Mass</div>
<div>6</div> <div>Celebrate the Day - National Noodle day!</div> <div>9:30 Light Walking and Stretching</div> <div>10:30 Worship your Way</div> <div>10:45 Presbyterian Communion</div> <div>11:00 Play Bingo</div> <div>2:00 Come, Chat &amp; Share a Sip of Wine</div> <div>3:00 Ceasar Performance</div>	<div>7</div> <div>Celebrate the Day - National Cotton Day!</div> <div>9:30 Drumming</div> <div>10:30 Trivia Game</div> <div>11:00 Play Rummy</div> <div>2:00 Be Creative W/ Terri</div> <div>3:00 Play Scrabble</div>	<div>8</div> <div>Celebrate the Day - National Hero Day!</div> <div>9:30 Loop Band Exercise</div> <div>10:00 Rummikub</div> <div>11:00 Creating W/Clay</div> <div>2:00 Play Bingo</div> <div>3:10 Play Bowling</div>	<div>9</div> <div>Celebrate the Day - National Pro-Life Cupcake Day!</div> <div>9:00 NAIL'S DAY</div> <div>10:30 Zumba w/ Teri</div> <div>11:10 Walgreens</div> <div>1:30 Catholic Eucharistic Minister</div> <div>2:00 PUBLIX</div> <div>3:00 Mahjong Classes W/ Marlene</div>	<div>10</div> <div>Celebrate the Day - National Mental Health Day!</div> <div>9:30 Chair Tai Chi</div> <div>10:00 Rummikub</div> <div>11:00 Play Bingo</div> <div>2:00 Tiki Taxi Boat</div>	<div>11</div> <div>Celebrate the Day - National Sausage Pizza Day!</div> <div>Hair Salon</div> <div>9:15 Chair Yoga w/Rae</div> <div>10:30 Craft W/Tatiana</div> <div>1:30 Bible Studies W/ Carlene</div> <div>2:30 Social Tea Time &amp; Cookies</div> <div>Yom Kippur Begins</div>	<div>12</div> <div>Celebrate the Day - National Farmer's Day!</div> <div>9:30 Exercise &amp; Guided Meditation</div> <div>10:30 Retail Therapy</div> <div>2:30 Joel Piano Performance</div> <div>3:30 Movie Time</div>
<div>13</div> <div>Celebrate the Day - National Train your Brain Day!</div> <div>9:30 Light Walking and Stretching</div> <div>10:30 Worship your Way</div> <div>11:00 Play Bingo</div> <div>2:00 Come, Chat &amp; Share a Sip of Wine.</div> <div>2:30 Join us in the karaoke</div>	<div>14</div> <div>Celebrate the Day - Columbus Day!</div> <div>9:30 Drumming</div> <div>10:30 Trivia Game</div> <div>11:00 Pool Tournament</div> <div>2:00 Be Creative W/ Terri</div> <div>3:00 Play Scrabble</div> <div>Indigenous Peoples' Day</div> <div>Thanksgiving Day (Canada)</div>	<div>15</div> <div>Celebrate the day - National I Love Lucy Day!</div> <div>9:30 Loop Band Exercise</div> <div>10:00 Rummikub</div> <div>11:00 Play Bingo</div> <div>2:00 Build your Brain</div> <div>3:30 Play Pool</div>	<div>16</div> <div>Celebrate the Day - National Boss' Day!</div> <div>9:30 Trivia Game</div> <div>10:30 Zumba w/ Teri</div> <div>11:10 Walgreens</div> <div>1:30 Catholic Eucharistic Minister</div> <div>2:00 PUBLIX</div> <div>3:00 Play 5 Crowns</div> <div>Sukkot Begins</div>	<div>17</div> <div>Celebrate the Day - National Pasta Day!</div> <div>9:30 Chair Tai Chi</div> <div>10:00 Rummikub</div> <div>10:30 Puppies Therapy</div> <div>1:30 Painting w/ Valerie</div> <div>3:00 Monthly Birthday Party W/ My Brother's Band</div>	<div>18</div> <div>Celebrate the Day - National Chocolate Cupcake Day!</div> <div>Hair Salon</div> <div>9:15 Chair Yoga w/Rae</div> <div>10:30 Carve a Pumpkin</div> <div>1:30 Bible Studies W/ Carlene</div> <div>2:30 Social Tea Time &amp; Cookies</div>	<div>19</div> <div>Celebrate the Day - National Seafood Bisque Day!</div> <div>9:30 Exercise &amp; Guided Meditation</div> <div>10:30 Brain Games</div> <div>11:00 Play Bingo</div> <div>2:00 Social Ice Cream</div> <div>3:00 Ron Performance</div>
<div>20</div> <div>Celebrate the Day - National Brandied Fruit Day!</div> <div>9:30 Light Walking and Stretching</div> <div>10:30 Worship your Way</div> <div>11:00 Play Bingo</div> <div>2:00 Come, Chat &amp; Share a Sip of Wine.</div> <div>2:30 Join us in the karaoke</div>	<div>21</div> <div>Celebrate the Day - National Pumpkin Cheesecake Day!</div> <div>9:30 Drumming</div> <div>10:30 Trivia Game</div> <div>11:00 Play Rummy</div> <div>2:00 Be Creative W/ Terri</div> <div>3:00 Play Scrabble</div>	<div>22</div> <div>Celebrate the Day - National Color Day!</div> <div>9:30 Loop Band Exercise</div> <div>10:00 Rummikub</div> <div>11:00 Play Bingo</div> <div>2:00 Build your Brain</div> <div>3:10 Play Bowling</div>	<div>23</div> <div>Celebrate the Day - National Woman Health &amp; Fitness Day!</div> <div>9:30 Trivia Game</div> <div>10:30 Zumba w/ Teri</div> <div>11:10 Walgreens</div> <div>1:30 Catholic Eucharistic Minister</div> <div>2:00 PUBLIX- Walgreens</div> <div>3:00 Mahjong Classes W/ Marlene</div>	<div>24</div> <div>Celebrate the Day - Pancake Day!</div> <div>9:30 Chair Tai Chi</div> <div>10:00 Rummikub</div> <div>11:00 Play Bingo</div> <div>1:30 Movie Time</div> <div>3:00 Matt Performance</div> <div>Simchat Torah Begins</div>	<div>25</div> <div>Celebrate the Day - Ancestor Appreciation Day!</div> <div>Hair Salon</div> <div>9:15 Chair Yoga w/Rae</div> <div>10:30 Craft W/Tatiana</div> <div>1:30 Bible Studies W/ Carlene</div> <div>2:30 Social Tea Time &amp; Cookies</div>	<div>26</div> <div>Celebrate the Day - National Drink Beer Day!</div> <div>9:30 Exercise &amp; Guided Meditation</div> <div>10:30 Retail Therapy</div> <div>2:00 Play Bingo</div> <div>3:15 Movie Time</div>
<div>27</div> <div>Celebrate the Day - Ice Cream Cone Day!</div> <div>9:30 Light Walking and Stretching</div> <div>10:30 Worship your Way</div> <div>11:00 Play Bingo</div> <div>2:00 Come, Chat &amp; Share a Sip of Wine.</div> <div>2:30 Join us in the karaoke</div>	<div>28</div> <div>Celebrate the Day - Family Day!</div> <div>9:30 Drumming</div> <div>10:30 Trivia Game</div> <div>11:00 Play Rummy</div> <div>2:00 Be Creative W/ Terri</div> <div>3:00 Play Scrabble</div>	<div>29</div> <div>Celebrate the Day - Voter Registration Day!</div> <div>9:30 Loop Band Exercise</div> <div>10:00 Rummikub</div> <div>11:00 Play Bingo</div> <div>2:00 Build your Brain</div> <div>3:30 Community Give Back W/ Linda</div>	<div>30</div> <div>Celebrate the Day - National Woman Health &amp; Fitness Day!</div> <div>9:30 Trivia Game</div> <div>10:30 Zumba w/ Teri</div> <div>11:10 Walgreens</div> <div>1:30 Catholic Eucharistic Minister</div> <div>2:00 PUBLIX</div> <div>3:00 Halloween Party W/ Lauren</div>	<div>31</div> <div>Celebrate the Day - Pancake Day!</div> <div>9:30 Chair Tai Chi</div> <div>10:00 Rummikub</div> <div>11:00 Play Bingo</div> <div>1:30 Painting w/ Valerie</div> <div>2:30 Movie Time</div> <div>Halloween</div>	<div>GRAND OAKS</div> <div>PALM CITY</div> <div></div>	





## Employee SPOTLIGHT

## GERDA LORMEUS

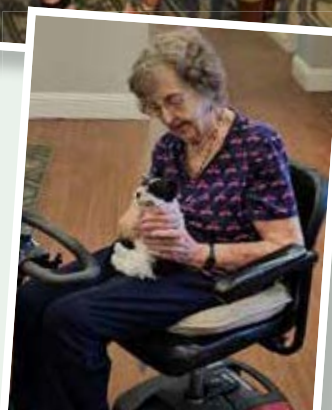


Gerda Lormeus' childhood memories are of playfully fighting with her siblings and enjoying her school days. Sadly, she lost her mother at a young age. She attended high school in Haiti, but did not finish because she moved to the United States. She married Bertony, who has since passed away, and together they had two children: a beautiful daughter named Claire Gilda, and a son named Leighton. Both children have made her a proud grandmother of six wonderful grandchildren.

She enjoys watching movies and soap operas, and she hopes that her children and grandchildren will always remember, "I always did my very best to make them happy." Before coming to Grand Oaks, she worked as a housekeeper. Later, she took on the challenge of becoming a hairstylist, though she wasn't initially excited about it. Ultimately, she made the best decision of her life by transitioning into healthcare, where she continues to work today.

Working at Grand Oaks feels like her second home. It brings her great joy to come in each day, knowing she is a part of the residents' daily lives and can make a positive difference.









## Calendar Spotlight



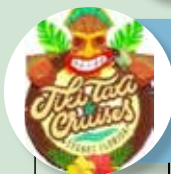
*Our Roots  
Run Deep  
IN OUR  
COMMUNITY*

**OCTOBER**  
 *ell*



Friday,  
Oct. 4th

Oktoberfest Party  
3:00 pm



Thursday,  
Oct. 10th

Tiki Boat  
2:00 pm



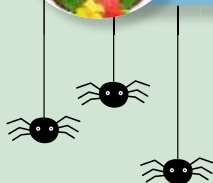
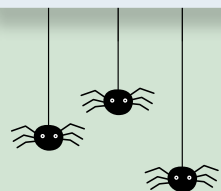
Thursday,  
Oct. 17th

October Birthday Party  
w/ My Brother's Band  
3:00 pm



Wednesday,  
Oct. 30th

Halloween Eve Party  
& Costume Contest  
3:00 pm



*Guess the Resident Answer: Kate A.*