

AUGUST 2022

**Management
TEAM**

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

LAURIE ALLEN
Administrator

BETH KELLEY
Sales Manager

TAMMY CRAPROTTA, LPN
Nurse Manager

ROBERT ZELANO
Executive Chef

CARLOS LUGO
Sous Chef

DEBBIE ECKER
*Human Resources
Manager*

ANDREW VEERASAMMY
Facilities Manager

HEATHER MORRIS
Activity Manager



*A word from your
ADMINISTRATOR*

Dear Residents,

August has arrived and we're expecting to have tons of fun this month at Grand Oaks! Get ready for some great retail therapy this month as well as shopping trips to the dollar store, walgreens, and publix . 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, jeopardy, family feud, and more. Join in on mediation and exercise this month to keep relaxed. 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 with some tips on page 7, I hope you all have a fantastic August!

Laurie Allen

Laurie Allen
Administrator



Chef's
SPECIAL

**CILANTRO & LIME
SHRIMP SKEWER**



Skewered shrimp, grilled to order and basted with a cilantro lime butter. Try them blackend 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?

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



Guess the
RESIDENT

**WHO ARE THE
RESIDENTS?**

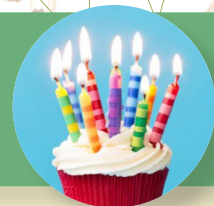
Find out who
this is on the
back of the
newsletter!



New Move-Ins
Welcome!!!

Lynn B.
Mildred C.
Philip C.

Happy
BIRTHDAY!!!



**AUG
05**

Renee E.

**AUG
18**

Dr. Miriam W.

**AUG
10**

Sandra H.

**AUG
20**

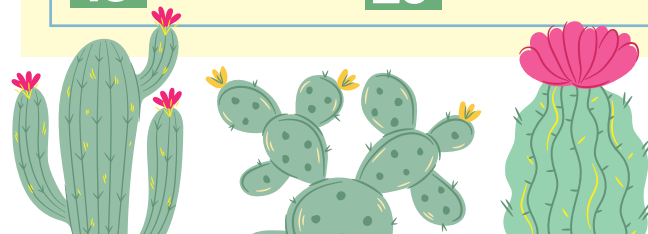
Frederick S.

**AUG
13**

Lorraine S.

**AUG
29**

Sue M. E.



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



Resident SPOTLIGHT

JANET AND ALAN A.



Janet was born in Kentucky in 1942, but grew up in Cincinnati alongside her brother. She went to Woodward high school and went on to study education at the University of Cincinnati. Alan was born in Cincinnati in 1941, and also went to Woodward high school and attended the University of Cincinnati where he studied business. Alan also served in the U.S. Navy for 2 years. Janet went on to teach special education for 35 years, and Alan did accessibility work for the handicapped as well as volunteering to read to the blind.

Alan and Janet have been married for 59 happy years after meeting in biology class when they were 15 and 16 years old. Their happiest moments were spent together having kids and seeing their grandchildren and great grandchild. They've traveled to Alaska and Mexico. They both enjoy listening to 50s/60s music, as well as reading.

The greatest lesson they learned being in a relationship for almost 60 years was to always listen and see things from a different point of view. They hope that their grandchildren will learn from their long and successful relationship. One thing they would like to pass along as a couple is to always be openly communicating and to not worry about the little things.

They both agree that one of the best things at Grand Oaks is not having to cook anymore!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Walgreens 3:00 Afternoon Movie	2 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Musical Murals 3:00 Afternoon Movie	3 8:30 Good Morning Friends! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Let's Get Creative	4 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Mind&Melody 1:30-3:00 Painting w/ Valerie & Jackie Robbins Performing 3:00 Afternoon Movie	5 8:30 Good Morning Friends! 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Jeanne Martin Harpist 3:00 Afternoon Movie	6 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along Saturday 2:00 Card Sharks 3:00 Scenic Ride 4:00 Happy Hour
7 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Sunday Drive 2:00 Rosalyn & Sons Performing 3:00 Afternoon Movie	8 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Walgreens 3:00 Let's Get Creative	9 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Blind Bingo 3:00 Monthly Birthday Party 4:00 Fresh Air Fun	10 8:30 Good Morning Friends! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Let's Get Creative	11 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Town Hall Meeting 1:30-3:00 Painting w/ Valerie 3:00 Afternoon Movie	12 8:30 Good Morning Friends! 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Fresh Air Fun Happy Hour 3:00 Afternoon Movie	13 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Karin & Charles Performing 2:00 Bingo 3:00 Scenic Ride 4:00 Happy Hour
14 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Sunday Drive 2:00 Card Sharks 3:00 Afternoon Movie	15 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Walgreens 3:00 Let's Get Creative	16 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Linda & Lucie Abstract Art 2:00 Activity Connection 3:00 Robert Steinberg	17 8:30 Good Morning Friends! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Let's Get Creative	18 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Activity Connection 1:30-3:00 Velvet Painting 3:00 Afternoon Movie	19 8:30 Good Morning Friends! 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Fresh Air Fun Happy Hour 3:00 Afternoon Movie	20 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along Saturday 2:00 Card Sharks 3:00 Scenic Ride 4:00 Happy Hour
21 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Sunday Drive 2:00 Rosalyn & Sons Performing 3:00 Afternoon Movie	22 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Walgreens 3:00 Let's Get Creative	23 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Summer Surprise 3:00 Fresh Air Fun	24 8:30 Good Morning Friends! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Let's Get Creative	25 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Mind&Melody 1:30-3:00 Painting w/ Valerie 3:00 Afternoon	26 8:30 Good Morning Friends! 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Fresh Air Fun Happy Hour 3:00 Heather Performing	27 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Karin & Charles Performing 2:00 Bingo 3:00 Scenic Ride 4:00 Happy Hour
28 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Sunday Drive 2:00 Card Sharks 3:00 Afternoon Movie	29 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Walgreens 3:00 Let's Get Creative	30 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Summer Surprise 3:00 Fresh Air Fun	31 8:30 Good Morning Friends! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Publix 3:00 Let's Get Creative	<h1>August 2022</h1> <p>Grand Oaks Assisted Living Palm City</p>		

Any revisions or additions to the calendar will be posted on your daily agenda.

INTERESTING STORIES AND FORGOTTEN FACTS

COURTESY OF GREG AND ALICE LUCKHARDT

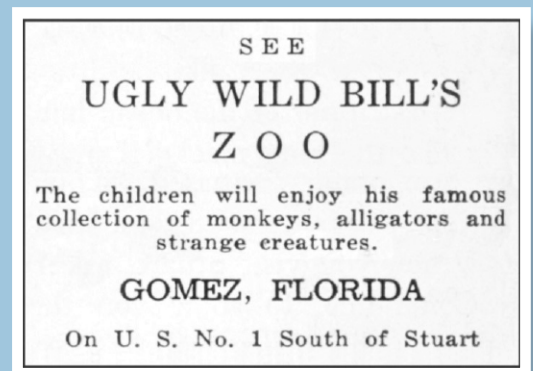
Continued from July...

William probably acquired the nickname 'Ugly Wild Bill' because of a lack of fear in handling all types of wildlife, as well as dirty automobile engines. He may have inherited a love for nature from a maternal grandmother who was a full-blooded Seminole Indian from the west coast of Florida. The Seminole Indian Village and Zoo soon expanded with a lunchroom offering meals for the traveler, while providing numerous native and non-native 'exotic' animals on the grounds to entertain the visitors.

By August 1939, the roadside site also included an African lioness named Alfreda and several poisonous rattlesnakes. Bill, a true showman and



1939 - Ugly Wild Bill's in Hobe Sound



promoter, would 1941 - AD for Ugly Wild Bill's

exclaim, "Folks, it's amazing. You won't believe it till you see it.

The lion and the lamb will lie down together!" Actually, Alfreda, as the 'lion' and Beans, a fearless dog portraying the 'lamb' were born at the Lion Farm near Fort Lauderdale and had grown up together as playmates. Bill often liked to sensationalize the animal attractions, referring to a

common lizard as the 'Fire Eating Holy Dragon of the East' while the thrilled tourists snapped photos of the wild action to delight family and friends back home.

During the 1940s, however, especially after the war, people's interests and situations changed, as did those of Bill Meredith. He had given up the garage, village and zoo to pursue another form of entertainment, that of a music distribution business. In 1948, he sold this enterprise and the couple moved to Bessie's home state of Georgia, where Bill operated the Peach State Music Company. Tragically, on Sunday, June 12, 1949, while he and Bessie were driving near McRae, Georgia, Bill lost control of the vehicle and crashed. He died as a result of the accident at age 45; Bessie was critically injured.

'Ugly Wild Bill' whose life sadly ended at such a young age, was nevertheless quite a character and one not soon forgotten by those who had known him.

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.

A decorative border of small, colorful flowers (red, blue, and white) with green stems and leaves.

Gardening Corner

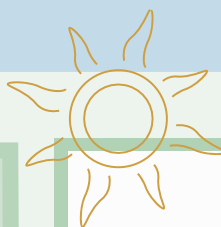
The August birth flowers, gladiolus and poppy, both symbolize remembrance. These two summer bloomers come in a variety of colors and make for great cut flowers. This month's gardening corner will provide some information on these two lovely flowers.

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.

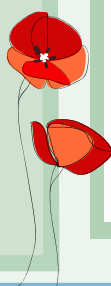
Top chopstick shops stock top chopsticks.

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

Our Roots Run Deep IN OUR COMMUNITY



Every Monday!

Retail Therapy
and Lunch Bunch
11:00 am



Every Wednesday!

Let's Get Creative!
3:00 pm



August 9

Monthly Birthday Party
3:00pm

Guess the Resident Answer: Janet and Allen

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. "I'm bacon!" 3. Mice cream 4. Takes off it's yellow jacket 5. Croak-a-cola