

FEBRUARY 2021

Management TEAM

DONALD CROW
Chairman

TERESA ROBERTS
Vice President

SHARON GRISWOLD
EVP Finance

LAURIE ALLEN
Administrator

BETH KELLEY
Sales Manager

MICHELLE EDWARDS
Nurse Manager

ROBERT ZELANO
Executive Chef

CARLOS LUGO
Sous Chef

DEBBIE ECKER
*Human Resources
Manager*

ANDREW VEERASAMMY
Facilities Manager

ROBERT NELSON
Maintenance

HEATHER MORRIS
Activity Manager



A word from your ADMINISTRATOR

Dear Residents,

Happy New Year! We have had a very busy and fun start to 2021 so far. Thank you to everyone for continuing to follow the scheduled visitation protocols. As soon as we receive word when the restrictions will loosen, we will make everyone aware.

The first round of the COVID-19 vaccine (Pfizer) was administered by CVS recently, and the second round is scheduled for February 11th. We are grateful to have gotten the vaccines so soon and to be able to protect our beloved residents!

We will celebrate Activity Professionals Week starting the end of January and into the beginning of February. I want to thank the activities staff for all that you do for our residents! I know how hard you work planning and organizing all of the activities for each day.

On February 5th, we will celebrate heart health and Wear Red Day with a special exercise program. And of course, be sure to wear all red! We will have a romantic luncheon on Valentine's Day, followed by a special virtual concert from the Italian singer, Franco Corso. Our monthly birthday party falls on National Pizza Day (February 9th), so we will celebrate with a slice of pizza instead of cake while listening to Karin and Charles perform. Chinese New Year begins on February 12th and we will have a Chinese food luncheon, read our fortunes, learn about the Chinese New Year traditions, and see what the Year of the Ox has in store for us!

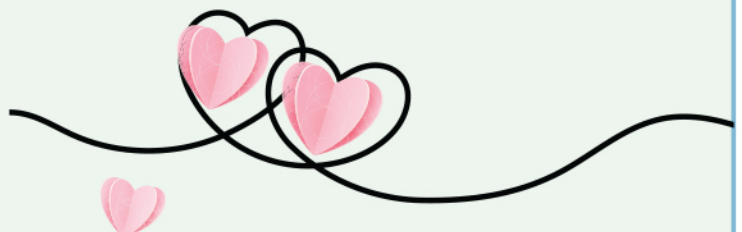
The Agency for Healthcare Administration (ACHA) surveys were completed mid-January and we were deficiency free! Congratulations to all of the staff for their hard work and teamwork!

I hope everyone has a wonderful February and I thank you again for being a part of the Grand Oaks family!

Warmest wishes,

Laurie Allen

Laurie Allen
Administrator





Calendar Spotlight



*Tuesday,
Feb. 9*

Celebrate our monthly birthday
party with a slice of pizza
3:00pm



*Friday,
Feb. 12*

Chinese New Year
Celebration!



*Tuesday,
Feb. 16*

Celebrate Mardi Gras and Fat
Tuesday with Happy Hour
4:00 pm

*Our Roots
Run Deep*
IN OUR
COMMUNITY





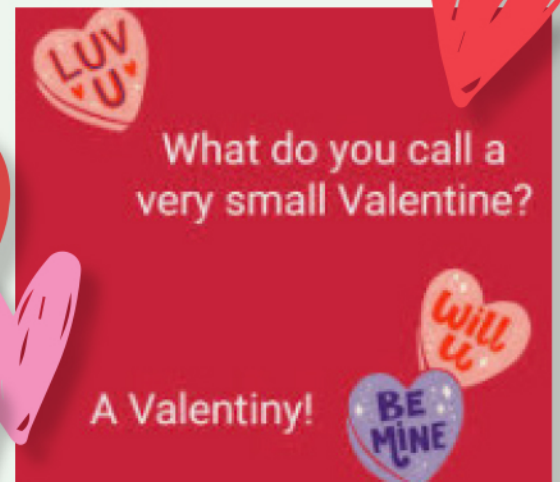
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Celebrate the Day – <i>Hula in the Coola Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Let's Get Creative 2:00 Sing a Long 3:00 Trivia 4:00 Afternoon Movie - Aloha	2 Celebrate the Day – <i>Groundhog Day</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Bingo 2:00 Shuffleboard Tournament 3:00 Victoria Leigh Performing 4:00 Afternoon Movie – <i>Groundhog Day</i> Groundhog Day	3 Celebrate the Day – <i>Feed the Birds Day!</i> 9:30 Meditation, Daily Chronicles & Brain Exercises 10:30 Zumba w/ Teri 11:00 Scenic Ride 2:00 John Nelson Presentation 3:00 Afternoon Movie	4 Celebrate the Day – <i>World Cancer Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Painting 2:00 Shuffleboard Tournament 3:00 Afternoon Movie	5 Celebrate the Day – <i>Wear Red Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 10:30 Bible Reading w/ the Wheelers 11:00 Creative w/ Clay 2:00 Carla Holbrook Performing 3:00 Jeopardy!	6 Celebrate the Day – <i>Songs of the Heart Saturday!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Sing a Long Saturday 2:00 Scenic Ride 3:00 Karin & Charles Performing
7 Celebrate the Day – <i>Super Bowl Sunday!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Exercises 11:00 Armchair Travels 2:00 Fresh Air Fun 3:00 Afternoon Movie	8 Celebrate the Day – <i>A Venetian Carnival Day</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Let's Get Creative 1:30 Jackie Robbins Performing 2:30 Happy Hour 3:00 Afternoon Movie	9 Celebrate the Day – <i>National Pizza Day!</i> 9:00 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 11:00 Bingo 2:00 Shuffleboard Tournament 3:00 Monthly Birthday Party w/ Karin and Charles 4:00 Afternoon Movie	10 Celebrate the Day – <i>Heart to Heart Day!</i> 9:30 Meditation, Daily Chronicles & Brain Exercises 10:30 Zumba w/ Teri 11:00 Painting 2:00 Scenic Ride 3:00 Afternoon Movie	11 Celebrate the Day – <i>Giving Hearts Day</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Painting 2:00 Shuffleboard Tournament 3:00 Afternoon Movie	12 Celebrate the Day – <i>Chinese New Year!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 10:30 Bible Reading w/ the Wheelers 11:00 Creative w/ Clay 2:00 Jeopardy! 3:00 Jonathan Performing 4:00 Watch Crazy Rich Asians Chinese New Year (Year of the Ox)	13 Celebrate the Day – <i>Madly in Love with Me Day!</i> 9:30 Meditation & Exercise & 10:30 Daily Chronicles & Brain Exercises 11:00 Sing a Long Saturday 2:00 Scenic Ride 3:00 Afternoon Movie
14 Celebrate the Day – <i>Valentine's Day!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Exercises 11:00 Armchair Travels 2:00 Fresh Air Fun 2:30 Rosalyn and Sons Performing 3:30 Afternoon Movie – <i>Valentine's Day</i> Valentine's Day	15 Celebrate the Day – <i>Presidents' Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Let's Get Creative 2:00 Sing a Long 3:00 Afternoon Movie Presidents' Day	16 Celebrate the Day – <i>Mardi Gras!</i> 9:00 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 11:00 Bingo 2:00 Shuffleboard Tournament 3:00 Victoria Leigh Performing 4:00 Fat Tuesday Happy Hour Mardi Gras	17 Celebrate the Day – <i>Ash Wednesday!</i> 9:30 Meditation, Daily Chronicles & Brain Exercises 10:30 Zumba w/ Teri 11:00 Painting 2:00 Scenic Ride 3:00 Afternoon Movie	18 Celebrate the Day – <i>Drink Wine Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Painting 2:00 Shuffleboard Tournament 3:00 Happy Hour	19 Celebrate the Day – <i>National Caregivers Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 10:30 Bible Reading w/ the Wheelers 11:00 Creative W/ Clay 2:00 Carla Holbrook Performing 3:00 Afternoon Movie	20 Celebrate the Day – <i>Spring is in the Air Day!</i> 9:30 Meditation & Exercise & 10:30 Daily Chronicles & Brain Exercises 11:00 Sing a Long Saturday 2:00 Scenic Ride 3:00 Karin & Charles Performing 4:00 Colorado Wildflower Tour
21 Celebrate the Day – <i>Congrats, Dolly Parton! 9 to 5 Reached number one on the Music Charts!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Exercises 11:00 Armchair Travels 2:00 Fresh Air Fun 3:00 Afternoon Movie – 9 to 5	22 Celebrate the Day – <i>Margarita Day!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Let's Get Creative 1:30 Jackie Robbins Performing 2:30 Happy Hour 3:00 Afternoon Movie	23 Celebrate the Day – <i>Dog Biscuit Day!</i> 9:00 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 11:00 Bingo 2:00 Shuffleboard Tournament 3:00 Victoria Leigh Performing 4:00 Tea and Trivia	24 Celebrate the Day – <i>Frances Langford Recorded When You Wish Upon a Star!</i> 9:30 Meditation, Daily Chronicles & Brain Exercises 10:30 Zumba w/ Teri 11:00 Scenic Ride 2:00 Alice Luckhardt Presentation 3:00 Afternoon Movie – <i>All American Co-Ed.</i>	25 Celebrate the Day – <i>Purim Begins!</i> 9:30 Meditation & Exercise 10:30 Daily Chronicles & Brain Exercises 11:00 Painting 2:00 Shuffleboard Tournament 3:00 Afternoon Movie Purim Begins	26 Celebrate the Day – <i>Levi Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Exercises 10:30 Bible Reading w/ the Wheelers 11:00 Creative w/ Clay 2:00 Jeopardy! 3:00 Jonathan Performing 4:00 Afternoon Movie!	27 Celebrate the Day – <i>Carnival!</i> 9:30 Meditation & Exercise & 10:30 Daily Chronicles & Brain Exercises 11:00 Sing a Long Saturday 2:00 Carnival! 3:00 Afternoon Movie
28 Celebrate the Day – <i>Floral Design Day!</i> 9:00 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Exercises 11:00 Armchair Travels 2:00 Fresh Air Fun 2:30 Rosalyn and Sons Performing 3:30 Afternoon Movie	<div>February 2021</div> <div>Assisted Living</div>					



FAMOUS COUPLES

from History, Art, and Literature

- | | |
|-------------------------|---------------------|
| ___ 1. Romeo | a. Buttercup |
| ___ 2. Jim Halbert | b. Lady Bird |
| ___ 3. Adam | c. Jane Porter |
| ___ 4. Clark Kent | d. Elizabeth Bennet |
| ___ 5. Johnny Cash | e. Ariel |
| ___ 6. George | f. Juliet |
| ___ 7. John Lennon | g. Wilma |
| ___ 8. Wesley | h. Aurora |
| ___ 9. Peeta Melark | i. Sarah |
| ___ 10. Han Solo | j. Mindy |
| ___ 11. Popeye | k. Miss Piggy |
| ___ 12. Mr. Darcy | l. Priscilla |
| ___ 13. Prince William | m. Mary Jane Watson |
| ___ 14. Abraham | n. Pam Beasley |
| ___ 15. Ricky Ricardo | o. Olive Oyl |
| ___ 16. LBJ | p. Kate Middleton |
| ___ 17. Kermit | q. Helen Parr |
| ___ 18. Prince Phillip | r. Princess Leia |
| ___ 19. Mork | s. Jackie |
| ___ 20. Aquila | t. Eve |
| ___ 21. Prince Eric | u. June Carter |
| ___ 22. Fred Flintstone | v. Katniss Everdeen |
| ___ 23. JFK | w. Yoko Ono |
| ___ 24. Tarzan | x. Lucille Ball |
| ___ 25. Mr. Incredible | y. Lois Lane |
| ___ 26. Peter Parker | z. Martha |



Answers: (1-f, 2-n, 3-t, 4-y, 5-u, 6-z, 7-w, 8-a, 9-y, 10-r, 11-o, 12-d, 13-p, 14-i, 15-x, 16-b, 17-k, 18-h, 19-i, 20-l, 21-e, 22-g, 23-s, 24-c, 25-q, 26-m)

Valentine's Day

Find the words on the list in the word search below!

X Z N E I H
H Z B M S W Q X F
Z Q J F O O A A M C S
C B I G L R R R T A F D X
Q G E A O H T U S X E I B B W D X A C S H D W W G O D H
U P P J W E T W A F U P D J J U C E U V T M Q A H V U Z
U R F Q E B Q E Z H R U C B U B X H U L I J X F D E D A
I A J W R R E N U Y S C E B Q E F O O R D B F E X W Z Y
W G S S S E N D N I K P T S K Z A T W C L G R P H N K M
T J U W O E S E R V I C E C S N O F R J O U A Q M U C E
L K C O T M B L U F T H G U O H T C P Q L L Q T M F N U
D O I Y B Q D Y G H A P P I N E S S T O S Z A H G E Z Y
J Z Z H D U V Q P D R P I H S D N E I R F G R T N I T
D E T S N R P E E P C D W H R M S Q D T L F O E S C
F M J W A G H O B T O K L W U P O D F O Z A P J
A Z K V C V H O R X X P X J C L E T T E R S
T G I F T S R M H S F E K N I P P T I A
D I R D A W G D C A X R G T B F K H
E I T B B P J K C V B A Z I M D
Q F P V I O Z Z I N C H Y J
J S Q Y D D Z M H E Y S
H T B V S H H I X Q
W I K L Z F M Z
B O T G P J
L V I R
V R

ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
GIFTS
KINDNESS
NICE
ROSE
SWEET

CHOCOLATE
FRIENDSHIP
HAPPINESS
LETTERS
PINK
SERVICE
THOUGHTFUL



*This Month's
SPECIAL*

COLOSSAL TIGER Shrimp



Three colossal tiger shrimp, sautéed with grape tomatoes, capers, garlic, and butter. Topped with scallions and shaved Romano cheese.



*Guess the
RESIDENTS*

WHO IS THIS ?

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

Answers on back cover.



*Happy
BIRTHDAY!!*



**FEB
02**

Dorothy "Dottie" T.

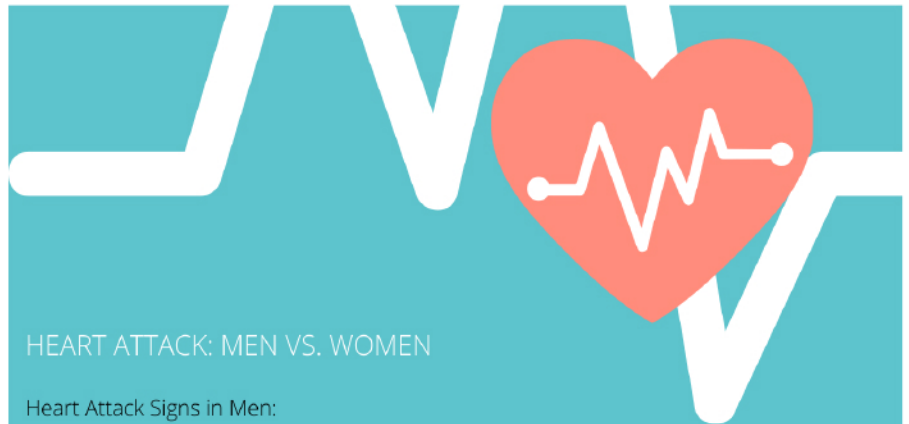
**FEB
20**

Cynthia B.

*New Move-Ins
WELCOME!!*



Walter A.
Bob M.



HEART ATTACK: MEN VS. WOMEN

Heart Attack Signs in Men:

1. Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
2. It used to be thought that only chest pain was a sign of heart attack, but it's possible to have discomfort that doesn't register as painful. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs may include breaking out in a cold sweat, nausea or feeling lightheaded.

Heart Attack Signs in Women

1. As with men, women's most common heart attack symptom is chest pain or an uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other common symptoms in women include breaking out in a cold sweat, nausea/vomiting, or feeling lightheaded, palpitations; sleep disturbances and unexplained fatigue.

HEART DISEASE IS PREVENTABLE

1. Schedule an appointment with your healthcare provider to learn your personal risk for heart disease. Know your numbers – your blood pressure, cholesterol, and body fat index.
2. Quit smoking. Did you know that just one year after you quit, you'll cut your risk of coronary heart disease by 50 percent?
3. Start an exercise program. Just walking 30 minutes a day can lower your risk for heart attack and stroke.
4. Eat a heart healthy diet. Eat more fruits, vegetables and whole grains, eat lean protein rich foods, such as fish or skinless chicken, avoid saturated and trans fats, found in red meat, butter and processed foods, and reduce your salt and sugar intake.
5. Learn to cope with stress