

JUNE 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,

Summer is here! Make sure you are drinking enough fluids, wearing sunscreen, and coming inside to cool off when you feel too hot. See more summer health tips inside this newsletter!

June is going to be a blast with all of the events we have planned for our amazing residents! We will be having a blood drive on June 14th. Our Father's Day luncheon will be on June 19th to honor all of our wonderful fathers! And don't forget to wish Brooke a happy birthday on June 27th. Please check the activity calendar for the whole month's schedule of events.

We are celebrating our wonderful caregivers and nurses the week of June 16-22. They take such great care of each and one of us so make sure to thank them that week!

Lastly, a very Happy Father's Day to all of the dads and grandfathers who have helped shape the lives of others. "To the world, you are a dad. But to our family, you are the world" (author unknown).

Laurie Allen

Laurie Allen
Administrator





Chef's
SPECIAL

BEEF TIPS
DEL LUGO



Beef tenderloin cuts pan seared with quartered mushrooms and shallots. Topped with beef demi and a touch of red wine and garnished with green peppercorns.



New Move-Ins
Welcome!!!

Rita M.
James B.
Gloria N.



Happy
BIRTHDAY!!!



JUNE
05

Mary (Molly) S.

JUNE
14

Joan C.

JUNE
28

Sandra H.

JUNE
30

Margrit L.

Gardening Corner



"A garden isn't meant to be useful.
It's for joy."- Rumer Godden

Bring a little joy to your life and consider keeping one or more of the following herbs as a houseplant in your room. This month in gardening cornering we're going to explore the hidden meaning of herbs:

- Basil: Love
- Fennel: Worthy of Praise
- Lavender: Devotion
- Oregano: Joy
- Thyme: Courage
- Mint: Virtue
- Lemon Balm: Sympathy



Resident
SPOTLIGHT

PRISCILLA "TILLIE" R.

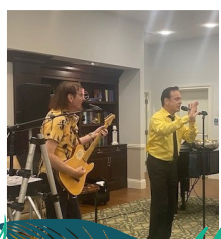
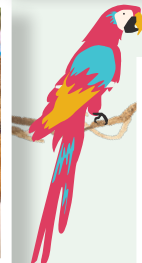


Priscilla grew up in North Falmouth, Massachusetts and was lucky to have two brothers and two sisters who were also her good friends. She enjoyed going to the beach in Cape Cod, scrapbooking, and spending time with her father, whether it was working or playing. She also loved watching anything with Shirley Temple in it because there was something about Shirley that made you like her right away!

After attending High School in Falmouth, her first job was a waitress. Then she began her favorite career as a secretary in an elementary school. She met her husband, Einar, while he was in the Air Force.

They had a big and beautiful wedding in a church and were married for 62 years. They also had a daughter named Diane who was very friendly, active and loved to learn.

Her favorite thing about living at Grand Oaks is the rocking chairs. She loves the view and feels that it is so nice to have a place where she can go and relax!



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2022

Assisted Living Palm City

			<p>1 Celebrate the Day – <i>World Milk Day and Happy Birthday, Marilyn Monroe</i> 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Terri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 <i>Wiser Now Wednesday</i> Hollywood Makeup Tips 3:00 Publix</p>	<p>2 Celebrate the Day – <i>International Joke Day!</i> 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 Laughter Yoga 4:00 Comedy Hour</p>	<p>3 Celebrate the Day – <i>National Donut Day!</i> 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Fresh Air Fun w/ Donuts 3:00 Afternoon Movie</p>	<p>4 Celebrate the Day – <i>National Cheese Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Karin and Charles Performing 2:00 Cheese Tasting Party 3:00 Afternoon Movie <small>Shavuot Begins</small></p>
<p>5 Celebrate the Day – <i>National Garden Week Begins!</i> 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Diamond Painting 2:00 Rosalyn & Sons Performing 3:00 Afternoon Movie</p>	<p>6 Celebrate the Day – <i>Get Your Kicks on Route 66!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Travel Down Route 66 3:00 Walgreens</p>	<p>7 Celebrate the Day – <i>Gaugin's Birthday!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Musical Murals 3:00 Afternoon Movie</p>	<p>8 Celebrate the Day – <i>National Best Friends Day!</i> 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Terri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Make Friendship Bracelets 3:00 Publix</p>	<p>9 Celebrate the Day – <i>National Iced Tea Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Activity Connection 1:30-3:00 Creative w/ Clay 3:00 Afternoon Movie</p>	<p>10 Celebrate the Day – <i>National Ballpoint Pen Day!</i> 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Fresh Air Fun w/ Bubbles & Bubbly! 3:00 Josh Groban in Concert</p>	<p>11 Celebrate the Day – <i>Happy Saturday!</i> 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</p>
<p>12 Celebrate the Day – <i>Children's Sunday!</i> 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</p>	<p>13 Celebrate the Day – <i>Manic Monday!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Let's Get Creative 3:00 Walgreens</p>	<p>14 Celebrate the Day – <i>World Blood Donor Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:30-4:00 Blood Drive 11:00 Blind Bingo 3:00 Monthly Birthday Party 4:00 Fresh Air Fun <small>Flag Day (US)</small></p>	<p>15 Celebrate the Day – <i>Nature Photography Day!</i> 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 Nature Photography 3:00 Publix</p>	<p>16 CNA and Nurses Week!! Celebrate the Day – <i>CNA Week/Nurses Week Begins!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Town Hall Meeting 1:30-3:00 Painting w/ Valerie & Jackie Robbins Performing 3:00 Afternoon Movie</p>	<p>17 CNA and Nurses Week!! Celebrate the Day – <i>Flip Flop Day!</i> 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Fresh Air Fun w/ Flip Flop Games 3:00 Rosalyn & Sons Performing</p>	<p>18 CNA and Nurses Week!! Celebrate the Day – <i>International Picnic Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Karin & Charles Performing 2:00 Picnic Time 3:00 Scenic Ride 4:00 Happy Hour</p>
<p>19 CNA and Nurses Week!! Celebrate the Day – <i>Happy Father's Day!</i> 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Father's Day Presentation 12:00 Father's Day Luncheon 2:00 Card Sharks 3:00 Afternoon Movie <small>Father's Day Juneteenth</small></p>	<p>20 CNA and Nurses Week!! Celebrate the Day – <i>Happy Monday!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Let's Get Creative 3:00 Walgreens</p>	<p>21 CNA and Nurses Week!! Celebrate the Day – <i>Summer Solstice!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Summer Surprise 3:00 Robert Steinberg <small>Summer Begins</small></p>	<p>22 Celebrate the Day – <i>Wiser Now Wednesday!</i> 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 <i>Wiser Now Wednesday</i> 3:00 Publix</p>	<p>23 Celebrate the Day – <i>Let it Go Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Mind&Melody 1:30-3:00 Jewelry Making 3:00 Watch Frozen</p>	<p>24 Celebrate the Day – <i>National Food Truck Day!</i> 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 12:00 Find a Food Truck 2:00 Fresh Air Fun w/ Bubbles & Bubbly! 3:00 Heather Performing</p>	<p>25 Celebrate the Day – <i>Happy Saturday!</i> 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</p>
<p>26 Celebrate the Day – <i>National Harry Potter Day!</i> 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</p>	<p>27 Celebrate the Day – <i>Captain Kangaroo Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Let's Get Creative 3:00 Walgreens</p>	<p>28 Celebrate the Day – <i>Summer Camp Memories!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 S'mores Social & Campfire Songs 3:00 Camping Trivia 4:00 Camping Minute to Win it</p>	<p>29 Celebrate the Day – <i>Wiser Now Wednesday!</i> 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Terri 11:00 Lunch Bunch 1:30 Catholic Eucharistic Minister 2:00 <i>Wiser Now Wednesday</i> 3:00 Publix</p>	<p>30 Celebrate the Day – <i>Gone Fishin' Day!</i> 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Go Fish 1:30-3:00 Painting w/ Valerie & Jackie Robbins Performing 3:00 <i>Gone Fishin'</i></p>		

Any Revisions or Additions to the Calendar Will Be Posted on Your Daily Agenda.

Interesting Stories and Forgotten Facts

Courtesy Greg and Alice Luckhardt
Ricou Browning, Creature Black Lagoon

Continued from May...

He traveled to California where a special \$18,000 outfit was constructed for the 'creature' with gills and a fish-like face. Browning would do all the underwater scenes for the movie, many times holding his breath up to four minutes at a time, not releasing any air bubbles from mouth or nose! The underwater action was filmed at Wakulla Springs with some of the 'above water' segments recorded at Rice Creek near Palatka in Florida.



Another heavier gill-man costume was designed for scenes filmed out of the water, mostly photographed in California. Ben Chapman, a cousin of actor Jon Hall, played the role for these segments. Other actors included Julie Adams, Richard Denning and Richard Carlson; the filming was completed in late 1953. The final edited version, 79 minutes in length, cost about \$1 million and would be the first 3-D movie produced by Universal Pictures, although this format was not popular in the 'gill-man' film, eventually converted to standard footage.

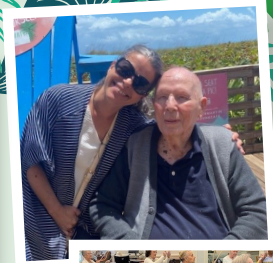
The movie premiered March 4, 1954, but to maintain the mystery of the creature, neither Browning nor Chapman were credited. The horrifying, suspenseful action scenes, eerie background music, sound effects and viewer sympathy for the monster, all combined to make it an immediate hit with audiences; there was even a later reference to the creature in Marilyn Monroe's '55 film, Seven Year Itch.



The 'gill-man' was developed into a phenomenal marketing concept with action figures, toys, bobble heads, pinball games and comic books. Ricou Browning would be the underwater monster again in 1955 for the sequel, *Revenge Of The Creature*, followed in 1956 with *The Creature Walks Among Us*. The show business career for Ricou Browning continued, as an actor, director, stunt man, producer, underwater cinematographer and action specialist.

He was involved in the making of the TV series, "Sea Hunt" and "The Aquanauts" while working with Ivan Tors. In the 1960s Browning was a writer-producer for the movie and later television show, *Flipper*, with Metro-Goldwyn-Mayer and Ivan Tors Films. He also directed 12 television episodes of the show, *Gentle Ben*.

In March 2012, Ricou R. Browning was inducted into the Florida Artists Hall of Fame for substantial contributions to the arts in Florida. A former resident of Martin County and descendant of two well-known pioneer families, who learned much of his early aquatic skills in the area's rivers over 85 years ago, is a credit to the community. In 2022, Ricou Browning, age 92, lives in Southwest Ranches, FL. 2012 / 2022.



10

SUMMER HEALTH TIPS for Older Adults

As the calendar tips into the months of summer, almost all 50 states are enjoying the warmth of summer months. But as temperatures soar higher, there are unique health risks to bear in mind.

Below are 10 tips to help you stay safe (and cool) in the hot weather

1

Avoid Heat Stroke

Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.¹



6

Plan Your Exercise Time

If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.



2

Stay Hydrated

Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.²



7

Keep Cool Inside

Close blinds and curtains to help keep the heat out of your home during daytime hours.⁵



3

Drink Plenty of Water

Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).³



8

Stay Cool

If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.



4

Manage Caffeine Intake

Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.⁴



9

Apply Sunblock

When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)⁶



5

Exercise Smart

Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).



10

Cool Down

Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.⁷





Grand Oaks
ASSISTED LIVING BY THE VNA
PALM CITY

*Our Roots
Run Deep*
IN OUR
COMMUNITY

*Calendar
Spotlight*



June 14th

Blood Drive
10:30am - 4:00pm



June 14th

Monthly Birthday Party
3:00pm



June 19th

Father's Day Luncheon
12:00pm