

**AUGUST 2022**

**Management  
TEAM**

**DONALD CROW**  
*Chairman*

**TERESA ROBERTS**  
*Vice President*

**SHARON GRISWOLD**  
*EVP Finance*

**LAURIE ALLEN**  
*Administrator*

**DANIELLE CASTRO, LPN**  
*Assistant Administrator  
Nurse Manager*

**ROBERT ZELANO**  
*Executive Chef*

**DEBBIE ECKER**  
*Human Resources  
Manager*

**ANDREW VEERASAMMY**  
*Facilities Manager*

**ASHLEY RUKEYSER**  
*Sales 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



*New Move-Ins*  
*Welcome!!!*

Joy J  
Daniel J  
Irene S.

*Happy*  
**BIRTHDAY!!!**

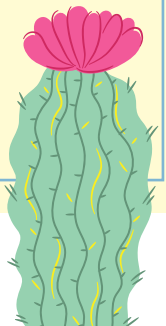
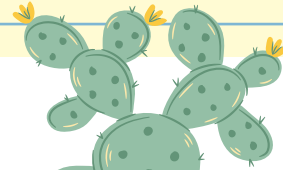
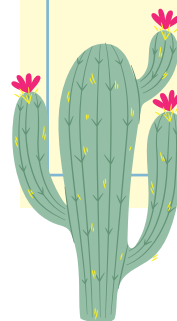


**AUG  
02**

Flora T.

**AUG  
21**

Kay K.



*Guess the*  
**RESIDENT**

**WHO IS THE  
RESIDENT?**

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



### **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





## MEMORY LANE

In this edition of Memory Lane, we're going to bring back some music favorites from the 70's. Were you a fan of bands like Queen or ABBA? Take a look at this list and talk about your favorite 70's songs at dinner!

- Bohemian Rhapsody (Queen)
- Dancing Queen (ABBA)
- I Will Survive (Gloria Gaynor)
- Y.M.C.A (Village People)
- Stayin' Alive (Bee Gees)
- American Pie (Don Mclean)
- Let it Be (The Beatles)
- Bennie and the Jets (Elton John)
- Leaving on a Jet Plane (Peter, Paul, and Mary)
- I Want You Back (The Jackson 5)
- Tie a Yellow Ribbon Round the Ole Oak Tree (Tony Orlando and Dawn)





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Painting w/ Valerie</b> 2:00 <b>Walgreens</b> 3:00 Billiards in the Mancave 3:00 Afternoon Movie	<b>2</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Linda &amp; Lucie Abstract Art</b> 2:00 Musical Murals 3:00 <b>Robert Steinberg</b>	<b>3</b> 8:30 Good Morning Friends! 9:30 Lutheran Minister Visit 10:00 Daily Chronicles & Brain Games 10:30 Exercise 11:00 Jeopardy 2:00 <b>Monthly Trip to Bank and Post Office</b> 3:00 Let's Get Creative	<b>4</b> 8:30 Good Morning Friends! 9:45 Communion 10:15 Meditation & Exercise 11:00 Activity Connection 2:00 Game Time! 3:00 Afternoon Movie	<b>5</b> 8:30 Good Morning Friends! 9:30 <b>Drumming</b> 10:00 Daily Chronicles & Brain Games 10:30 <b>Zumba w/ Teri</b> 11:00 Bingo 2:00 Game Time! 3:00 <b>Jeanne Harpist</b>	<b>6</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:15 Scenic Ride 2:00 Game Time! 3:00 Afternoon Movie
<b>7</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 <b>Bingo</b> 2:00 Game Time! 3:00 Afternoon Movie	<b>8</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Creating w/ Clay</b> 2:00 <b>Walgreens</b> 3:00 Billiards in the Mancave 3:00 Afternoon Movie	<b>9</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Blind Bingo</b> 3:00 <b>Monthly Birthday Party</b> 4:00 Fresh Air Fun	<b>10</b> 8:30 Good Morning Friends! 9:30 Lutheran Minister Visit 10:00 Daily Chronicles & Brain Games 10:30 Exercise 11:00 Jeopardy 2:00 <b>Publix</b> 3:00 Let's Get Creative	<b>11</b> 8:30 Good Morning Friends! 9:45 Communion 10:15 Meditation & Exercise 11:00 <b>Mind&amp;Melody</b> 2:00 Game Time! 3:00 Afternoon Movie	<b>12</b> 8:30 Good Morning Friends! 9:30 <b>Drumming</b> 10:00 Daily Chronicles & Brain Games 10:30 <b>Zumba w/ Teri</b> 11:00 Bingo 2:00 Game Time! 3:00 <b>Ron Bowen Performing</b>	<b>13</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:15 Scenic Ride 2:00 Game Time! 3:00 Afternoon Movie
<b>14</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Game Time! 3:00 Afternoon Movie	<b>15</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Let's Get Creative</b> 2:00 <b>Walgreens</b> 3:00 Billiards in the Mancave 3:00 Afternoon Movie	<b>16</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Game Time! 3:00 Afternoon Movie	<b>17</b> 8:30 Good Morning Friends! 9:30 Lutheran Minister Visit 10:00 Daily Chronicles & Brain Games 10:30 Exercise 11:00 Jeopardy 2:00 <b>Dollar Store</b> 3:00 Let's Get Creative	<b>18</b> 8:30 Good Morning Friends! 9:45 Communion 10:15 Meditation & Exercise 11:00 Activity Connection 2:00 Game Time! 3:00 <b>Rick &amp; Alley Performing</b>	<b>19</b> 8:30 Good Morning Friends! 9:30 <b>Drumming</b> 10:00 Daily Chronicles & Brain Games 10:30 <b>Zumba w/ Helene</b> 11:00 Bingo 2:00 Game Time! 3:00 Afternoon Movie	<b>20</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Karin &amp; Charles Performing</b> 2:00 Game Time! 3:00 Afternoon Movie
<b>21</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Bingo 2:00 <b>Game Time!</b> 3:00 Afternoon Movie	<b>22</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Painting w/ Valerie</b> 2:00 <b>Walgreens</b> 3:00 Billiards in the Mancave 3:00 Afternoon Movie	<b>23</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 <b>Musical Murals</b> 3:00 Afternoon Movie	<b>24</b> 8:30 Good Morning Friends! 9:30 Lutheran Minister Visit 10:00 Daily Chronicles & Brain Games 10:30 Exercise 11:00 Jeopardy 2:00 <b>Publix</b> 3:00 Let's Get Creative	<b>25</b> 8:30 Good Morning Friends! 9:45 Communion 10:15 Meditation & Exercise 11:00 Activity Connection 2:00 Game Time! 3:00 <b>Music w/ Susan</b>	<b>26</b> 8:30 Good Morning Friends! 9:30 <b>Drumming</b> 10:00 Daily Chronicles & Brain Games 10:30 <b>Zumba w/ Teri</b> 11:00 Bingo 2:00 Game Time! 3:00 Afternoon Movie	<b>27</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 10:15 Scenic Ride 2:00 Game Time 3:00 Afternoon Movie
<b>28</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Bingo 2:00 <b>Game Time!</b> 3:00 Afternoon Movie	<b>29</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 <b>Painting w/ Valerie</b> 2:00 <b>Walgreens</b> 3:00 Billiards in the Mancave 3:00 Afternoon Movie	<b>30</b> 8:30 Good Morning Friends! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 <b>Musical Murals</b> 3:00 Afternoon Movie	<b>31</b> 8:30 Good Morning Friends! 9:30 Lutheran Minister Visit 10:00 Daily Chronicles & Brain Games 10:30 Exercise 11:00 Jeopardy 2:00 <b>Publix</b> 3:00 Let's Get Creative	<div>August 2022</div> <div>Grand Oaks Assisted Living Jensen Beach</div>		

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

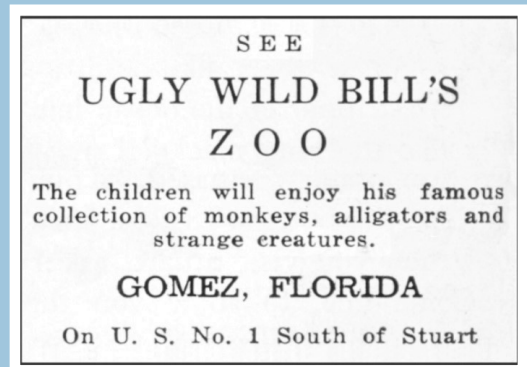
promoter, would exclaim, "Folks, it's amazing. You won't believe it till you see it.

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.



1941 - AD for Ugly Wild Bill's



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 header for the "Gardening Corner" section. It features a row of small, colorful flowers (red, blue, and white) with green stems and leaves. Below the flowers is a white banner with the text "Gardening Corner" in a green, cursive font.

## Gardening Corner

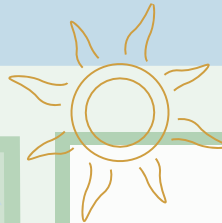
The August birth flowers, gladiolus and poppy, both symbolize remembrance. These two summer bloomers come in a variety of colors and make for great cut flowers. This month's gardening corner will provide some information on these two lovely flowers.

### 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.

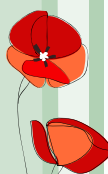
Top chopstick shops stock top chopsticks.

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 Friday!*

Zumba with Teri  
10:30am



*August 8*

Creating with Clay  
11:00am



*August 9*

Monthly Birthday Party  
3:00pm

## 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

*Guess the Resident Answer: Diane C.*