



*Our Roots  
Run Deep  
IN OUR  
COMMUNITY*

**FEBRUARY 2022**

## *Management TEAM*

**DONALD CROW**  
*Chairman*

**TERESA ROBERTS**  
*Vice President*

**SHARON GRISWOLD**  
*EVP Finance*

**LAURIE ALLEN**  
*Administrator*

**SHARIKA BROWN, LPN**  
*Nurse Manager*

**ROBERT ZELANO**  
*Executive Chef*

**DEBBIE ECKER**  
*Human Resources  
Manager*

**ANDREW VEERASAMMY**  
*Facilities Manager*

**BETH KELLEY**  
*Sales Manager*

**HEATHER MORRIS**  
*Activity Manager*



## *A word from your ADMINISTRATOR*

“Love is a many splendored thing. It’s the April rose that only grows in the early spring.”

Many of us remember well that cherished love song by crooner Andy Williams. Even though April is still a couple months away, spring draws ever closer—just like our loved ones during February, when we have several special occasions planned in advance of the big event on everyone’s mind (and heart)... Valentine’s Day.

There’s so much to love about life at Grand Oaks Jensen Beach—our residents, their families, staff, volunteers and the sense of closeness and camaraderie we all share. There’s much to look forward to, starting with Groundhog Day, Feb. 2. Whether or not Punxsutawney Phil spots his shadow, we aim to ensure every day at Grand Oaks is fresh with new and fun things to do.

Our sports fans look forward to the Feb. 4 start of the Winter Olympics, as we anticipate great performances by Team USA as we take part in a group watch party of the games.

Mid-month, make sure you keep your Sunday best nicely pressed for the next Monday, which is Feb. 14. We’re hosting a photo shoot and can’t wait to see everyone dressed to the nines—which will serve as the perfect attire for our annual Valentine’s Day Party!

Cupid—clearly up to his traditional mischief—is pulling out all the stops this Valentine’s as there’s also a full moon that night. It’s known as the “Snow Moon.” Let’s be honest, the distance between here and the moon is about as close as most of us want to get to snow these days.

It’s going to be a great February and March promises an exciting start as well. Save the date on your calendars for March 5 when the Classic Car Show comes to Grand Oaks! In addition to appreciating the beauty of yesteryear’s vehicles, we’re enjoying an All-American Lunch.

It’s a joy serving you!

Laurie Allen  
*Administrator*







## Chef's Special

## SEA SCALLOPS PERNOD



Pan seared sea scallops with Pernod liqueur, chardonnay, and orange juice reduction and finished with a touch of butter. It is served with toasted orzo pilaf rice and your choice of vegetable.



## New Move-Ins Welcome!!!

Kay K.



# PRESIDENT'S DAY ★

February 21, 2022

## PRESIDENTIAL FUN FACTS



George W. Bush became the first president to complete a marathon.



William McKinley had a pet parrot that he taught to whistle "Yankee Doodle."



Dwight D. Eisenhower kept three lucky coins in his pocket—a silver dollar, a five-guinea gold coin, and a French franc.



Millard Fillmore stood for public office from three different parties.



At 5 ft 4 in, James Madison was the shortest president.



Woodrow Wilson is the only president to have a Ph.D.



Before becoming president, Ronald Reagan co-starred in a movie with a chimpanzee named Peggy.



James Buchanan was nearsighted in one eye and farsighted in the other, which made him permanently tilt his head to the left.



In 1927, Herbert Hoover appeared on the first long-distance television broadcast in the US.



As well as having his own pets, Calvin Coolidge was given a wallaby, a pygmy hippo, a black bear, and a pair of lion cubs by foreign dignitaries.



Thomas Jefferson invented the first swivel chair.



Franklin D. Roosevelt was a stamp collector and approved the design of over 200 stamps.



Bill Clinton's hobby was crossword puzzles. He even composed one for the New York Times.



Richard M. Nixon financed his first congressional campaign from his winnings at poker.



George H. W. Bush celebrated his 90th birthday by making a parachute jump.



The teddy bear was named after Theodore Roosevelt.



John Quincy Adams kept an alligator as a pet.

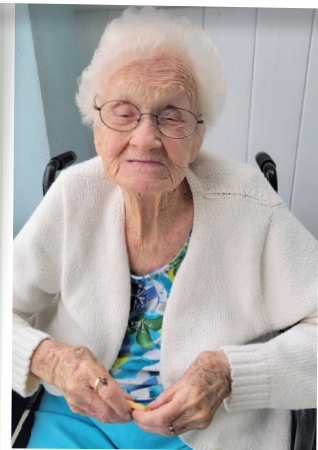


Barack Obama collected Spiderman and Conan the Barbarian comics.



Abraham Lincoln was the first president to have a beard, and was the tallest at 6 ft 4 in.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 Eleven Pipers Piping Craft 12:00 Lunch 2:15 Word Challenge 3:30 Luck Of The Draw	<b>8:00 Ground Hog Visits</b> <b>10:15 “Walkie Talkies” Walking Club With Diane</b> 11:00 Rummikub 12:00 Lunch 2:15 Monthly Bank And Post Office Trip 3:30 Poker	<b>10:15 Sit &amp; Fit Exercise Class</b> 10:45 Communion With Deacon Jim 12:00 Lunch 2:15 Charades 3:30 Bingo	<b>WINTER OLYMPICS BEGIN!</b> 10:00 Choir Practice 11:00 Blackjack 12:00 Lunch <b>2:15 Winter Olympics Primer</b> <b>3:30 Happy Hour With Bob &amp; Elaine</b>	<b>10:15 Sit &amp; Fit Exercise Class</b> 11:00 Poker 12:00 Lunch 2:15 Ice Cream Novelites 3:00 Hangman	
			Chinese New Year (Year of the Tiger)	Groundhog Day			
	<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 Scrabble 12:00 Lunch 2:00 Bingo <b>3:00 Music With Germaine</b>	<b>10:15 “Walkie Talkies” Walking Club With Diane</b> 11:00 Scrabble 12:00 Lunch 2:15 Billiards In The Mancave 3:30 Poker	<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 Home Made Valentine Craft 12:00 Lunch 2:15 Garden Club 3:30 Po-Ke-No	<b>10:15 “Walkie Talkies” Walking Club With Diane</b> 10:45 Shopping At Publix 12:00 Lunch 2:30 Bible Study With Nina 3:30 Luck Of The Draw	<b>10:15 Sit &amp; Fit Exercise Class</b> 10:45 Communion With Deacon Jim 12:00 Lunch 2:00 Bingo <b>3:30 Live Music – My Brother’s Band</b>	<b>10:15 “Walkie Talkies” Walking Club</b> 11:00 Fiddler On The Roof – Part One 12:00 Lunch 2:15 Fiddler On The Roof – Part Two <b>3:30 Happy Hour With Name That Tune By Jodi</b>	<b>10:15 Sit &amp; Fit Exercise Class</b> 11:00 Blackjack 12:00 Lunch 2:15 Ice Cream Sundaes 3:00 Hangman
	<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 Eleven Pipers Piping Craft – Part Two 12:00 Lunch 2:00 Mini Manicures 3:00 Bingo	<b>VALENTINES DAY – WEAR YOUR RED!</b> <b>10:15 “Walkie Talkies” Walking Club With Diane</b> 11:00 Word Challenge 12:00 Lunch 2:15 Luck Of The Draw <b>3:30 Valentines Day Party with Photos!</b> <small>Valentine’s Day</small>	<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 American Legion Video – 103 <sup>rd</sup> Birthday! 12:00 Lunch 2:15 Scrabble 3:30 Poker	<b>Snow Moon Day!</b> <b>10:15 “Walkie Talkies” Walking Club With Diane</b> 11:00 Rummikub 12:00 Lunch 2:15 Shopping At Walgreens <b>3:30 Snow Stories, Games and Snacks!</b>	<b>10:15 Sit &amp; Fit Exercise Class</b> 10:45 Communion With Deacon Jim 12:00 Lunch 2:15 Bingo 3:30 Po-Ke-No	<b>10:15 “Walkie Talkies” Walking Club</b> 11:00 Blackjack 12:00 Lunch 2:15 Believe It Or Not Video <b>3:30 Happy Hour With Melanie</b>	<b>10:15 Sit &amp; Fit Exercise Class</b> 11:00 Poker 12:00 Lunch 2:15 Ice Cream Novelities 3:00 Hangman
	<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 George Washington Biography In The Theatre 12:00 Lunch <b>2:00 Ride In The Country</b> 3:00 Bingo	<b>10:15 “Walkie Talkies” Walking Club With Diane</b> 11:00 Scrabble 12:00 Lunch 2:15 Billiards In The Mancave 3:30 Poker  <small>Presidents’ Day</small>	<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 Town Hall Meeting 12:00 Lunch 2:15 Scrabble 3:30 Luck Of The Draw	<b>10:15 “Walkie Talkies” Walking Club With Diane</b> 11:00 Garden Club 12:00 Lunch 2:30 Bible Study With Nina 3:30 Music With Susan	<b>Big Pig Day!</b> <b>10:15 Sit &amp; Fit Exercise Class</b> 10:45 Communion With Deacon Jim 12:00 Lunch <b>2:15 Pass The Pigs Game</b> 3:30 Bingo	<b>Renoir’s Birthday!</b> <b>10:15 “Walkie Talkies” Walking Club</b> 11:00 LCR Dice Game 12:00 Lunch <b>2:15 Renoir Video</b> <b>3:30 Happy Hour With Ron Finn</b>	<b>10:15 Sit &amp; Fit Exercise Class</b> 11:00 Blackjack 12:00 Lunch 2:15 Ice Cream Sundaes 3:00 Hangman
<b>10:15 Sit &amp; Fit Exercise Class With Diane</b> 11:00 Cooking With Strawberries 12:00 Lunch 2:00 Mini Manicures 3:00 Bingo	<b>10:15 “Walkie Talkies” Walking Club With Diane</b> 11:00 Rummikub 12:00 Lunch 2:15 Short Monday Fun! 3:30 Luck Of The Draw	<div><h1>February 2022</h1><p>Assisted Living</p></div>					

We strive to adhere to this calendar. Sometimes, changes are unavoidable. Please check with daily sheets that are always available in our Living Room.





## Employee SPOTLIGHT

### SHARIKA BROWN



We are pleased to welcome Sharika Brown as our new nurse manager at Grand Oaks!

Raised in Royal Palm Beach, Sharika attended the Academy of Practical Nursing in Palm Beach. She brings a great deal of professional experience to Grand Oaks, having worked in the field of nursing for the past 10 years. Always eager to increase her base of knowledge, Sharika is currently studying Health Science at Indian River State College.

A resident of Port St. Lucie, Sharika is married and mother to two children, a boy and a girl. Her favorite pastimes include listening to music and taking her children on outings to local parks.

When asked about her favorite part of working at Grand Oaks, Sharika said: "Working in a family-like atmosphere!"

We're so pleased that she's experiencing that classic warm Grand Oaks welcome and we thank each of you for sharing your good nature with her and each member of our staff. You really do make all of us feel each day like we're working with beloved family members--and we sincerely hope you feel the same.





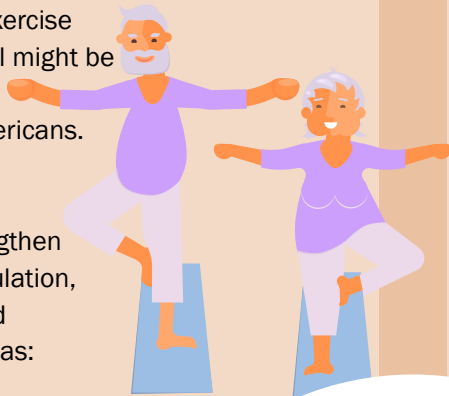
# HEART-HEALTH TIPS FOR SENIORS

February is American Heart Month. What can seniors do to keep their hearts healthy? Exercise and diet play important roles in heart health at any age, but certain adjustments need to be made.

## MAINTAIN PHYSICAL ACTIVITY

High-impact aerobic exercise like playing racquetball might be a bit too strenuous and risky for older Americans. But there are plenty of moderate, low-impact activities to help strengthen muscles, improve circulation, maintain flexibility, and improve balance such as:

- Yoga
- Walking
- T'ai chi
- Stretching
- Water aerobics



## CHECK YOUR LEVELS

Get regular check-ups from your healthcare provider for:

- Cholesterol
- Blood Pressure
- Blood Sugar



After age 55, many people require fewer calories than when they were younger.

As a result, the types of food you eat need to be nutrient-dense such as:

- Beans
- Lean Meats
- Nuts
- Vegetables
- Fish
- Fruits



## KEEP A HEALTHY WEIGHT

Other factors contribute to heart disease such as:

**Smoking** – It might be time to quit

**Drinking** – Reduce your alcohol intake if you have more than 2 drinks per day

**Stress** – Try to keep it to a minimum through meditation, positive thinking, laughter, and deep breathing



## AIM FOR A HEALTHY LIFESTYLE





## Calendar Spotlight



*Our Roots  
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*Friday,  
February 4*

Winter Olympics Begin!



*Monday,  
February 14*

Valentine's Day Party with Photos  
3:30 pm



*Thursday,  
February 16*

Snow Stories, Games and Snacks  
3:30 pm