

#### Management TEAM

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SHARON GRISWOLD EVP Finance

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Administrator

STACEY CARTY, LPN Nurse Manager

ROBERT ZELANO Executive Chef

DEBBIE ECKER Human Resources Manager

ANDREW VEERASAMMY Facilities Manager

BETH KELLEY Sales Manager

ORLAN ARRIECHE Maintenance

MELISSA PENATE Activity Manager



A word from your ADMINISTRATOR



Dear Residents,

Summer is here! Make sure you are drinking enough fluids, wearing sunscreen when you go outside, and getting inside to cool off when feeling too hot.

We are excited to announce that we have several outings planned this month! We will be visiting Macy's at the mall and Dollar Tree. We also have picnics planned at Sandsprit Park and the Jensen Beach Pavilion. Please see the calendar for all of the dates and times – you won't want to miss these fun outings!

June 17th–23rd is CNA Appreciation Week. We have goodies, treats, raffles, lunch, and gifts to give to them to say thank you for taking such good care of our residents!

Also, Happy Father's Day to all of the wonderful dads out there! Your families are very lucky to have you!

We also feel very lucky to have such wonderful residents in our Grand Oaks family! We hope everyone has a wonderful June!

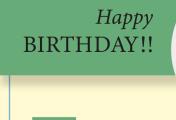
Sincerely,

Laurie Allen
Administrator





#### VEAL SALTIMBOCCA





Thinly pounded veal rolled with sage, provolone, and prosciutto, lightly coated in Italian bread crumbs, and topped with alfredo picante sauce and a balsamic reduction.



Aline B.

Rosemary M.



# 10

## **SUMMER HEALTH TIPS** for Older Adults

As the calendar tips into the month of August, 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



#### **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.<sup>1</sup>



#### 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.





#### Stay Hydrated

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



#### Keep Cool Inside

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





#### 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).<sup>3</sup>



#### 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.





#### 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.<sup>4</sup>



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#### Apply Sunblock

When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: Click Here<sup>6</sup>





#### **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).



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#### Cool Down

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	10:15 Sit & Fit Exercise 1	10:15"Walkie Talkies" 2	10:15 Sit & Fit Exercise 3	10:15 Brain Teasers in 4	10:30 Poker in the 5
		Class (Activity Room)	Walking Club with Diane	Class (Activity Room)	the Activity Room	Activity Room
			11:00 Drums Alive in the		11:00 Scrabble with	12:00 Lunch
			Activity Room!	Prayer W/Sheila & Carmen	Melissa	2:15 Short Stories with
		_	12:00 Lunch	2	12:00 Lunch	Melissa in the Activity Rm
( TOMA	1 ( ) ALEX		2:15 Bus Trip to Local		2:15 Black Jack in the	3:00"Picture That" word
			Bank & Post Office	,	Activity Room	Game in the Living Rm
TO LIVING	NG BY THE VNA	1 -	3:30 Luck of the Draw	6:30 Evening Movie	_	6:30 Evening Movie
JENSEN	BEACH		6:30 Evening Movie	Recommendation		Recommendation
10:15 Sit & Fit Exercise 6	10:15"Walkie Talkies" 7			10:15 Sit & Fit Exercise10		10:00 Poker in the 12
_	Walking Club with Diane	_	Walking Club with Diane		Shop at Macy's	Activity Room
	11:00 Watercolor Art		11:00 Beach Ball Volley		12:00 Lunch	11:00 Brain Games Trivia
	Class With Valerie	Activity Room			2:15 Short Stories with	12:00 Lunch
	12:00 Lunch	_	12:00 Lunch			2:15 Billiards in the
	2:15 Name that Vintage		2:15 Bus Trip to Publix		3:30 Black Jack in the	Mancave
	Logo Trivia	_	3:00-5:00 Hospice	-		3:15 Pokeno in the
3:00 Bingo in the Activity	_		Education Day	6:30 Evening Movie	6:30 Evening Movie	Activity Room
	6:30 Evening Movie		6:30 Evening Movie	Recommendation	Recommendation	6:30 Evening Movie
		,	•			
				10:15 Sit & Fit Exercise17		10:00 Poker in the 19
	Walking Club with Diane		10:15 "Walkie Talkies"		Shirts in Activity Room &	-
	11:00 Creating with Clay		Walking Club with Diane		Pictures	11:00 Juneteenth Eye Spy
,	ceramics class		11:00-2:00 Picnic at	Prayer W/Sheila & Carmen	11:00 Staff & Resident	Challenge on the First Flr
	12:00 Lunch	12:00 Lunch	Sandsprit Park in Stuart		Zumba fin with Terri!	12:00 Lunch
	2:15 Bus Trip Shopping			_		2:15 Short Stories with
	at Walgreens		the Activity Room		3:30 Black Jack in the	Melissa in the Activity Rm
3:00 Bingo in the Activity		3:30 Black Jack in the	6:30 Evening Movie	Rm w/ Staff & Residents!	Activity Room	3:00 LCR Dice Game
Room with Diane	6:30 Evening Movie	Activity Room	Recommendation	6:30 Evening Movie		6:30 Evening Movie
10:15 Sit & Fit Exercise20	10:15"Walkie Talkies" 21	10:15 Sit & Fit Exercise22	10:15"Walkie Talkies" 23	10:15 Sit & Fit Exercise24	10:15 Garden Club 25	10:00 Poker in the 26
Class (Activity Room)	Walking Club with Diane	Class (Activity Room)	Walking Club with Diane	Class (Activity Room)	Project in the Activity Rm	
11:00 Passing Out	11:00 Watercolor Art	11:00 Black Jack in the	11:00 Town Hall Meeting	11:00 Communion &	11:00 Drums Alive!	11:00 Brain Games Trivia
Father's Day Gifts &	Class With Valerie	Activity Room	in the Theatre	Confession W/ father Scott	12:00 Lunch	12:00 Lunch
,	12:00 Pizza Party !	1	12:00 Lunch	12:00 Lunch	2:15 Short Stories with	2:15 Checkers in the
_	3:30 Guess the CNA &		2:15 Bus Trip Shopping	2:15 Summer DIY Craft in		Activity Room
	Nurse in the Theatre!		at Dollar Tree			3:00 Songs of Praise with
3:00 Bingo in the Activity			3:30 Luck of the Draw in	_	Activity Room	Germaine in the Living Rm
_	Recommendation		the Activity Room			6:30 Evening Movie
	10:15"Walkie Talkies" 28	10:15 Sit & Fit Exercise29	-		<u> </u>	ŭ
	Walking Club with Diane		Walking Club with Diane			
	11:00 LCR Dice Game		11:30 – 2:30 Picnic at			CAAAA
_	12:00 Lunch	12:00 Lunch	Jensen Beach Pavilion	S 7 1	$\mathbf{I}$	
_	2:30-5:00 Grand Oaks		3:30 Luck of the Draw in		Jne 201	
	Summer Caribbean Bash	_	the Activity Room			
	in the Living Room		6:30 Evening Movie			
3:00 Bingo in the Activity	_	Activity Room	Recommendation	Mar	Assisted Livin	
_	Recommendation	6:30 Evening Movie	Necommenuation		resisted Fivili	5
Calendar is subject to d	changes. Please check	the daily activity sheet	for the most up to date	schedule of the day. Th	ank You -Activities.	
		and analysis of the second				
7						



### SUMMER WORD SEARCH

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



AUGUST
BARBECUE
BEACH
FAMILY
FLIPFLOPS
FUN

HOT ICE CREAM ICE POP

JUNE OCEAN

PICNIC POOL RELAX

RELAX SEASIDE SHORTS

**SPRINKLER** 

**SUMMER** 

**SUNGLASSES** 

SUNSCREEN

**SUNSHINE** 

SWIMMING

**VACATION** 



