

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

ASHLEY RUKEYSER
Assistant Administrator & Sales

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 and will celebrate the beginning of summer on June 21st. Our Father's Day luncheon will be on June 19th to honor all of our wonderful fathers! 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
Administrator



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.

"A garden isn't meant to be useful.

Gardening Corner

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 corning 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



New Move-Ins
Welcome!!!

Esther C.





Aline B.



Remember When...

Were you a fan of M*A*S*H* in the 70's?

The first episode of the 4077 crew aired on September 17th 1972 and was simply titled "Pilot" and stared both Hot Lips Houlihan and Hawkeye.

Who was your favorite character?





Employee SPOTLIGHT

ZION SOCKER

Administration Assistant/Receptionist



Zion grew up here in Jensen Beach. She has three brothers, one sister, two stepbrothers and one stepsister. Her favorite childhood memory is going to the beach every weekend with her family, where she enjoyed surfing in the beautiful Atlantic Ocean.

After graduating from Jensen Beach High School in 2019, Zion has been taking classes at Indian River State College for nursing. She also became a CNA at a skilled nursing facility working the front lines on the Covid unit. She was then hired at Grand Oaks as a caregiver but was given the opportunity to take the administration assistant position and was trained by the best, Debbie!

An interesting fact about Zion that you may not know is that she was a competitive cheerleader for over 10 years at the highest level.

Her favorite thing about working at Grand Oaks Jensen Beach is the residents!

























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul Assis	1ed Living Jensen)22 Beach	Celebrate the Day – World Milk Day and Happy Birthday, Marylin Monroe 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Drumming 11:00 Lunch Bunch 2:00 Wiser Now Wednesday Hollywood Makeup Tips 3:00 Monthly Trip to Bank/Post Office	Celebrate the Day – International Joke Day! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Activity Connection 2:00 Card Sharks 3:00 Laughter Yoga 4:00 Comedy Hour	Celebrate the Day – National Done Day! 9:30 Drumming 10:30 Zumba w/ Teri 11:00 Sing-Along 2:00 Fresh Air Fun w/ Donuts 3:30 Elaine & Bob Performing	MAN MAN TO STATE
Celebrate the Day – National Garden Week Begins! 9:30 Meditation & Exercise 10:00 Worship Your Way 10:30 Daily Chronicles & Brain Games 11:00 Diamond Painting 2:00 Let's Get Creative 3:00 Afternoon Movie	Celebrate the Day – Get Your Kicks on Route 66! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Painting w/ Valerie & Jackie Robbins Performing 2:00 Travel Down Route 66 3:00 Billiards in the Mancave 4:00 Card Sharks	Celebrate the Day – Gaugin's Birthday! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Bingo 2:00 Musical Murals 3:00 Robert Steinberg	Celebrate the Day – National Best Friends Day! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Drumming 11:00 Lunch Bunch 2:00 Make Friendship Bracelets 3:00 Publix	Celebrate the Day – National Iced Tea Day! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Mind&Melody 2:00 Card Sharks 3:00 Afternoon Movie	Celebrate the Day – National Ballpoint Pen Day! 9:30 Drumming 10:00 Daily Chronicles & Brain Games 10:30 Zumba w/ Teri 11:00 Sing-Along 2:00 Fresh Air Fun w/ Bubbles & Bubbly! 3:00 Josh Groban in Concert	Celebrate the Day – Happy Saturday! 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
Celebrate the Day – Children's Sunday! 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	Celebrate the Day – Manic Monday! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Retail Therapy & Lunch Bunch 2:00 Travel Down Route 66 3:00 Billiards in the Mancave 4:00 Card Sharks	Celebrate the Day – World Blood Donor Day! 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	Celebrate the Day – Nature Photography Day! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Drumming 11:00 Lunch Bunch 2:00 Nature Photography 3:00 Walgreens	CNA and Nurses Week!! Celebrate the Day – CNA Week/Nurses Week Begins! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Activity Connection 2:00 Card Sharks 3:00 Afternoon Movie	CNA and Nurses Week! Celebrate the Day – Flip Flop Day 9:30 Drumming 10:00 Daily Chronicles & Brain Games 11:00 Sing-Along 2:00 Fresh Air Fun w/ Flip Flop Games 3:00 Name that Tune w/ Jodi	CNA and Nurses Week! Celebrate the Day – International Picnic Day! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Activity Connection 2:00 Picnic Time 3:00 Scenic Ride 4:00 Happy Hour
Celebrate the Day – Happy Father's Day! 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 Father's Day Juneteenth	CNA and Nurses Week!! Celebrate the Day – Happy Monday! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Creating w/ Clay 2:00 Travel Down Route 66 3:00 Billiards in the Mancave 4:00 Card Sharks	CNA and Nurses Week!! Celebrate the Day – Summer Solstice! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Town Hall Meeting 2:00 Summer Surprise 3:00 Afternoon Movie	Celebrate the Day – Wiser Now Wednesday! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Drumming 11:00 Lunch Bunch 2:00 Wiser Now Wednesday 3:00 Music w/ Susan	Celebrate the Day – Let it Go Day! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Activity Connection 2:00 Card Sharks 3:00 Watch Frozen	Celebrate the Day – National Food Truck Day! 9:30 Drumming 10:00 Zumba w/ Teri 11:00 Sing-Along 12:00 Find a Food Truck 2:00 Fresh Air Fun w/ Bubbles & Bubbly! 3:00 Ron Finn Performing	2
Celebrate the Day – National Harry Potter Day! 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	Celebrate the Day – Captain Kangaroo Day! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Painting w/ Valerie & Jackie Robbins Performing 2:00 Travel Down Route 66 3:00 Billiards in the Mancave 4:00 Card Sharks	Celebrate the Day – Summer Camp Memories! 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	Celebrate the Day – Wiser Now Wednesday! 9:30 Family Feud 10:00 Daily Chronicles & Brain Games 10:30 Drumming 11:00 Lunch Bunch 2:00 Wiser Now Wednesday 3:00 Publix	Celebrate the Day – Gone Fishin' Day! 9:30 Meditation & Exercise 10:00 Daily Chronicles & Brain Games 11:00 Go Fish 2:00 Card Sharks 3:00 Gone Fishin'	C C C D D D D D D D D D D D D D D D D D	

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.



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.¹



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.²



Keep Cool Inside

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





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



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.



Apply Sunblock When outdoors, mal

When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: Click Here⁶





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).



Co Tal

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



