

SEPTEMBER 2019

Grand Oaks

ASSISTED LIVING BY THE VNA
PALM CITY

MANAGEMENT TEAM

CHAIRMAN:
Donald Crow

VICE PRESIDENT:
Teresa Roberts

EVP FINANCE:
Sharon Griswold

ADMINISTRATOR:
Laurie Allen

SALES MANAGER:
Beth Kelley

NURSE MANAGER:
Michelle Edwards

EXECUTIVE CHEF:
Robert Zelano

SOUS CHEF:
Carlos Lugo

HUMAN RESOURCES
MANAGER:
Debbie Ecker

MAINTENANCE:
Robert Ramirez

ACTIVITY MANAGER:
Heather Morris

A WORD FROM YOUR *administrator*



September is here and that means summer is almost over! In fact, we are already starting to see Christmas decorations in the stores!

This month, we are focusing on community,

the environment and personal development. National Assisted Living Week will start with Grandparents Day on September 8th and will run through September 14th. The theme this year will be "A Spark of Creativity." According to the American Art Therapy Association, art therapy can offer many benefits to older adults and individuals with disabilities, including improving cognitive and sensory-motor functions, fostering self-esteem and self-awareness, cultivating emotional resilience, enhancing social skills, and reducing and resolving conflicts and distress. Watch for exciting art therapy projects all week! While we are fostering self-awareness, we will

also explore environmental awareness. We were proud to present at Stuart's last town hall meeting to kick off their recycling program.

In celebration of International Housekeeping week which is September 8-14th, we ask that you take a minute to thank our lovely housekeeping staff for keeping our community so tidy.

And lastly, GOPC staff will be participating in the Walk to End Alzheimer's on September 28th. If you would like to donate to the Alzheimer's Association for this event and help us meet our fundraising goal, please see Heather.

Thank you for making Grand Oaks of Palm City your home. We're very glad to have you as a part of our family! Have a wonderful September!

Sincerely,

Laurie Allen





EMPLOYEE SPOTLIGHT

MARLENE C., *Housekeeper*

Marlene was born and raised in Jamaica. She attended Lennon High School and has two sons and one daughter. She recently married in 2017.

In 2015, she moved from Jamaica to Florida to be closer to family. Marlene has worked at Grand Oaks as a housekeeper for the past 2 ½ years. Her favorite part about working at Grand Oaks is the staff and the residents.

"I love talking with the residents and making them laugh," she said.

When she's not at work, Marlene enjoys spending time with her youngest son.



RESIDENT SPOTLIGHT

FLORENCE S.

Florence was born and raised in New York City. She has one son and one daughter. Growing up, her father owned a small food market while her mother stayed at home with the kids. She attended Christopher Columbus High School in the Bronx.

After graduating from business school, she worked for the Lakeland Central School District in New York State as a secretary to the director of personnel for 13 years. After that, Florence moved to Florida and got a job in a jewelry store as a bridal consultant. She helped pick out crystal, china and wedding rings for many bride-to-be's.

Florence enjoyed watersports, tennis and knitting. Her favorite pastimes now are reading, watching old movies and going shopping. She also loves sitting by the lake and watching all the different birds. Florence's favorite part about living at Grand Oaks is the staff and the residents.

"I enjoy both the residents and the employees. Everyone is so helpful here," she said.

ORATIONS BY *Olga*



Early Morning On The Back Porch Overlooking Hope Pond

Everything is quiet...
If I move I'll disturb the big pine that's still asleep by the river catching five minutes more

I am still and listening as the early morning birds faintly tune up for today's concert

I watch fuzzy ducklings paddling close to their sleepy mother in duck formation

One will dare to dart out for a nip at something, then quickly get back in line before he is missed

Little black turtle heads poking out of the still water are checking to see if it's too early to climb on the log to bask in the sun

The sun hasn't come up high enough yet to warm their spot or to shine on the garden rocks that are supporting yawning, lazy petunias

There are pink and red geraniums by the steps with sleepy eyes peeking through their buds deciding if today is a good day to blossom

In this church-like stillness, I hear God say, "Shhh, Let's give them five more minutes."

Contest: We will be holding a contest through the month of September to name the pond in front of our community. A receptacle will be placed in the dining room so when you are inspired with a name, drop your vote in! The winning name will be placed on a plaque with the name and the resident's name.



THIS MONTH'S SPECIAL

Asian-style grilled lamb chop

Drizzled with Thai infused soy sauce and served with marinated sesame napa slaw.

SEPT.
05

Judy H.

SEPT.
06

Jean B.

SEPT.
07

Helen V.

SEPT.
17

Russ W.

SEPT.
18

Pamela C.

SEPT.
26

Joe C.

Happy Birthday







I ♥ Books



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

Looking for words associated with books. They may be spelled forward, backward, downward, upward, or diagonally.

- BIBLIOGRAPHY
- MANUSCRIPT
- STORY
- IMPRINT
- LITERATURE
- NARRATIVE
- INDEX
- READ
- TEXT
- VOLUME
- NOVEL
- DEDICATION
- PUBLISHER
- BINDER
- CONTENTS



Visit www.seasonedtimes.com. We are not old, we are seasoned!



Participate

IN OUR MONTHLY EVENTS.

Refer to this month's calendar for more information and exciting activities!

SEPT.
02

Labor Day
BBQ



SEPT.
12

First Quarterly
Chef Chat
at 11:00 a.m.



SEPT.
13

Grandparents
Day

