



THE Oaks

Gracious Retirement Living

3720 Williams Drive • Georgetown, TX 78628 • Phone (512) 863-7788 • www.seniorlivinginstyle.com

JUNE 2020

THE OAKS STAFF

Managers..... DENNIS & BROOKE RIGDON
Assistant Managers ... DAVID & DANA SALISBURY
Community Sales RACHEL GUERRERO
Activity Coordinator AVIS WILKERSON
Maintenance RUSSELL JONES
Transportation ART GARCIA

TRANSPORTATION

Monday, 9:30 a.m.-2 p.m.:

Appointments & Shopping (Georgetown Only)

Tuesday, 9:30 a.m.-2 p.m.:

Doctor Appointments (Out of Town)

Wednesday & Thursday, 9:30 a.m.-2 p.m.:

Doctor Appointments & Shopping
(Georgetown Only)

Friday, 9:15 a.m.-1:45 p.m.:

Trips/Outing with Activities

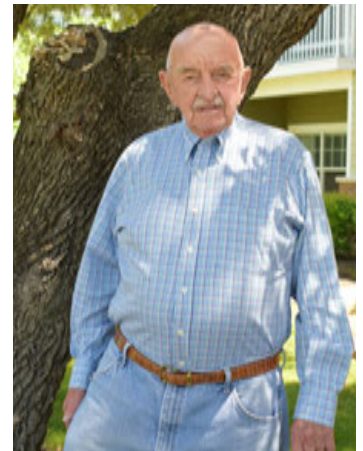
Friday, 2 p.m.: Errands & Shopping
as Trip/Outing Schedule Allows



HAWTHORN
SENIOR LIVING

Oak Leaf of the Month: John Eubank

My name is John Edward Eubank. I was born in Waco, Texas, on May 10, 1929 in my grandparents' home. It's hard to believe the house is still there today. At 2 weeks old my mother and her parents brought me home to Ranger where my father was working as manager of a rock quarry run by the railroad. There was a year and a half between my older sibling Frances, me and my younger brother Jack. We all grew up in Ranger, between Abilene and Fort Worth. I have a lot of wonderful memories of Ranger and of the love my parents had for us. I graduated from Ranger High School in 1947 and then joined the Air Force in 1949. I went through basic training at Lackland Air Force Base in San Antonio. After basic training, I was sent to Madison Air Base in Madison, Wis., until I got my orders to go to Germany, flying special air missions. I had the opportunity to fly on a lot of missions, which included 18-plus countries. I had the pleasure to fly with senators Johnson, Dalton, Duff, Redd and several movie stars, whom we flew to USO shows throughout Europe. My service came to an end when I got orders to return to the USA and was discharged November 1954.



I took a job with the Texas Company (Texaco) in the oil fields of Odessa, Texas. I spent three years on oil rigs. I got a call from my dad to come back to Waco and go into ranching and farming with him and my brother. That was the summer of 1958. I lost my father the following year, a week after my 30th birthday. Jack and I kept our family ranching business going. Three years later we lost our mother to cancer. While I was in Odessa, I met a schoolteacher, her name was Jane Ruth Howell. We married in 1960. I was blessed with a son, Gregory. After 18 years of marriage we called it quits and divorced.

(Continued on page 2.)



Oak Leaf of the Month: John Eubank (Continued)

Six years later I met Pearlene at Western Heights Baptist Church, we married and have spent the rest of our lives together. I had the pleasure to see my son get married to the love of his life, Carol. They gave me a granddaughter, Macy. I stayed in ranching for several years and then retired. It did not last long; I went back to work for Empire Seed Company and became manager of one of their stores. Pearlene was working also and we decided it was time to retire at the age of 70. Over time Pearlene began to have memory issues. When it became pretty bad, her son and I put her into a memory care facility in Belton, Texas. I came to Georgetown to live with my son and his wife. After two years we started looking for a place for me so I would not be alone, as they both still work. Gregory is a laser engineer and manages locations in 17 different states. As you can imagine, he travels a lot!

I prayed to God about my problem and he answered my prayer. My son found The Oaks. I have just moved in and have been here about a month. I hope to meet many friends. My granddaughter is engaged and seeing her get married will be another joy in my life. I plan to live the rest of my life as God has planned. I have asked God to bless this place and each and every one of you.

The Joy of Gardening

I know you are wondering what I do in my spare time (as if I don't keep you all in the loop), but my morning ritual most days consists of grabbing a cup of coffee and a bowl of cereal and heading out into the garden. It's my most favorite time of the day, the birds are singing, all the spring flowers are simply magical and the weather is perfect. Such little effort creates a huge reward, my garden is my oasis, it prepares my mind and body for the day to come.

Here's some other benefits of gardening, I hope it brings you outside:

1. Gardening burns a lot of calories. You can burn about 330 calories doing one hour of light gardening.
2. It can lower your blood pressure. Just 30 minutes of moderate-level physical activity most days of the week can prevent and control high blood pressure.
3. Spending time outside is good for your bones. When you're outdoors and your skin is exposed to the sun, it prompts your body to make vitamin D. This vitamin, also found in fish and fortified foods like milk, helps your body absorb calcium, a mineral essential for bone formation.
4. Gardening can relieve stress. Gardening is positively correlated with a reduction in depression and anxiety symptoms. People are so busy — there's so much stress now with electronic media all over the place, people need respite and nature provides respite.
5. It can provide a source of community. You don't have to weed alone — people who work in allotment gardens (like we do at The Oaks) had significantly better self-esteem, total mood disturbance and general health compared to those who did not garden.
6. Gardening can make you happier. The act of growing plants may also help boost your mood. Growing something green, something real, something alive, is a hopeful thing to do and boost your faith in the future.

You may feel that it's one of those things like cooking — done it for years, over it now — but why stop doing something that brings so much joy, so much reward? We are all in this together; see the light, get your hands dirty and come reap the rewards of gardening.

Written by Avis Wilkerson



To plant a garden is to believe in tomorrow — our gardeners Al and John



What a "go-getter"! Our resident Marilyn goes the extra mile and keeps our property looking great!



Home Sweet Home

My name is Rachel Guerrero. I began my job at The Oaks as Sales Manager in October 2019. It was quite the journey to get here, but I have finally found the place that suits my mission and ministry of serving others.

The first position I held in senior care, was at a skilled nursing facility (also known to most as a nursing home). While I was employed at this facility, I saw daily how patients were disrespected and improperly cared for. It only took a year for me to decide I wanted to help seniors stay out of nursing homes, so I pursued a position in home health services.

While educating and assisting patients on home health services, I began to see how seniors were improving from these services and it was lengthening their independence and simply keeping them out of the hospital and nursing homes. I saw how, if an individual was a fall risk, they could receive physical therapy to gain strength and balance improvement and how a registered nurse could teach the patient to better manage a disease such as COPD, Parkinson's, congestive heart failure or dementia. Also, I saw how they could assist them in getting their medications organized and in a system that worked for them, all while helping them remain independent.

Home health services continues to be completely covered by traditional Medicare insurance so there is no expense to the patient. In order to determine if home health services could benefit someone, all they would need to do is discuss it with their physician or a representative from the company.

While working for Texas Home Health as a Sales Associate in Austin it was by job to go to all the independent and assisted living communities in North Austin and Williamson County. My job was to go in and build relationships in the communities by assisting in activities or educational events. I often said, I was getting paid to make friends! In the time I was with Texas Home Health, I found that The Oaks was my absolute favorite Community to frequent. Every time I walked through the front door, I felt like I was at home. The residents as well as the staff members became my extended family. I found myself attending events on the weekends and bringing my daughter to share in my passion for The Oaks.

When I walked into other communities, I often found the residents complaining or depressed. These managers were not interacting with the residents like my friends at The Oaks were. Many of these other communities simply did not have the love and sense of family that The Oaks did. Now that I am an employee of The Oaks, I can share with potential residents or their family members, the love I have for this beautiful Community. It is an honor and privilege to showcase our home to the community and prospective residents to determine if this too can become their new home.

I am proud of the network of professionals we have serving our Community as well. It is great that in most circumstances our residents can age in place within their home here at The Oaks. If a resident should need just a little bit of assistance such as standby shower assistance, or medication reminders, or much more assistance, they can receive these services through our supporting professionals that offer services within our Community. These services are most always much more affordable than having to move to an assisted living community where costs can increase by levels of care, without the resident or family member's consent. VA benefits and long-term care insurance can cover personal care services as well.

I enjoy helping our current residents remain at The Oaks and age in place. If you should ever have any questions, regarding additional services in our Community, or even need a new physician who can see you here at home, please do not hesitate to come to the office. We are here to serve you and make sure you are remaining healthy and happy here in our "Home Sweet Home."



Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

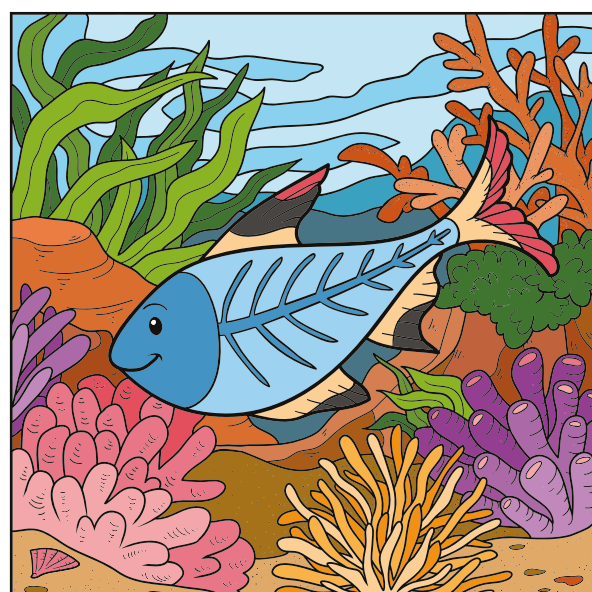
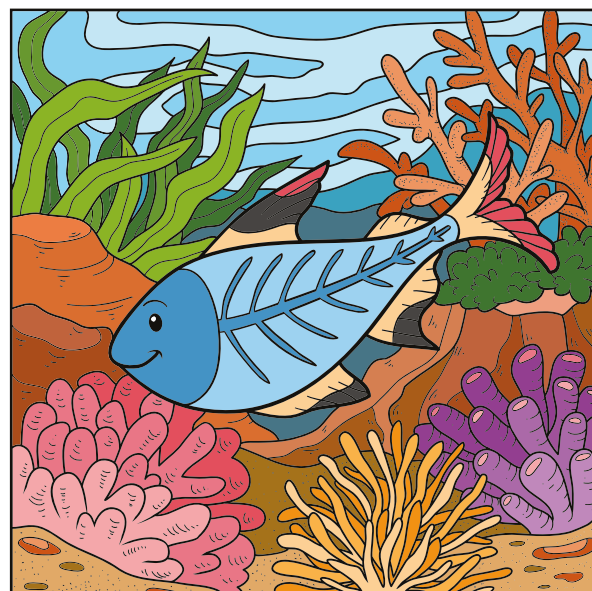
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

1. B; 2. C; 3. G; 4. E; 5. D; 6. F; 7. A

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Spotlighting The Oaks



Spreading the love we have for our residents



Residents enjoyed two performances by Dr. T's Wonderful World of Magic.



Bo and Pat listening to the music from their balcony



What a beautiful day for music under the oak tree!

My Friend

Many times I would have fallen,
Had you not had my hand
Though I may stumble,
You help me again to stand.

You remain when others leave,
You stay by my side.
When I throw up walls,
You push past my pride.

For life is cruel,
Sometimes seems senseless.
But you are a friend,
Who's proven to be fearless.

Remember He is faithful.
He will never leave.
Hold fast to Him,
And steadfastly believe.

I could not endure
without your steady hand.
To raise me up,
Empower me to stand.

Now turn to Him,
The One who cares.
And surrender there,
Your deepest fears.

Do you know the one,
Who is with you to the end?
He who remains when
others flee.
Do you know my friend?

By Dennis Rigdon

Hair Trendz Salon

Kim Miller,
512-595-1950.

Open Tuesday-Saturday,
9:30 a.m.-5 p.m.,
Manicures and Pedicures by appt.



Guess the Mystery Resident

Stop by Avis' desk with your guess to win Big Bucks!



June Birthdays

Rachel Carney, 2nd	Lester Sickelka, 23rd
Ruth Pritchard, 7th	Deleon Weston, 25th
Don Holloway, 8th	Dave Davis, 25th
Sue Everett, 9th	Elaine Rhodes, 29th
JoAnn Williamson, 18th	Robert Anderson, 30th
Judy Smith, 22nd	



A Story About a Father and His Son

A man came home from work late again, tired and irritated. He found his 5-year-old son waiting for him at the door. "Daddy, may I ask you a question?"

The dad replied: "Yeah, sure, what is it?" "Daddy, how much money do you make an hour?" The dad got mad and said, "That's none of your business! Why do you want to know?" The little boy said, "I just want to know. Please tell me, how much do you make an hour?" The dad, wanting to sit down and relax, said, "If you must know, I make \$20 an hour." The little boy sighed and bowed his head. Looking up, he asked, "Daddy, may I borrow \$10 please?" The father flew off the handle, "If the only reason you wanted to know how much money I make is so that you can hit me up for some cash to buy some stupid toy, then you march yourself straight to your room and go to bed. You're so selfish. I work long, hard hours every day and don't have time for this."

The little boy quietly went to his room and shut the door. The dad sat down and started to get even madder about the nerve of his little boy. How dare he ask questions only to get some money. After an hour or so, the man had calmed down, and started to think that maybe he was a bit hard on his boy. Maybe his son really needed the money for something important. And so, the father went up to his boy's room and opened it, "Are you asleep, son?" No, Daddy. I'm awake," replied the boy. "I've been thinking, maybe I was too hard on you earlier. It's been a long day, and I took it out on you. Here's that 10 bucks you asked for." The little boy sat straight up, beaming. "Oh, thank you, Daddy!" he exclaimed. Then, reaching under his pillow, he pulled out a wad of crumpled up bills. The dad, seeing that the boy already had some money, started to get angry again. The little boy slowly counted out his money, and then looked up at his dad. The dad, now ticked off, demanded to know what was going on, "Why did you want more money if you already had some?" The little boy replied, "Because I didn't have enough, but now I do. Daddy, I have \$20 now ... and I'd like to buy an hour of your time."

How precious is the gift of time! Happy Father's Day to you all!



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Georgetown, TX 78628



When the world
is staying apart,
we are coming
together.

THE
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