

# THE Oaks

Gracious Retirement Living

3720 Williams Drive • Georgetown, TX 78628 • Phone (512) 863-7788 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## JANUARY 2021

### THE OAKS STAFF

Managers.....DENNIS & BROOK RIGDON  
Assistant Managers ..... BRIAN & TRACY LEWIS  
Executive Chef .....NELLIE ORTIZ  
Community Sales ..... RACHEL GUERRERO  
Sous Chef .....AARON MILITAR  
Activity Coordinator .....AVIS WILKERSON  
Maintenance ..... RIGO RODRIGUEZ  
Transportation .....ART GARCIA  
Head Housekeeper .....KATRINA POOLE

### TRANSPORTATION

**Monday, 9:30 a.m.-2 p.m.:** Appointments and 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 Appts. and Shopping (Georgetown Only)

**Friday, 9:15 a.m.-1:45 p.m.:** Trips/Outing with Activities 2 P.M. Errands and Shopping As Trip/Outing Schedule Allows

HAWTHORN  
SENIOR LIVING

## Goodbye 2020, Hello 2021

So much of 2020 has been hard, very hard. Yet even in a year, that will be iconic in our memories. May we also recall those things we had to be thankful for this year. We here at The Oaks have had a warm home, food on our tables, friends, activities, celebrations and laughter. We have had the opportunity to unify and call ourselves a family. We have fussed and complained, but we have forgiven and loved. We have discovered that during very difficult times, it is always better to be with others than alone. We are thankful for patience, endurance, trials that make us stronger, and staff who love us and serve us so faithfully. So, as we head into another year where things are still uncertain, let's remember the blessings that we have witnessed and look toward the future with expectation and hope.

May 2021 bring you health, happiness, family, friends, peace, and prosperity. May you have the opportunity to watch a granddaughter's wedding or a grandson's job promotion. May you take time to laugh, make a new friend, or attempt a new skill. May you be at peace in the comfort of your home here at The Oaks. May your loved ones come sit on the porch for a Sunday afternoon chat. May you enjoy the adventure of a trip out for lunch. May you have patience and endurance if those things do not come immediately or all at once. May your wisdom and years of experience be valued. May you know that you are never alone. May you ask questions, seek answers, and give forgiveness where needed. May you see and be hope for the future. May you, as well as others around you, realize that change, hope, and encouragement start with just one. May 2021 be your best year yet and may you know that the legacy you leave starts today in the lives of those you touch. God bless you and have a very blessed New Year!





## For the Love of Our Veterans

Veterans Day 2020, at The Oaks, celebrated 26 men and women who have sacrificed and served their country. The Colors this year were presented by East View High School. Elise Ledbetter (formerly Outcomes Therapy) did an outstanding job singing “The National Anthem,” along with our very own Managers, Brook and Dennis singing acapella, “America the Beautiful,” and “God Bless America.” This year’s guest speaker was retired veteran, Sergeant 1st Class Arthur Garcia (our Bus Driver). He did a “show and tell” on all the different uniforms he has worn during his military career. We are thankful beyond words to all our veterans.

### Did you know?

- 18.2 million living veterans served during at least one war as of 2018.
- 9 percent of veterans are women.
- 7 million veterans served during the Vietnam War.
- 3 million veterans have served in support of the War on Terrorism.
- Of the 16 million Americans who served during World War II, about 325,000 were still alive as of 2020.
- 2 million veterans served during the Korean War.
- As of 2019, the top three states with the highest percentage of veterans were Virginia, Wyoming, and Alaska.
- Veterans Day was founded in Emporia, Kansas. It was the first city to celebrate all veterans of all wars, which became common practice in the rest of the country after their example.
- The Tomb of the Unknown Soldier, a memorial constructed in celebration of veterans’ service, was built in 1921. At 11 a.m., every Veterans Day, a cohort of military members from all branches gather to pay tribute to veterans at the Tomb of the Unknowns in Arlington National Cemetery.



*Eastview High School Color Guard*



*Al Bauer (sitting) served in the Army Air Corps/U.S.A.F. from 1942 to 1951*

*Earl McLain (standing) U.S. Army 1942-1946*



*The Fallen Soldier's table; Master of ceremonies: Dave Salisbury*



*Our resident Forest Hankins read the poem “I Am a Veteran.”*



*Sergeant 1st Class Arthur Garcia*



# Island Hopping 2021: Pirates Just Want to Have Fun!

Ahoy Maties,

With the loot we have absconded sailing the seas aboard the Black Oak, we are all privy to a little rest and relaxation. Set the sails to the South Pacific where treasure awaits in the form of those who seek adventure, sun, and sand. Swaying palms, powder-fine beaches, clear blue waters, and friendly, and not so friendly natives await. With the wind at our backs, our three-week adventure will begin on January 18th:

- Hawaii
- Fiji
- New Zealand

Please remember maties, when going ashore, leave your swords on the ship and disembark with only your beach breeches, flip flops and sunscreen. There will be lots of action, experiencing good food, history, and the culture (there could be gold in them hills)!

As usual, gold nuggets (points) will be allotted for every destination activity you attend. So, pack a great attitude, get off the ship (your four walls of your apartment) and let's have fun.

Come to the Captain's Lounge (Activities Room) on January 15th for a Pirate Kickoff Party and to collect your itinerary.



## Guess the Mystery Resident

Stop by Avis' desk with your guess to win cash.



## A Time to be Thankful

2020 wasn't the easiest of years for many in this nation. With the worldwide pandemic bringing everything to a halt, it made every individual rethink normal! It forced us all to take time out, slow the pace of everyday life, and remember all the things to be thankful for.



I know many who have stopped chasing the dollar and have re-evaluated life; countless people have lost their jobs and have had to re-invent themselves, so they can make a living. Ultimately, working together and lifting each other up matters more than the chaos happening in the world.

Every year I ask our residents to write a note on our thankful tree. Their years of wisdom never wavers; faith, family and friends are the highest of priority. In this New Year, make it a point to watch out for your neighbor and keep their spirits high. Here's to love and human connection.

# JAN 2021

## Birthdays

Harpin Myers, 9th  
 Curtis Fatyol, 16th  
 Juanell Deorsam, 18th  
 William Brewster, 20th  
 Pat Moody, 20th  
 Madeline Gemme, 21st  
 Barbara Corbitt, 22nd  
 Avis Wilkerson, 23rd (Employee)  
 Emma Atwood, 30th  
 Christine Robinson, 31st

## Locations

Activity Room, AR  
 Atrium, AT  
 Backyard Patio, BP  
 Billiards Room, BR  
 Bistro, BI  
 Chapel, CH  
 Computer Center, CC  
 Dining Room, DR  
 Exercise Room, EX  
 Front Lobby, Lobby  
 Library, LB  
 Movie Theater, MT  
 Private Dining Room, PDR  
 TV Room, TV

**“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”**

**—Daniel Kahneman**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>NEW YEAR'S DAY 1</b> 9:30 Exercise: Up with the Beat with Avis, AR 10:15 Outing: Mystery Trip to Nowhere, Lobby 2:00 Game: Pictionary, AR 3:00 Chair Volleyball, AR 4:00 Rosary Prayer Service, CH 6:45 Friday Night at the Movies, MT 6:45 Mexican Train Game, TV	<b>2</b> 9:30 Exercise with Tracy, AR 10:30 Hole in One Golf, AT 1:45 Movie Matinee, MT 2:00 Bring Your Nickel\$ Bingo with June, AR 2:00 Penny Ante Poker, TV 6:45 Saturday Night at the Movies, MT
<b>3</b> 9:00 The Worship Place Televised Live, MT 10:30 Rosary Prayer Service, CH 11:15 Sunday Worship, AR 1:45 Sunday Matinee, MT 3:00 Whiteboard Wheel of Fortune, AR 6:45 Evening at the Movies, MT	<b>4</b> 9:30 Exercise Class-with Avis, AR 10:00 Coffee Talk: What's on Your Mind?, AR 11:00 Chair Volleyball, AT 2:00 Bring Your Nickel\$ Bingo with Norma W., AR 2:00 Bridge Club, TV 3:00 Fun Times with Texas Home Health, AR 6:45 Evening Movie, MT 6:45 Mexican Train Game, TV	<b>5</b> 9:30 Exercise-with Avis, AR 10:00 Penny Ante Poker, TV 10:30 Singalong Group, AR 11:30 Making Strides Walking Club, AT 2:00 Pinochle, TV 2:00 Outcomes Therapy Smorgasbord of Activity 3:00 Horse Racing, AT 6:45 Evening Movie, MT	<b>6</b> 9:30 Exercise: Outcomes Therapy with Kelsey, AR 10:00 Conductorcise with Ron & Avis, AR 11:00 Bean Bag Baseball, AT 2:00 Bring Your Nickel\$ Bingo, AR 3:00 Arts Class with Elinor, AR 6:45 Evening Movie, MT 6:45 Mexican Train Game, TV	<b>7</b> 9:30 Exercise: Up with the Beat with Avis, AR 10:30 Chair Volleyball, AT 11:30 Shuffleboard, BP 11:30 Making Strides Walking Club, AT 2:00 Bring Your Nickel\$ Bingo with Kelly W., AR 3:00 Coulda, Woulda, Shoulda Card Game, AR 6:45 Evening Movie, MT	<b>8</b> 9:30 Exercise: Up with the Beat with Avis, AR 10:15 Outing: Mystery Trip to Nowhere, Lobby 2:00 Game: Pictionary, AR 3:00 Chair Volleyball, AR 6:45 Friday Night at the Movies, MT 6:45 Mexican Train Game, TV	<b>9</b> 9:30 Exercise with Tracy, AR 10:30 Hole in One Golf, AT 1:45 Movie Matinee, MT 2:00 Bring Your Nickel\$ Bingo with June, AR 2:00 Penny Ante Poker, TV 6:45 Saturday Night at the Movies, MT
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## Oak Leaf of the Month: Mary Clausen

My name is Mary Clausen. I was born in Abilene, Texas in 1937. As a child, you could say I was a “Tom Boy.” The neighborhood kids were all boys, so it was Cowboys and Indians for me. In junior high and high school, I really enjoyed playing the drums in the marching band. We had an amazing football team and being in the band there was a great feeling of comradery around our community.

After high school, I went to work for Southwestern Bell and in 1958, I married my husband, Gary Clausen, who was in the Air Force. Much of our military life was spent in Bermuda, although we also spent time in Roswell, New Mexico and Texas. Once Gary was out of the military, he went to work for IBM. IBM moved us every couple of years (Ft. Worth, Cleveland, Detroit and back to Texas). I put my foot down when IBM wanted us to move to New York City. My mind was set on Texas, so we finally planted roots in Euless, Texas, which is between Dallas and Fort Worth. We lived there for 35 years. Most of my working life was debt collecting for Montgomery Ward, Nissan Motor Company and a bank. At one point in my courier, I even repossessed cars. In my younger days, I enjoyed rodeo dancing. I loved everything cowboy and prior to courting my husband, he went out and bought everything country, just to perk my interest.

I have two children, Paige and Gregory. Later in life, Paige moved to Georgetown and Gregory to Houston, as they each began raising families of their own. I decided to relocate to Georgetown to be closer to my family. I now have four grandchildren!

I started having health issues and established residency at Park Place Assisted Living. After five years there, they decided to close their community. I was deeply concerned because I am on dialysis and feel like at my age, assistance is still needed and welcomed. After many conversations with Rachel here at The Oaks, I decided to move here. It is one of the best decisions I have made!

I can't thank the staff and my fellow residents enough for their friendship. It's truly been a blessing to have found this property and lifestyle. My mind is still sharp, and I'm enjoying watching the progression of my children and grandchildren. Thank you all for being part of my new family!



## Upcoming January Events

**Wednesday 6th:** Miracle Ear – Free Hearing Aid cleaning and battery replacement

**January 20th:** Entertainment, Stan the Man

**January 27th:** Entertainment, Singing Cowboy

**Friday 15th:** Pirates of the South Pacific Kickoff Party



January 18th-22nd



January 25th-29th



February 1st-5th



## Outcomes Therapy Corner: Hydration

It's the season to be jolly; indulging a little is very normal, but please give yourself the best present of all and hydrate, hydrate, hydrate.

**The most obvious signs of thirst is feeling thirsty, but here's some not so obvious signs:**

- Feeling tired
- Dizziness
- Dry skin and lips
- Headaches
- Constipation
- Mood swings
- And joint pain

**The best gifts of all to staying hydrated are:**

- Less soreness in your back and joints for one!
- You'll feel healthier, your eyes may not feel as tired, and you'll feel more alert!
- Additionally, water can help you lose weight (if that's something you'd like to achieve), your skin will look clear and you'll have a natural glow!
- You'll likely even find you don't need to reach for the coffee four times a day because you feel much more alert.

**Great ways to increase your water intake?**

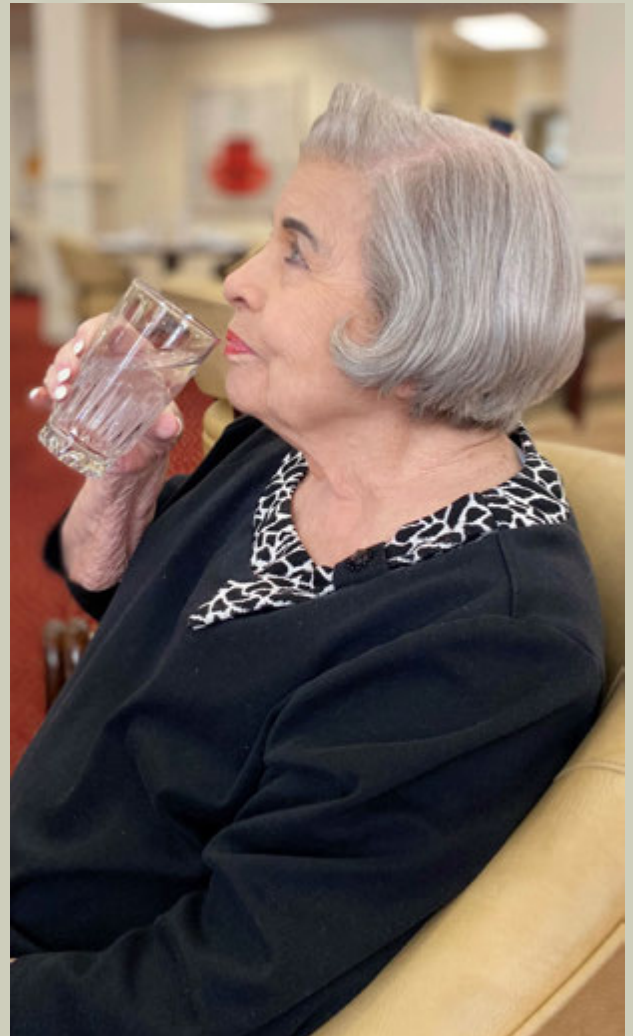
Besides using a bigger glass to down your water with, here's some other tips that might work better for you. I'll start with my favorite — drinking a glass of water right after waking up.

Before I go to bed, I make sure to place a glass of water on my bedside table. That way, when I wake up in the morning, the first thing I see is a glass of water right next to me.

It's a great feeling knowing that I've already consumed almost 15% of my daily water intake before my day has even started. Give it a go, after a week or two it'll be a new habit and you'll feel more energetic for it.

I get it, water can get boring, but it doesn't have to be. Add lemon, cucumber or other fruits to your water.

And my final tip ... Don't wait until you are thirsty to start drinking. Thirst is the first sign of dehydration and if you are recovering from an injury or are having health complications, dehydration could only make things worse.



*Water is the best natural remedy. Drink your way to better health. — Norma C.*



3720 Williams Drive  
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*It's always Warm at*

**THE Oaks** 

Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**512-863-7788**