

THE Oaks

Gracious Retirement Living

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

FEBRUARY 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 & Wednesday, 9:30 a.m.-2 p.m.:
Appointments and Shopping (Georgetown Only)

Tuesday & Thursday, 9:30 a.m.-2 p.m.:
Doctor Appointments (Out Of Town)

Friday, 9:15 a.m.-1:45 p.m.: Trips/
Outing with Activities

Friday, 2 p.m.: Errands and Shopping
As Trip/Outing Schedule Allows

HAWTHORN
SENIOR LIVING

Oak Leaf of the Month: Shirley Aust

I was born in Pawtucket, Rhode Island, and was the middle of three children born to my parents, Charlie and Evelyn. My childhood was spent in Pawtucket, where I met my future husband while in high school. After dating for three years, I married Bill Aust.

Bill and I had one daughter, Lyn, and moved to Coventry, Rhode Island. My husband began his extensive education when Lyn was 6 years old. While he worked full time and went to school, I ran a hearing aid business out of our home and was full time mom to Lyn.

With me as his sidekick, Bill earned his doctoral degree in clinical psychology. We moved to Cromwell, Connecticut, when Bill became director of the Children's Home of Cromwell. I assisted him with event planning, fundraising and as "go-fer" for over 25 years. Bill later took a job as director of the Florida Sheriff's Youth Ranches, prompting a move to Live Oak, Florida, where I continued to be his support person. After many years in Live Oak, Bill took on the role of fundraiser for the Youth Ranches. Again, we relocated several times, finally settling in Lakeland, Florida, near our daughter and grandsons.

Lyn had married a Florida boy and had our two grandsons, David and Daniel, who have brought us years of joy — from attending the Atlanta Olympics, boating on Lake Chatuge, North Carolina, and multiple hours at the ballfield and basketball courts. In addition, I am a blessed great-grandma to one grandson and three granddaughters.



(Continued inside.)



Oak Leaf of the Month: Shirley Aust (Continued)

Lyn was widowed and remarried a California boy and moved west. After Bill's death, I moved west for a short time as well. I missed my Florida home and returned. Lyn and her new husband left California, moved back to Texas in April of 2020. I joined them here in June of 2020. I am enjoying being closer to my only child, her sweet husband, and their lively dog, Patches.

Bill and I loved to travel and were privileged to visit many corners of the world during our time together. Some of my favorites included a trip to see my brother in Australia, visiting many European countries and seeing our beautiful National Parks.

My interests include reading, traveling, crafting and creating home decor. I also love the invention of Facetime, which keeps me in touch with all the "grands" and "great-grands."

I'm looking forward to visiting in the new year and meeting our latest two beautiful granddaughters, born in late 2020.

Upcoming February Events

Wednesday, February 3rd: Miracle Ear — Cleaning and replacement batteries. Free Service for Oaks residents.

Friday, February 5th: Dress like a pirate and walk the plank.

Monday-Friday, February 8th-12th: Aloha from Hawaii

Friday, February 12th: Entertainment — Elvis is in the house.

Write a valentine poem — there will be prizes.

Vote for your secret valentine at the Oaks.

Valentine King and Queen will be announced at dinner.

Monday-Friday, February 15th-19th: Bula to Fiji

Monday-Friday, February 22nd-26th: Kia ora from New Zealand

Wednesday, February 17th: Entertainment — Stan the Man

Wednesday, February 24th: Entertainment — The Singing Cowboy

New Assistant Managers — Brian and Tracy

Tracy Lewis was born in Buffalo, New York, and Brian Lewis comes from Orange, California, but don't hold that against them, because they call Texas home. Tracy and Brian came to Texas in 1995 after spending a year in Singapore opening



an office for the company that Brian worked for. Living in Cedar Park and Georgetown they raised two boys. Once the boys left home to pursue their careers, Brian got an opportunity in the Bay area up by San Francisco. Brian's background had been management and Tracy has been in the medical field for many years. Missing home, they looked for jobs that would bring them back to their beloved Texas!

Tracy discovered a job posting for Hawthorn in Allen, Texas. The job looked fabulous! Knowing we would have the opportunity to work with seniors in a beautiful community, we were eager to take on this challenge. To top things off, the position brought us closer to our children and grandchildren, all of whom resided in Georgetown at the time.

Over the two years they spent at Alexis Estates, they visited The Oaks off and on and knew this was going to be their home one day. When the opening came up at The Oaks, they jumped at it! Tracy and Brian look forward to many years here at The Oaks!



Christmas Fashion Show

Up until the last minute of any event, I am pushing, selling, trying anything to get enthusiasm for participation. There was no sign-up sheet for this event, just show up, and ham it up for the audience. Prior to any event my mind often feels edgy, because any single event could be a disaster, or a total hit.

The audience arrived and seated themselves around the red-carpet runway, and I headed to the movie theatre, where everyone participating was to meet. There was an overwhelming number of models dressed in ugly sweaters, creative and glamorous attire. I was thrilled to the point of tears! Thank you all for stepping out of your comfort zone, and simply showing up to have fun.

Our 96-year-old, Rachel Carney, who came as a homeless bag lady last year, went from rags to riches, she showed off her new outfit and endless jewels. As Art (our transportation bus driver) walked her down the runway, she stopped, and reflected on her past and was so thankful for her new man. To everyone's surprise (including her man, Art) she proudly announced they were getting married next week. In complete surprise to Rachel, Art got down on one knee and proposed. It was the funniest thing ever and all-in good fun.

This year's winners were:

- **Ugly sweater** — Irene Marshand
- **Christmas Glamor** — Jody Skeen
- **Most Creative** — Ron Tegtmeier



Rachel reflecting on her past and being thankful to this man for turning her life around



Even our manager, Brook, took part.



Ugly Sweater Winner — Irene



Most Creative prize goes to Ron.



And even our assistant manager, Brian, took part — love it!



Great to see new resident Pam strutting down the runway



The marriage proposal at 96 years old — greatest skit of all time!

FEB 2021

Birthdays

Joyce Fischer, 10th
Elinor Richardson,
12th
Sarah Banks, 14th
Priscilla Martin, 22nd
Fred Bahrenburg,
22nd
Dolores Teague, 25th

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

**“We must
absolutely take
care of one
another.”**
—Ruby Bridges

—Ruby Bridges

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>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</div>	<div>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</div>	<div>9:30 Exercise-with Avis, AR 10:00 Penny Ante Poker, TV 10:30 Singalong Group, AR 2:00 Chicken Foot, AR 2:00 Pinochle/Mahjong, TV 6:45 Evening Movie, MT</div>	<div>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 Quarter Horse Racing, AT 6:45 Evening Movie, MT 6:45 Mexican Train Game, TV</div>	<div>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</div>	<div>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</div>	<div>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</div>
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New Year's Eve at The Oaks

The world said goodbye to 2020, one of the most memorable, unprecedented years in history, that will not be forgotten anytime soon. Depending on where you live, festivities were more subdued due to the coronavirus, but here at the Oaks, we rang in 2021 with good food, good company and great entertainment. To polish off 2020, we showered money with a balloon drop, much to the fun and excitement of the residents.

I love the following message by Steve Jobs who died a billionaire, with a fortune of \$7 billion, at the age of 56 from pancreatic cancer.

He noted that the six best doctors in the world are:

1. Sunlight
2. Rest
3. Exercise
4. Diet
5. Self-confidence
6. Friends

Keep them in all stages of life and enjoy a healthy life. Whichever stage of life we are at right now, with time, we will face the day when the curtain comes down.

Treasure love for your family, love for your spouse and love for your friends. Treat yourself well. Cherish others. "Love the people God sent you, one day He'll need them back." So, take heed, and embrace with grace the time we have left living on this earth.



Zelda—"The future is no more uncertain than the present."



"Limitless is your potential. Magnificent is your future." — Bette W.



Two people who love to dance — Barbara and Lester



June ringing in the New Year!

A Little Christmas Poem

I want to reshare this poem forwarded to me by Randell, Virginia Craig's son:

'Twas the night before Christmas
In this terrible year
When "together apart"
Tried to bring cheer
But hope is eternal
When love's on the scene
And tomorrow will come
And bring a vaccine
And next year and next year
Till young become old
Stories of COVID
Will always be told
But mixed in with smiles
For even those who are grouchy

'Cause we'll always be thankful
For the doctor named Fauci
So knowing the future
Will hold warm embraces
For those whom we love
And we'll kiss all their faces
And squeeze them and squeeze them
And hold on so tight
Hearing "Happy Christmas to all
And to all a good night"
We'll cherish our families
We'll cherish our friends
We'll always be thankful
That love never ends.



Natural Remedies for Dry Hair and Itchy Skin

If you suffer from frizzy hair, itchy skin, chapped lips, or one of many other common cosmetic issues, try these easy and time-tested natural remedies!

Fix Dull, Frizzy, Dry Hair

- Mayonnaise, straight from the jar, will make hair soft and shiny. The egg nourishes brittle hair with protein, while the vinegar gives it body and bounce.
- Try this mixture to regain supple hair: Mix one teaspoon powdered brewers' yeast with four ounces of apple cider vinegar to create an after-wash rinse. Pour it over wet hair and let stand at least a minute before rinsing.

For Dry, Itchy Skin

- You could use a commercial moisturizer or simply apply a thin coat of olive oil immediately after showering or bathing.
- Dermatologists also suggest taking shorter baths or showers in warm (not hot) water. Use a mild, glycerin-based soap. And stay away from hair or skin-care products that contain any forms of alcohol, which are drying agents.
- For a homemade scrub, mix ground oats and honey. Rub all over your face — especially your nose. The abrasive will remove dry, scaly skin while the honey seeps in as a moisturizer. Rinse completely off and pat dry, and your skin will be glowing and baby soft. Only use this remedy once a week.

Relieve Dry, Chapped Lips

- To prevent cracked or chapped lips, use a lip balm and apply it often.
- Plain honey is an excellent remedy for chapped lips. Leave on overnight — it makes for sweet dreams!

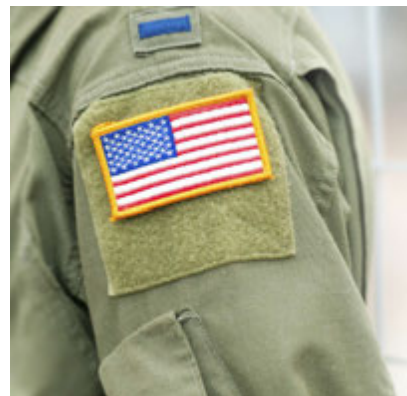
For Puffy, Tired-Looking, Dry Eyes

- Used teabags make excellent eye cosmetics. After being dunked (and allowed to cool slightly), drain the tea bag and place it over your closed eye (one for each) and hold it there for a few minutes. Redness, soreness, swelling, and irritation will disappear like magic.
- If you suffer from dry, scratchy, itchy eyes, try laying a warm, moist washcloth over your closed lids for a few minutes each day.

RED Fridays at The Oaks

We have our Oaks Spirit Day on Thursday's, wearing green, but I want to add one more to our weekly clothing color scheme.

RED is an acronym that stands for Remember Everyone Deployed. RED Friday was created to remind people of our heroes overseas and show that we are thinking of them. People across the country wear red every Friday to serve as a reminder and spread the message of how important it is that we keep our troops in our thoughts.



Caught on Camera



Our shipyard, the Black Oak Pirate Ship is coming together, thanks to Ron and Don.



Lawrence and Allen get together almost weekly to play chess.



3720 Williams Drive
Georgetown, TX 78628



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