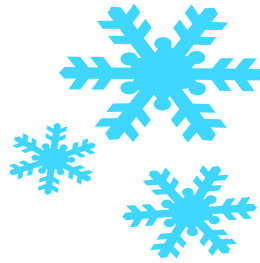


INDEPENDENT AND ASSISTED
LIVING

Oak Grove Inn Highlights

Office # 334-215-8881



January
2019



Those Celebrating Birthdays this Month...

Carol Tate – 4th

Don Christenson – 11th

Dr. Mervel Parker – 14th

Elizabeth Killingsworth – 17th

Breezie Stewart – 21st

Billy Trussell – 23rd

Larry Kloess – 30th

January Dates to Celebrate.....

- All Things New Month
- Celebration of Life Month
- Folk Music and Dancing Month
- Get Organized Month
- International Brain Teaser Month
- International Gourmet Coffee Month
- Learn Spanish Month
- National Cancer Prevention Month
- National Eye Care Month
- National Hobby Month
- National Hot Tea Month
- National Soup Month
- National Volunteer Blood Donor Month
- National Wheat Bread Month
- Oatmeal Month



OAK GROVE INN HELPED OTHER SENIORS IN NEED THIS CHRISTMAS

As some of you may, or may not know, the ladies pictured just below were those who participated in making our winning Mr. Scarecrow. They are from left to right; Clara Coughlin, Vera Anderson, Billie Seal, and Betty Hastings. These four also were allowed to decide on how the money would best be used. It was a unanimous decision that it should go towards helping others during Christmas. With further thought into it, they specifically wanted to help other seniors in the area who are in need. We contacted our local Central Alabama Aging Consortium and their Executive Director, Susan Segrest, for input. She explained that donations made to CAAC go to provide meals to homebound seniors, cleaning supplies & materials for home repairs, clothes and other necessities, and transportation for seniors to go shopping or to medical appointments.



Pictured below are our ladies (minus Ms. Hastings) presenting the prize money of \$500 to Ms. Segrest and her staff of the Montgomery Area Aging Consortium. Afterwards, Ms. Segrest presented a Certificate of Appreciation to each of



the ladies for their generosity and kindness.

**THANK YOU
LADIES!**

ATTENTION INDEPENDENT LIVING RESIDENTS:

REGARDING THE KEY FOBs

Upon every new move-in into our Independent Living, residents are issued a key fob which allows them entry into the building after hours. Beginning January 1, 2019, if you should lose your key fob and want another one there will be a \$50.00 replacement charge. If the lost fob is recovered and turned in to the office, you will be refunded the amount. This however, does not apply if a key fob becomes faulty or defective and needs replacing.



SOME FUN IN JANUARY!

Recognizing –
NATIONAL HAT DAY
is Friday, January 18th



Along with our Friday afternoon Happy Hour, we will be having a HAT DAY CONTEST. Categories can include; Fanciest Hat, Most Whimsical Hat, Largest Hat, Smallest Hat, Vintage Hat, Most Classic Hat, Sportiest Hat, and Most Debonair Hat. Prizes awarded for each of these categories. Join us that afternoon with entertainment by The Alexander's and our usual refreshments during Happy Hour. Join Us! It's sure to chase away those winter blues!!!!



The Times of Your Life!.....

We want to celebrate with you as you have those "Proud" moments in your life! If you would like to share with everyone some of those moments that are occurring (i.e.; special recognitions or awards, anniversaries, weddings, new babies in the family) please contact Chris by the 15th of each month to submit your information or announcement.

WE'D LOVE TO HEAR FROM YOU & ABOUT YOU!



Congratulations are in order to Mr. Bill Carner (IL 221) on the birth of his very first great-grandchild. Born on December 10th, 2018, his great-grandson, John Thalmadge Carter came into the world. Mr. Carner got to see and hold him on Saturday, Dec. 22nd when the family came for a visit.



GOOD NEWS!

Our weekly Kindermusik Classes will start back on Friday, January 18th!
The sessions will begin at 9:45 each Friday morning.



For those of you who don't know, Kindermusik is a class involving children (toddlers) and music. It is led by a licensed instructor (Educator), Ms. Erin Joye. Kindermusik is an international program, involving multi-generations getting together to share a music class and where everyone gets to participate. **The classes are open to all who would like to attend and are held in the IL extended dining area.**

Come and spend time with the children. They will sure put a smile on your face.

YOUR PARTICIPATION IS NEEDED!



On Sunday, February 3rd, 2019, the L III (53rd) Super Bowl will be played. Who will be in it is yet to be determined but Oak Grove Inn plans to celebrate in a fun way but everyone's participation (that includes your family) is requested.

The celebration of the Super Bowl promises to be SOUP-ER! During the month of January we would like you and your family to submit a favorite soup recipe. Your recipe can be handed in to either or Amanda or Chris or your family can email it to either of them. Their email addresses are –



amanda@oakgroveinn.org

&

christine@oakgroveinn.org

Recipes will be collected during January then, beginning on Feb. 3rd, the day of the Super Bowl, a recipe that was selected will be served on the menu. Each week thereafter another recipe will be chosen and served as our "Soup of the Week" to our residents. Each recipe that is highlighted will also be placed on our FaceBook page along with the ingredients and cooking instructions. It's another way to get through these cold winter days that are ahead of us.

DID YOU KNOW?

- Pam cooking spray will dry finger nail polish.
- Cool whip will condition your hair in 15 minutes.
- Mayonnaise will KILL LICE, it will also condition your hair.
- Elmer's Glue – paint on your face, allow it to dry, peel off. It's like giving yourself a facial mask.
- Shiny Hair – use brewed Lipton Tea.
- Sunburn – empty a large jar of Nestea into your bath water.
- Minor burn – Colgate or Crest toothpaste.
- Burn your tongue? Put sugar on it!
- Arthritis? WD-40 Spray and rub in, kill insect stings, too.
- Bee Stings – meat tenderizer
- Chigger bite – Preparation H
- Puffy eyes – Preparation H
- Paper cut – Crazy Glue or Chap Stick (glue is used instead of sutures at most hospitals).
- Fungus on toenails or fingernails – Vick Vapor Rub
- Heavy dandruff – pour on the vinegar!
- Preserving a newspaper clipping – large bottle of club soda and cup of milk of magnesia, soak for 20 minutes and let dry, will last for many years!
- To keep your glasses from fogging, coat with Colgate toothpaste.
- Wine stains, pour on the Morton salt and watch it absorb into the salt.
- Pam Cooking Spray will remove paint, and grease from your hands!
- To keep Fresh Flowers longer add a little Clorox, or 2 Bayer aspirin, or just use 7-Up instead of water.
- Stains on clothes – Colgate toothpaste
- Fresh bread indicator – a Blue twist tie means it was delivered to the store on Monday, Green = Tuesday, Red = Thursday, White = Friday, Yellow = Saturday.

INDEPENDENT AND ASSISTED LIVING

OAK GROVE INN



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Check out our web site at;
www.OakGroveInn.org