



Red Oak Residence

SAFETY FIRST!



Stay safe, but be active!

It's important to stay healthy in body, mind, and spirit. However, with the problem of the Coronavirus, and the governor's "Stay at home" proclamation, many people find that these things are hard to do. Remember, just because something is hard doesn't mean it's impossible! Here are some tips to help you remain healthy:

- **Body:** While the governor's "Stay Home, Stay Healthy" proclamation mandates that people are to stay inside, there are no restrictions on taking a stroll outside. In fact, it is even *encouraged* that people take a walk once in a while, instead of just staying holed up in their homes.
- **Mind:** Since the ban on large group gatherings, many people don't have the ability to speak with others and therefore stay mentally stimulated. On that note, remember that there other ways to sharpen your mind: crossword puzzles, word searches, trivia, and more! Come to the coloring classes on Tuesdays - coloring does much more for your brain than just watching TV all day!
- **Spirit:** Wherever you turn, you're bound to see **something** about the Coronavirus. The worst part? It's almost always depressing. If you would like a list of channels that aren't news-related, you can ask someone in the office to provide one for you. Better yet, stay away from the news and focus on things that give you hope!

Mother's Day - Sunday, May 12th



Remember when the Peace Corps adopted the slogan "The toughest job you'll ever love?" No offense, Peace Corps, but that adage is more appropriate for motherhood - a job that is ever-changing and frequently exasperating. Mom's don't get days off, nor do they receive handsome salaries or generous pensions. Instead, their rewards come in the form of sticky kisses, necklaces made of elbow macaroni, and the satisfaction of seeing their children grow up to be happy, healthy adults."



National Police Week

National Police Week is an observance in the United States that pays tribute to the local, state, and federal peace officers who have died, or have been disabled, in the line of duty. It is celebrated May 15th of each year. The other purpose of National Police Week is to pay tribute to the law enforcement officers who have made the ultimate sacrifice for our country and to voice our appreciation for all those who currently serve on the front lines of the battle against crime.





Memorial Day is Monday, May 25th and all of us here at Red Oak will be remembering the men and women who gave the ultimate sacrifice while serving our country.

For Families wishing to visit a National Cemetery on Memorial Day, Tahoma National Cemetery has asks that you stay in your vehicle. If you would like to place a wreath at your loved ones resting place, you may do so, but you must adhere to the 6 foot rule.

Tahoma National Cemetery is located right off of Hwy 18. Their address is 18600 SE 240th Street, Kent.

Due to the COVID-19 Stay at Home Proclamation, Tahoma Cemetery will be proving a live stream on Facebook while Taps is playing and wreaths are being distributed.

Please check with the front office for updated and additional information .



National “Clean your Room” Day



May 10th is National “Clean your Room” Day. While this may seem like a silly topic, take a look around your room, and what do you see? Probably a lot of things just piled up somewhere or stacked on top of each other. With the exception of people who are born as “organized” we can all admit that our rooms can get chaotic from time to time. Research into the holiday doesn’t reveal who founded it, but for those of us who may need it (or know someone who does), it’s nice to have a holiday that reminds us to get our act together—starting with our rooms!

Why we love National “Clean your Room” Day

- A) Not only does it make you feel better, but it makes you healthier as you are killing all those germs.**
- B) Your getting your daily dose of activity which is good for your heart!**
- C) It helps remove fall risks!**

Turn on the Polka music, grab that broom and dust cloth, and get your body moving!



Congratulations Sara !!



Sara has only been with our little family at Red Oak since October, but she has already made a huge impact on us

When Sara is working you can catch her helping in the dining room during dinner or just attend one of our afternoon and evening activities !! Not only will Sara help you “shape up” at sitterize, but I heard “Wine BINGO” is a HUGE hit.

On Movie Night Thursdays, Sara spoils us with her home made secret recipe of Kettle Corn!! YUMMY !!

Several of our residents continuously say that Sara does an outstanding job and she is always smiling. Other residents say she is a very caring person with a great sense of humor.

When Sara is not working she likes to ride her custom build Harley motorcycle But WATCH OUT!! Never play pool with her, as she might be what we call a pool shark !!

Congratulation again Sara, We are sooooo excited to have you here with us!

