

Oaks Chronicles

July 2020



Trinity Oaks Management Team

Karla Orduna
*Executive
Director*

Angel A.
*Resident Care
Director*

**Lauren
Johnston**
*Business Office
Manager*

Frank Sunseri
*Maintenance
Director*

**Cameron
Monahan**
*Dietary
Manager*

Faleena Smith
*Life
Engagement
Director*

Not All Heroes Wear Capes

CORNERSTONE
SENIOR LIVING

MAKE A DIFFERENCE

Nominee's Name _____

Please Describe _____

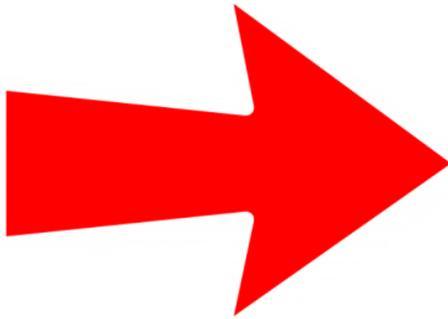
Your Signature _____ Date _____

Excellence Innovation
THE 4 CORE
Determination Empathy

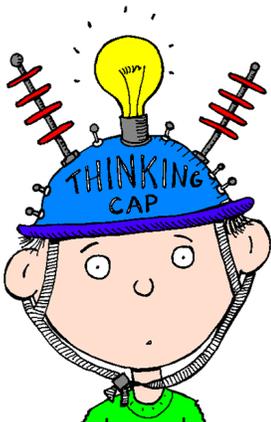
Make sure to stop by our Hero Wall to nominate a staff member you feel is going above and beyond! Here at Trinity Oaks of Pearland we appreciate all of our staff and commend them for their hard work during this trying time.



Finish and bring to Faleena for a Fourth of July Surprise!



E N M R K Y J C Y C B
 H J F F T O V T X O M
 S K R R W E R U F U C
 W F A S E E F L W N N
 E H E M B E A G F T M
 B Q I I J G D F K R J
 W Z L T X L B O I Y U
 U N I T E D F R M C L
 E U L B V K E G C Q Y
 Q F I R E W O R K S F
 N F G S Q H L Z Z X I



Riddle of the Month!

Spell we using two letters other than W or E.

~See Faleena to turn in your answer and win your choice of toilet paper or paper towels.~



Staying Safe in the Heat!

Summer is here folks and there are some safety tips I want to give you! If the temperature outside is above 80, older adults need to be proactive and take precautions to avoid getting ill from excessive heat. Please keep the following on your mind:

1. Stay away from direct sun exposure when possible, plan your outdoor activities either early morning or closer to sunset.
2. Air Conditioning is your friend! Spend as much time in air-conditioned spaces, walking in-doors or reading a book in the great room.
3. **MOST IMPORTANTLY** Stay Hydrated! Drink plenty of cool water, juices, that don't contain caffeine or alcohol. Alcohol and caffeine cause you to urinate more thus reducing the water in your body.
4. Dress appropriately, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they absorb heat. Also, try a light-weight, broad-brimmed hat to keep you cool and avoid sunburn.
5. Did someone say sunburn? Use a broad spectrum sunscreen lotion or spray with SPF 15 or higher. Apply liberally to all exposed skin, also bugs are in abundance during these hot months, so spray insect repellent when going outdoors.
6. Lastly, cool down! Take tepid (not too cold or too hot) showers or sponge baths when you're feeling warm. If you don't have time, then wet washcloths or towels with cool water and put them on your neck, wrists, armpits, and ankles.

Let's have a fun, safe summer!



**Notable
Quotable**

“As an actor I
am always
waiting for my
luck to run out.”

~ Tom Hanks,
actor

July Birthdays

Ruby W. ~ July 16th ~
Francisca M. ~ July 23rd ~
Marilyn G. ~ July 25th ~

Scenic Bus Ride

Are you getting tired of seeing the same 4 walls?!
Marcelo is offering Scenic Bus Rides every
Tuesday and Friday at 1:30pm.
Wear your mask and take a ride to see beautiful
scenery. Please make sure to sign up in the Trip
Binder located up front.

