

Oaks Chronicles

August 2020

Trinity Oaks Management Team

Karla Orduna
*Executive
Director*

Angel A.
*Resident Care
Director*

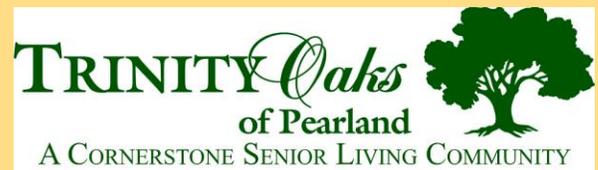
**Michelle
Quintanilla**
*Marketing
Director*

**Lauren
Johnston**
*Business Office
Manager*

Frank Sunseri
*Maintenance
Director*

**Cameron
Monahan**
*Dietary
Manager*

Faleena Smith
*Life
Engagement
Director*



Not All Heroes Wear Capes!



Congratulations to Jackie A. & Vee E. on their 1 year anniversary with Trinity Oaks of Pearland. Residents stated that both girls are compassionate, helpful and bring a smile to their faces daily.

Pastor's Corner



Pastor Mike
First Baptist Church

"We Are Not Alone"

The end of July is a special astronomical period in 2020. As I write this article on July 18, you can view a very bright Jupiter and a dimmer Saturn just next to it in the southeast evening sky. You can't miss Jupiter. In the next couple of days, one will also be able to view Mercury, Venus, Mars, and our moon as they rise in the early morning sky. Imagine seeing five planets and the moon in the sky at one time!

What I have described is just a speck of what is in outer space—in our galaxy and outside of it. Astronomers tell us that in our own Milky Way Galaxy there are 100 billion or so stars and each star has 1.6 planets, or about 160 billion alien worlds just in our galaxy. God created all of this, some of which we are not even aware of at this time in our lives. As you can see, *we are not alone!*

2020 has been a trying year. We have not experienced anything quite like it in our lifetime. The Coronavirus Pandemic has been our headline and has affected life as we know it since March. Nothing has been the same since. We have also experienced social unrest on the streets of the cities in our country. Listen, I want you to know something. No matter what you are going through, or will go through, you are not alone. God is with you and wants to be a part of your daily life. Whether you are concerned about medical issues, financial correction, family concerns, or various other challenges, you are not alone. Can you spare 15 minutes each day? Spend five minutes reading your Bible. Spend five minutes talking with God (prayer) and spend five minutes quietly listening for God with your mind and heart on Him. It will make a difference and you will realize that YOU ARE NOT ALONE!

Nursing Tips



Angel A.
Resident
Care
Director

It's August, still hot and unfortunately, we are still monitoring the Coronavirus. However, I want to bring to your attention the hardships of isolation and uncertainty which can become hard to bear at this time. After months of staying in, we realize the temptation to go out into the world again rises. People may begin to feel excluded or discouraged at this time. These feelings might lead to decreased appetite, decreased energy, overall feelings of sadness, and a lack of motivation which leads to a decline in health and causes failure to thrive. Don't give up! Try exploring new ventures.

Come to activities, let us know your interests so that we can help combat these feelings. We are all one team and we will beat Covid. It is essential to maintain mental and physical stimulation during these times, our goal is to maintain your independence and self-awareness. If you need a buddy, let us know. You can take a walk, come watch our Zoom Concerts, join in activities, and if there is a health concern please don't hesitate to visit Nurse Angel!

Residents Referral Program



Know any seniors in the community that need assistance? Great friends make great neighbors!

If you refer a friend to the community, you will receive a \$1000 off your next month's rent.

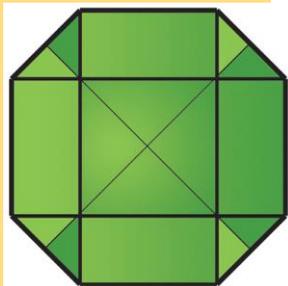
Michelle Q.
Marketing Director



STARS OF THE MONTH

Congratulations to Jackie A. and Mary M. on being our Stars of the Month for August!





Notable Quotable

"I know what I've done for music, but don't call me a legend. Just call me Miles Davis."

~ Miles Davis,
jazz trumpeter



August Birthdays

Martha J. ~ Aug. 7th
Jean H. ~ Aug. 10th
Shirley D. ~ Aug. 11th
Joe H. ~ Aug. 15th
Estelle U. ~ Aug. 16th
Gladys W. ~ Aug. 18th
Sibyl Y. ~ Aug. 20th
Myra H. ~ Aug. 21st

Trinity Humor and Fun

Riddle:

How much dirt is in a hole six feet deep and thirteen feet wide?

***Bring your answer to Faleena for a prize!**

Tongue Twisters:

Rubber baby buggy bumpers.

Sam's sock shop stocks short spotted socks.

Nat's knapsack strap snapped.

Please remember that COVID 19 precautions are still in place!

- **Please complete the survey that is included with your newsletter. Return to Karla as soon as you can. If you have any questions please see Karla.**