



# OAK LANE

## RETIREMENT

727 SW Rogue River Avenue • Grants Pass, OR 97526 • (541) 476-7727

### Stay Safe From IRS Scams

With federal taxes due soon, it's prime time for phony calls from people pretending to be IRS employees. Don't be alarmed if you receive an unexpected phone call, voicemail or email demanding that you pay money. If the IRS needs to contact you, it will always mail you a letter first. Additionally, the IRS will never ask for payment details over the phone, or pressure you to pay tax bills with a prepaid debit card or gift card.



### Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

### March 2023

#### LEADERSHIP TEAM

Administrator .....	Charley Parker
Director of Health/Wellness .....	Faye Guy, RN
Resident Care Manager .....	Lisa Dixon
Director of Culinary Services .....	John Williams
Activities .....	Colleen Head
Business Manager .....	Heidi Paulson
Community Relations .....	Rachael Ostling



#### Mission:

Enhancing Lives.

#### Vision:

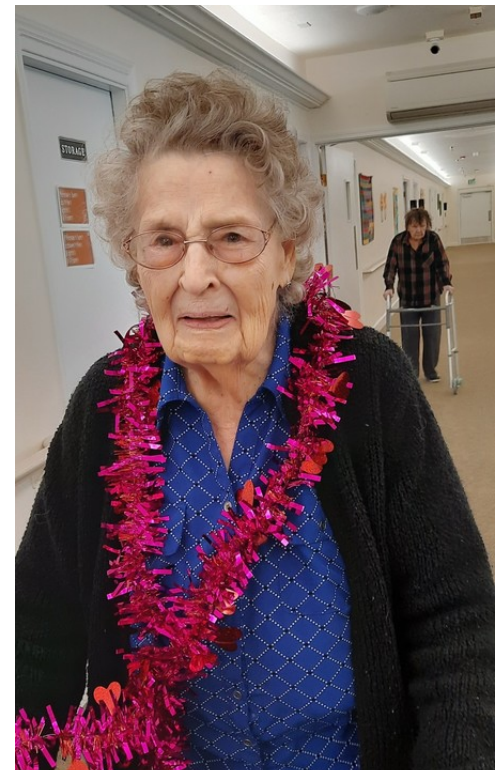
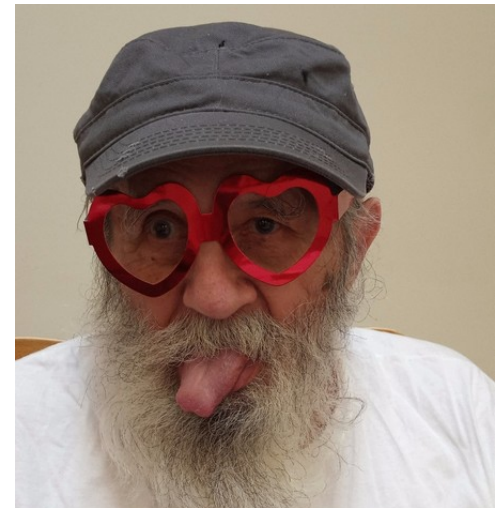
Redefining experience,  
where life  
and caring come together.

## Faye Guy, RN



### Hand-Washing Tip

With cold and flu season underway, it's more important than ever to wash your hands to fight germs. While many of us were taught to always use soap and warm water, the Centers for Disease Control and Prevention reports that when it comes to killing bacteria, the temperature of the water doesn't matter—the amount of time spent scrubbing does. Using cold water will save energy as well as prevent the skin on your hands from becoming cracked and dry.

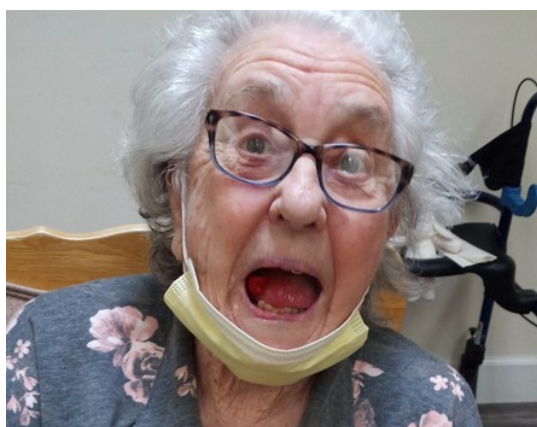




## Marlene Tackett



Marlene Tackett Was Born on May 29, 1937 in Klamath Falls, Or., and raised with her dog Aggie which she loved very much. She was a dedicated Girl Scout. Marlene and her family toured the U.S.A. in a motor home as a child. She married young; she had three sons. First son Nick, then Rick, and then Trace. She started her career in fabrication, then she got into plastic molding and aeronautics. She loves having conversations with her son and granddaughter. She loved her dogs Hoss, Shilo, and Blacky.



# Welcome New Residents

Paul Berry, Robert Dery  
"Hal," Sandra Harwell,  
Donald Patterson,  
Michele Galas, Dana  
Boges

## Resident Meeting

Food Committee Meeting 03-06-23  
Resident Gathering 03-02-23

## Save the Date

Bi Mart 03-01-23  
Bank 03-03-23  
Fred Meyer 03-08-23  
WinCo 03-15-23  
Walmart 03-22-23  
Bi Mart 03-29-23

## Just for Fun

Dale Hopper-L 2:00pm 03-14-23  
St. Patrick's Day-L 2:00pm 03-17-23

## Home & Garden

**Try Your Luck**  
"Be humble. Be nice to people. And you might be ready to be lucky." — Zoey Deutch

Sunday	Monday	Tuesday
CALENDAR, EVENTS, AND ACTIVITIES ARE SUBJECT TO CHANGE		<i>March</i>
5 9:00-Morning Social-L 10:30-Solitaire Frenzy-L 1:30-Sunday Service-L 3:00-Dominoes	6 Food Committee Meeting 2pm 9:00-Pretty Nails-A 10:30-Current Events-F.S.R 2:00- Food Committee Meeting-D 3:00-Deal or No Deal-F.S.R	7 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 1:30-UNO Attacks-L 2:00- Food Committee 3:00- Outburst-L
12 9:00-Morning Social-L 10:30-Walk & Wheel-L 1:30-Fellowship-L 3:00-Jenga-A	13 9:00-Pretty Nails-A 10:30-Current Events-F.S.R 1:30-Tenzies-A 3:00-Deal or No Deal-F.S.R	14 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 1:30 UNO Attacks-A 2:00-Live Entertainment "Dale Hopper"-L
19 9:00-Morning Social-L 10:30-Solitaire Frenzy-L 1:30-Sunday Service-L 3:00-Dominoes	20 9:00-Pretty Nails-A 10:30-Current Events-F.S.R 1:30-Tenzies-A 3:00-Deal or No Deal-F.S.R	21 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 1:30-UNO Attacks-L 3:00- Outburst-L
26 9:00-Morning Social-L 10:30-Walk & Wheel-L 1:30-Fellowship-L 3:00-Jenga-A	27 9:00-Pretty Nails-A 10:30-Current Events-F.S.R 1:30-Tenzies-A 3:00-Deal or No Deal-F.S.R	28 9:00-Aromatherapy Massage-L 10:30-Sit & Be Fit-L 1:30-UNO Attacks-L 3:00- Outburst-L

Wednesday	Thursday	Friday	Saturday
1  9:00- Shopping- Bi Mart*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R	2 RESIDENT GATHERING 10:00  9:00-Scrabble-L 10:00-Resident Gathering-L 1:30-Yahtzee-A 3:00-Name That Tune- L	3  9:00- Bank Trip *** 10:30- Darts-F.S.R. 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.	4  9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R
8  9:00- Shopping-Fred Meyer*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R	9  9:00-Scrabble-L 10:30-Sit & Be Fit-L 1:30-Yahtzee-A 3:00-Name That Tune- L	10  9:00- Giant Sorry- A 10:30- Sit & Be Fit-L 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.	11  9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R
15  9:00- Shopping- WinCo*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R	16  9:00-Scrabble-L 10:30-Sit & Be Fit-L 1:30-Yahtzee-A 3:00-Name That Tune- L	17  9:00- Giant Sorry- A 10:30- Sit & Be Fit-L 2:00-St. Patrick's Day Party-L 3:00- Poker- L 5:00 Western Movie- F.S.R.	18  9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R
22  9:00- Shopping- Walmart*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R	23  9:00-Scrabble-L 10:30-Sit & Be Fit-L 1:30-Yahtzee-A 3:00-Name That Tune- L	24  9:00- Giant Sorry- A 10:30- Sit & Be Fit-L 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.	25  9:00-Solitaire Frenzy-A 10:30-Sit & Be Fit-L 1:30-Bingo-A 3:00-Rust Valley Restorers Car Show- F.S.R
29  9:00- Shopping- Bi Mart*** 10:30-Darts-F.S.R 1:30-Bingo-A 3:00-UpWords Scrabble-A 5:00- Christian Movie- F.S.R	30  9:00-Scrabble-L 10:30-Sit & Be Fit-L 1:30-Yahtzee-A 3:00-Name That Tune- L	31  9:00- Giant Sorry- A 10:30- Sit & Be Fit-L 1:30- Crazy 8's-L 3:00- Poker- L 5:00 Western Movie- F.S.R.	Key: F.P.-Front Porch D-Dining Room L-Living Room F.S.R-Fireside Room A-Activity Room

## Wellness Review

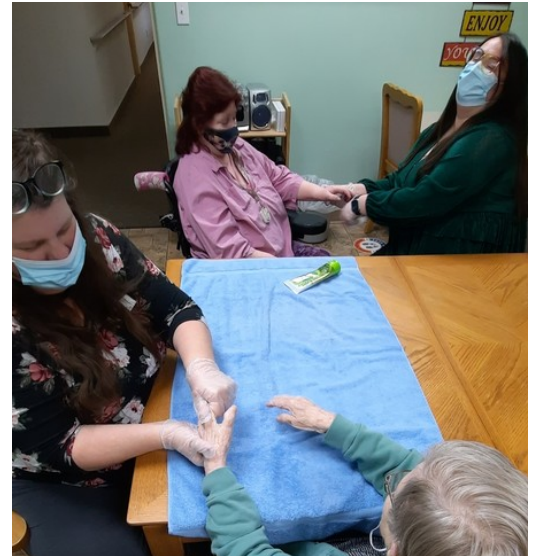
Music therapy is useful in many different aspects of human life, including improving cognitive, academic, emotional and social abilities.

*Receptive.* Listening and then responding in a silent, verbal or mobile way. This method promotes both stimulation and relaxation, enhancing mood while reducing anxiety.

*Re-creation.* Playing or singing along to the music. Re-creation strengthens motor skills, promotes social interaction and encourages self-expression.

*Improvisation.* Making music spontaneously with one's voice or simple instruments. This method fosters communication and relationships while increasing feelings of independence.

*Composition.* Creating one's own music or lyrics. This builds creativity and helps a person express and validate their emotions.



Monthly  
GRATITUDE

I'm thankful for...

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## Becky Richards



Becky Richards was born September 20, 1960 in Hollywood, California, and was raised with two brothers and a sister. Living in the Hollywood area, her family went on a lot of TV game shows like the "Gong Show" and "Newlywed Game." Becky played the viola in Jr High and was on the "Drill Team" in high school. After she graduated she had a few jobs but her career was in caregiving. She has two daughters and a son. Enjoys Musical programs, Bingo, and has the best sense of humor!!



# March 2023



## Best Picture Winners

Saving the best for last, the annual Oscars broadcast usually ends with the announcement of the year's best picture winner. From comedies to dramas, big-budget blockbusters to indie productions, the most prestigious prize in film has been handed out to a wide variety of titles.

<u>Release Year</u>	<u>Best Picture Winner</u>
1927	"Wings"
1934	"It Happened One Night"
1939	"Gone With the Wind"
1943	"Casablanca"
1957	"The Bridge on the River Kwai"
1961	"West Side Story"
1973	"The Sting"
1989	"Driving Miss Daisy"
1994	"Forrest Gump"
2000	"Gladiator"
2008	"Slumdog Millionaire"
2019	"Parasite"

## "This Month In History"

### MARCH

**1912:** The first parachute jump from a moving airplane takes place. U.S. Army Capt. Albert Berry made the leap over St. Louis, Mo.

**1936:** The Hoover Dam is complete! After five years of construction, the dam spanning the Colorado River between Arizona and Nevada was able to begin creating hydroelectric power.

**1941:** Nashville, Tenn., becomes the home of the first FM radio station. WSM-FM was a commercial station for the National Life and Accident Insurance Company.

**1958:** Elvis Presley enters the U.S. Army. Already a rock 'n' roll star, he remained an active duty soldier for two years.

**1964:** The first Ford Mustang rolls off the production assembly line.

**1977:** Scientists discover that Uranus has rings, like its fellow planet Saturn. Dark in color, the rings were only seen because a star blinked repeatedly as the planet's rings passed in front of it.

**1981:** President Ronald Reagan is shot and wounded in an assassination attempt. At the hospital, Reagan reportedly joked to his wife, "Honey, I forgot to duck."

**1998:** "Titanic" becomes the highest-grossing movie in box office history, earning over \$2.2 billion worldwide. It was later surpassed by "Avatar" (2009) and "Avengers: Endgame" (2019).

**2005:** The PlayStation Portable handheld gaming console debuts in North America. In five years, 17 million PSPs were sold in the U.S. alone.