

DOMINICAN OAKS

COMMUNITY NEWSLETTER

AUGUST 2026

A MESSAGE FROM OUR ADMINISTRATOR

August is National Wellness Month and here at Dominican Oaks we're embracing the opportunity to focus on our holistic well-being. Beyond just physical activity, wellness also means nourishing our minds with new learning, fostering vibrant social connections, prioritizing restful sleep, and eating nutritious meals. Let's make August a month of intentional living where we actively seek out ways to feel our best both inside and out. Here's your challenge: throughout August try one new wellness activity you haven't done before - whether it's joining an exercise class, trying something novel on the calendar, heading out on a bus ride to a place you've never visited or trying an unfamiliar dish at dinner. We can't wait to hear from you about your experiences trying something new.



Amy Saulnier

AUGUST RESIDENT MIXER

Ahoy, mates! Set sail with us for a Sailing Summer Mixer on **Wednesday, Aug 26th from 3-4 PM** on the Thomas Patio. Our resident buddies will be dropping anchor to introduce our newest community members. Prepare for a tide of delightful conversation, with themed cocktails and mocktails to quench your thirst, and a delicious spread of seafaring snacks to fuel your journey!



U.S. REPRESENTATIVE JIMMY PANETTA VISITS DOMINICAN OAKS!

We are pleased to announce that U.S. Representative Jimmy Panetta will visit Dominican Oaks on **Tuesday, August 11, at 2:00 p.m. in the Oaks Room.** Representative Panetta is expected to speak about issues affecting older adults and our community, as well as listen to residents' thoughts, questions, and concerns. Please arrive promptly and join us for this special opportunity to meet and engage with our congressional representative.



**DOMINICAN OAKS RESIDENTS
ENJOYING ANOTHER GLORIOUS
BUS OUTING TO FILOLI GARDENS!**

DOMINICAN OAKS MANAGERS

Administrator:
Amy Saulnier

Newsletter Editor Annette Rau
welcomes your input!
annette.rau@commonspirit.org

Activities &
Transportation:
Annette Rau

Please be sure to check your
calendars for all of this month's
musical offerings, art classes,
exercise classes, and
bus outings!

Assisted Living:
Stacy Smith-Paynter

Dining Services:
Gerardo Piduca

Facilities (Maintenance) &
Housekeeping:
Eric Botkin

Food Service:
Matt Mettalia

Associate Administrator/
Business Office Manager:
Cheir Harty



AUGUST BIRTHDAYS!

01 Ann Cole	20 Suzan Ryder
04 Carol Gray	21 Phyllis Cytron
07 Dolores Crotta	21 Virginia Leib
07 Dottie Speidel	22 Renee Chyle
09 Jane Sartain	22 Edra McDowell
10 Helen Atkins	23 Judy Warner
10 Louisa Smith	24 Danielle Graham
11 Candace Hoag	28 Shirley Smith
12 Yvonne Wright-Scott	29 Mil Van Dyke turns 101!
13 Gordon Cumming	30 Sharon Barrett
17 Jean Tarr	Anniversary:
19 Carol Gregory	17 Pete & Phyllis Molinari
20 Teri Davis	



ABOVE, RESIDENTS GILDA ZELIN & WILLOW CITRON CRAFTING GORGEOUS WORKS OF ART IN THE CARD-MAKING CLASS. GIVEN ITS SUCCESS, THIS CLASS RETURNS ON MONDAY, AUGUST 17 AT 1:30PM IN THE OAKS ROOM.

BELOW, RESIDENT SHARON MEYER FOCUSING ON HER ZENTANGLE IN OUR MONTHLY MEDITATIVE DRAWING CLASSES.





ANNUAL REDWOODS WALK & BBQ!

It's time once again for one of the highlights of the year, our **Annual Walk and Barbecue at beautiful Henry Cowell Redwoods State Park!**

Enjoy an optional one-mile loop through the majestic redwoods, visit the park's museum and gift shop, and then join us for Chef Matt's delicious barbecue, featuring grilled salmon and other favorites.

The bus leaves the Lobby at 10:30AM on Thursday, August 13. As always, please sign up at the Activity Desk in the lobby.

This is an outing you won't want to miss!

ABOVE LEFT, RESIDENTS MARY & TOM CARSON DELIGHTING IN LAST YEAR'S REDWOODS STROLL. BELOW, DINING ROOM MANAGER GERARDO PIDUCA TAKING GOOD CARE OF RESIDENT OLGA CHRISTENSEN.



ABOVE, RESIDENTS JEAN TARR & ELIZABETH BUNCH APPRECIATING OUR BUS OUTING TO THE ALLIED ARTS GUILD IN MENLO PARK.



NEW IN THE ROTUNDA: HAPPY HOUR WITH GERARDO!

Looking for a perfect mid-week pick-me-up? Mark your calendars for our exciting new Happy Hour with Gerardo, launching this August! Join us **every Thursday from 3-4 PM** on the beautiful rotunda patio (outside the dining room rotunda) to unwind and connect. We can't wait to see you there!

MEET YOUR NEW NEIGHBORS!

Pat Demoulin was born in San Francisco and attended local schools. Pat earned an AA degree from San Mateo College. She has one son Jim Dyquisto, who is employed by the San Francisco Water Department. Pat's granddaughter is attending Medical School in Cleveland, OH. Pat has worked for 2 mutual funds, the Girl Scouts of the USA in San Ramon and 17 years at S & W Foods. She retired after working 13 years for the Burlingame School District. Pat has traveled to Albert, Canada, Alaska, New Mexico, Utah, Colorado, the East Coast, Hawaii, New Zealand, Paris, Italy, Ireland and Switzerland.

Edna Harvey was born on Camp Pendleton in the Spring of 1945 right before the end of WW II. Her father was in the Marine Corps. He and her mother returned to North Carolina with baby in tow when she was six months old. North Carolina was her home for eight decades. Being the proud mother of both a daughter and a son and their two daughters who live in Santa Cruz, she returned to California to reside at Dominican Oaks. Edna is a passionate reader and enjoy learning something new every day. Her career as an educator included teaching as well as administrative positions for three decades. Edna enjoys flowers, fine arts, lectures and live musical theater. Volunteering with her Episcopal Churchwomen filled many hours with pleasure.

Barbara Sherison was born in Oakland, CA and lived with her brother and parents in the same house until she married and moved to Sparks, Nevada. Three of her future sons were born in Sparks, and the 4th was born in Las Vegas. Barbara has a BA in history with a minor in French. She used her teaching degree to teach 2nd, 3rd and 6th grades. Later Barbara became a technical writer/editor working for Guy F. Atkinson Co. and the Electric Power Research Institute (EPRI). After retiring, she and her husband moved to a senior retirement community in Rio Vista, CA. She moved from there to Lake Oswego, OR where one of her sons lived. Barbara decided to move to Dominican Oaks after her son moved to Connecticut to be near another son and her grandchildren. Barbara enjoys reading, playing Mahjongg, Scrabble and Mexican Train. Barbara looks forward to meeting new friends at Dominican Oaks.

Jon Cole was born in Hays, Kansas. He lived in Washington & received a BS degree in Fisheries Science at the University of Washington in 1968. After graduation he joined the Peace Corps & was transferred to El Salvador & assigned to a United Nations Fisheries Development Project where he participated in exploratory fishing research to determine if so-called trash fish from the shrimp fishery

in El Salvador could be utilized instead of being tossed overboard. He then returned stateside & took an Associate Scientist position with the Inter-American Tropical Tuna Commission (IATTC) in San Diego. He was transferred to Puerto Rico where he copied fishing logs of purse seiners & sampled the size frequency of tuna landings. He was transferred to Manta, Ecuador & continued the same work for the Tuna Commission there, including going aboard tuna vessels, tagging & releasing tunas. He returned to San Diego to manage the Commission's Tuna Dolphin Observer program, training biologists & placing them to monitor incidental dolphin mortalities onboard tuna purse-seine vessels. Then an interesting turn of events occurred: programmers were hired to develop software to capture the data returned by the observers & Jon realized that the developers were having too much fun interacting with the computer so he obtained a MS Degree in Computer Science from West Coast University. He left his fisheries work to work as a software engineer, for General Dynamics, Sun Microsystems & Seagate. He retired in 2008. At age 60, Jon raised nearly \$5000 for the Leukemia & Lymphoma Society by doing a 100-mile bike ride around Lake Tahoe. He was hooked on being a cyclist & did a 102-mile Tour of Tucson ride for LLS, & many other rides. What a great feeling! In 1992, Jon met the love of his life, Ann Le Roy. They were married at the Ahwahnee in 2002, & resided in Aptos for 29 years before moving to Dominican Oaks to start a new adventure.

Ann (Le Roy) Cole was born in Stockton, CA. Her father worked for the Garin Produce Company. Because of the produce seasons, Ann's family alternated between the San Joaquin Valley of Firebough, Mendota & Brawley in the Imperial Valley. In her kindergarten year Ann placed herself in the 1st grade (her friend was in the 1st grade). Her favorite school year was 2nd in a Mendota 2 room school. Ann attended U. C. Berkeley graduating in January of 1955. While attending Berkeley, Ann met & married the father of her children. Her family is now stretched all over the globe. She has 3 children; a son in Germany; a son in France; a daughter, granddaughter, & 6 great grand children reside in Bella Vista, Arkansas. A grandson, Philipp produces for Netflix & resides in Los Angeles. A granddaughter Emily, grows grapes in Napa, California. A grandson, Nathan, raises his daughter in Idaho. Ann's grandson, James, manages a resort hotel on Mauritius Island. Ann was devastated by the dissolution of her family & did not find happiness until she met Jon who rescued her from her loneliness. Jon & Ann enjoyed their new "teens and twenties" until settling down in Aptos in 1997.