



CRESCENT OAKS

Memory Care

147 Crescent Avenue • Sunnyvale, CA 94087 • (408) 730-4004



CRESCENT OAKS LEADERSHIP TEAM:

Executive Director Ollie Vance
Regional Director of
Resident Development Danielle DeWall
Residents Care Coordinator Rafael Nunag
Activities Director &
Newsletter/Calendar Author ... Geraldine Sabado
Dining Services Director Alva Lopez

Contact Info:

Main Office: (408) 730-4004
Direct: (408) 542-9400
Fax Number: (408) 743-5677
E-mail: info@crescentoaksmc.com
Social Media: Facebook/Instagram/LinkedIn
License # 435202705

OFFICE HOURS:

Monday - Friday
9:30 AM - 5:30 PM

VISITING HOURS:

Monday - Sunday
10:00 AM - 4:00 PM

January 2023



January Greetings

Welcome to a brand-new exciting year! The 2022 holiday season is over and for most people, things slow down a bit, but our communities' daily activities are still busy and something for everyone to look forward to. Some special days this month include (for some religious people) the end of the holiday season with the celebration of "Epiphany." The month also has a day set aside to remember the legacy of Civil rights activist Dr. Martin Luther King Jr., the start of Chinese New Year, and is also "National Activity Professionals" month! We slowly feel the normalcy around outside the community but are still continuing to be cautious of COVID and are requesting all the visitors to follow our visitation guidelines required by the Santa Clara County Health Department. Please call our community regarding the visitation protocols. Please know that we appreciate all our residents and families for their continued cooperation, patience, and support. And we would also like to thank you all for all the Christmas blessings that you've shared for all of the staff in our community. Let's be happy, and a healthy and blessed happy new year to all of us!



Photo Gallery: December Snapshots



Everyone's wreaths turned out to be wonderfully festive!



Staff love to step in and help



Decorating our Christmas Tree last month

Happy Birthday to You

Sending warm wishes to all our residents celebrating a birthday this month!

- 01/03 Donald K.
- 01/12 Arlayne
- 01/17 Luarthur
- 01/23 Marina

Special Days

- 01/1- New Year's Day: Watching the annual Rose Parade with yummy chips and dip
- 01/3- Blast from the Past Day: Reminiscing life from the '60s
- 01/6- Epiphany (Three Kings): Removal of the Holiday Decorations
- 01/8- "Show and Tell at Work Day" - Discussion with residents and staff participation
- 01/12- National Hot Tea Day: Tea Party and table talks
- 01/13- Rubber Duckie Day: Rubber Duckie Race
- 01/16- Martin Luther King Jr. Day: Remembering Dr. MLK Jr
- 01/17- Groovy Fashion Day: Photo Shoots
- 01/22- Activity Professionals Week and Chinese New Year begin
- 01/29- National Puzzle Day

Please see our January activities calendar for more special events and fun activities!

Resident Spotlight



Donald Gordon K.

Born in January 1945, Donald grew up in the small town of Colusa in Sacramento Valley. He went to college at San Jose State then joined the U.S. Army in Kansas and served for two years. After his service, he worked as a Contract Administrator. Donald has been married to Sue for 50 years and they are blessed with two sons and four grandchildren. Some of the things that Donald used to enjoy are watching his grandchildren play baseball, short walks, running, light weightlifting, going to the beach, gardening, reading and rebuilding engines in his old cars. Don also enjoys music especially '60s and other "oldies but goodies". Some of his favorite foods are vanilla ice cream, meatloaf, green beans, M&M's and See's candies. Donald is a nice and wonderful person. We are amazed by his table manners and being organized with his table wares. He always fixes and cleans things and is always grateful for any small kindness that is done for him. Let's wish Donald a happy and wonderful birthday this month!

Forever in Our Hearts

Our deepest condolences to the whole family and friends of our beloved **Ulla** and to our dear **Alice**. All of us at Crescent Oaks will never forget them. We will miss Alice's sweet smile, groovy dance moves, laughter, and words of wisdom. We will miss Ulla's chattiness and beautiful smile. All our love to their families and friends and may they rest in paradise.



Cookies and Cream Hot Chocolate



Enjoy this delicious drink while snuggling in your blanket.

Ingredients: 2 cups nonfat milk, 1/3 cup cocoa powder, 1/4 cup sugar, 2 pcs crushed Oreo cookies, and whipped cream.

Instructions: Add milk, cocoa powder, sugar into a saucepan and bring to a medium heat. Stir with a whisk until cocoa and sugar are smooth and blended. Add Oreo cookies and stir until mostly dissolved. Pour into a glass and top with whipped cream and Oreo cookies.

Pick a Puzzle

Jigsaw puzzles, crosswords, word searches and puzzles of every kind can be relaxing while also engaging the brain. If you're not already a puzzler, take your pick and solve one on National Puzzle Day, Jan. 29.

Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.

The Most Creative Job in the World

*Anyone who can handle multitasking has to be someone special... And that someone is the one we call **Activity Director**.*

It involves love, caring hearts, patience, compassion, good listening, peacemaking, motivation. It requires a sense of humor, leadership skills, creativity, resourcefulness, communication skills, computer skills, decorating skills, party planning, decision making, planning, purchasing, account management, physical fitness, and so much more! Most importantly: giving your utmost support to your residents, families and friends.

Every Smile Makes a Difference

National Activity Professionals Week

starts on the fourth Friday in January and takes place January 23rd to 27th this year. It's a special day to recognize and appreciate all activity professionals who care and provide active experiences for the lives of their residents. Activity professionals cover a huge field, and it isn't only planning for games and parties. The job is also to provide residents with their spiritual, physical, emotional, mental, and social needs. Being an Activities Director myself, I must say that we have a very challenging and meaningful role, and I cherish all the memories and experiences that I have with our residents. Learning from their life stories they've shared through the reminiscing, staying fit doing exercise together, enjoying "oldies but goodies" music and seeing them happy whenever they call out "Bingo"! Most of all, it makes me happy and feel worthy when I see smiles on their faces. Their smile is my reward and my fulfillment, and it makes me enjoy my profession more being an Activity Director.





Crescent Oaks Memory Care



CRESCENT OAKS
Memory Care

147 Crescent Ave.
Sunnyvale, CA 94087
(408) 730-4004