



CRESCENT OAKS

Memory Care

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



CRESCENT OAKS LEADERSHIP TEAM:

Executive Director Ollie Vance
Resident Care Coordinator Jennifer Deleon
Resident Development Director Angie Aguirre
Activity Director &
Newsletter/Calendar Author ... Geraldine Sabado
Dining Services Director Alva Lopez
Environmental Director Mario Vasquez

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

July 2023

Staying Cool This Summer

Summer is officially here! With warm temperatures, it is so important to stay hydrated and protect your skin with sunscreen when you're out in the sun. Our community at Crescent Oaks is prepared to keep our residents hydrated with our hydration stations always filled with ice-cold water, and served to the residents along with refreshing fruits and cold snacks to help them keep cool.

A Warm Thank You!

A big shout-out goes to all those who participated in our "Community Carnival Event" this past June! Everyone had a blast with all the fun games and prizes! We are happy to see families and friends joining us for events, especially seeing the smiles on our residents' faces. We would also like to thank all those who have donated to the Alzheimer's Organization. Kindly visit the website and join our community team, either by donating or registering to join for the 2023 Walk to End Alzheimer's. Call our office for any question and more info, (408)730-4004. Check our July calendar for more fun activities that we have planned for our residents, staff, and loved ones. Have a cool and safe summer, everyone!



As we celebrate Our nation's freedom this fourth of July, let us not forget to honor the men and women who gave their all and sacrificed for the nation. To all the brave American Heroes, we salute you all!

Photo Gallery



Pampering Moms on Mother's Day



Memorial Day's backyard BBQ lunch was fun!



We love it when the family joins us for fun in our activities.

July Special Days, Events & Activities:

- Dog Days of Summer (July 3-August 11)
- National Grilling Month
- National Park & Recreation Month
- National Picnic Month
- National Ice Cream Month
- National Watermelon Month
- National Wheelchair Beautification Month
- 07/4 ... American Independence Day: BBQ lunch, Karaoke sing-along, Ice Cream snack social and watching Independence parade and fireworks on TV after dinner
- 07/13 ... National French Fries Day: Hot potato game, French Fries snacks and trivia social
- 07/17 ... Celebrating National Ice Cream Day with Ice Cream Buffet party and fun games
- 07/18 ... Recreate Iconic Photos Day: Residents' Photo shoot social with our own version of Famous and Iconic photos
- 07/21 ... National Junk Food Day: Taste testing of different Junk Foods snacks and fun facts trivia about Junk Foods around the world

Please see our July activities calendar for more special days, events and fun activities!

Happy Birthday to You
Hooray! It's their birthday! Let's all give them warm, birthday wishes.

07/3..... Erika
07/17 ... Jocelyn
07/18 Monica
07/20 Scarlet
07/23 Zelma

Welcome Home!

Our warmest welcome to the newest member of our community, Jeff: We look forward to seeing you comfortable and happy with your new family and friends. Welcome home, Jeff!

July Entertainment

Our fun and energizing happy hours with live music performances are listed below:

- Jeri (Oldies but Goodies)
July 13th at 2:30 pm
- Precious (Oldies/Variety)
July 18th at 2:30 pm
- Lee Allen (Piano)
July 26th at 2:30 pm

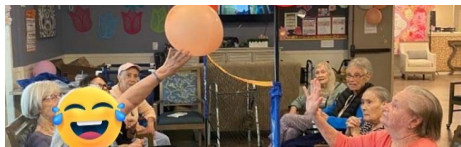
Fourth of July Celebration

Join us on July 4th for a barbecue lunch in the backyard to celebrate Independence Day at 12:00 pm, followed by afternoon fun with a karaoke sing-along social, photo ops, and ice cream social at 2:00 pm!



Fun, New Games & Activities

We have added some new, fun games to our activities! Our residents are enjoying balloon volleyball, Toss & move ball challenge, and some new, sensory, tactile supplies. We are open to and appreciative of any activity ideas that you would like to share with us, or any supplies that you would like to possibly donate! Contact Geraldine with the activities department to get involved! (408) 730-4004.



Brain Bender: Summertime Treats

Unscramble each of the following words to reveal a refreshing treat on a hot summer day. Then rearrange the letters in bold for some seasonal advice.

EIC ECMRA
OLEADMEN
OSWN OCEN
EMNRWELTOA
RYEHRC MAEELID
IAKKESMLH
LEEMSICRCA
DCIE ATE
SIPOPCLE

(Answers: Ice cream, lemonade, snow cone, watermelon, Popsicle, cherry limeade, milkshake, creamsicle, iced tea. The summery advice is "Stay cool.")

Heat and Older Adults

While summer brings us warmth and blooms, prolonged exposure to excessive heat in summer can be dangerous, especially to older adults. When the temperature climbs above 80°F, we need to be proactive and take precautions to avoid ailments due to excessive heat. Here are some tips to help you stay cool:

Stay Hydrated. Drink plenty of cool water or eat fruits and vegetables rich in water. **Stay away from direct sunlight.** **Dress appropriately** for the weather; avoid dark colored and tight-fitting clothes. **Cool down.** Take showers whenever you are feeling warm.

Special Delivery of Gratitude

July 1st is National Postal Workers Day. It gives us all an opportunity to recognize postal workers and the hard work they put in to ensure our mail and deliveries get to us on time. Did you know that in the United States, postal workers walk an average of 4 to 8 miles a day delivering letters and packages to our doorsteps? So, with words or any sweet treats, thank the wonderful mailmen and women who make sure our mail gets to us every day.



Team Member Spotlight



Hector Castro

Congratulations go to Hector, our May Employee of the Month and this month's featured staff spotlight. Hector has been working as a cook for 20 years now, and has been working in our community at Crescent Oaks since 2020. He was born on December 28th in Oaxaca, Mexico, and now resides in Sunnyvale, California. He's been married for 22 years to his wife, Alva, and blessed with two sons, Aaron and Alec. He also has a cat named "Potato."

Hector's interests are hiking, walking, spending time and going to places with his family, playing soccer, and listening to his favorite music (especially Latin music). He has skill in drawing; likes Mexican food, and his favorite color is black. Hector is kind, gentle, and a responsible person. His family is the one thing that motivates him to work hard and be a better person.

Enjoy Summer!



Crescent Oaks Memory Care



CRESCENT OAKS
Memory Care

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