



CRESCENT OAKS

Memory Care

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June 2021

Father's Day and Husband Caregiver Day

Did you know that Sunday, June 20th, is not only Father's Day, but also Husband Caregiver Day? Crescent Oaks would like to honor and encourage those who are the Compass and Shining North Star to so many wives out there. HAPPY FATHER'S DAY AND HAPPY HUSBAND CAREGIVER DAY!

CAREGIVER

I am the caregiver, the watcher, the guide
I walk down the hall with you by my side
a smile, a laugh, a hug or embrace
I watch the worry fall away from your face
I am the caregiver, the watcher, the guide
I walk down the hall with you by my side
I am your compass, your shining north star
I try to remind you of just who you are
I am the caregiver, the watcher, the guide
I walk down the hall with you by my side
Pictures and letters, music of old
Keep your mind warm and away from the cold
I am the caregiver, the watcher, the guide
I walk down the hall with you by my side
the routine of night shows no wear and tear
the light of the morning so soon will be here.

- Lee McCurley



COMMUNITY NEWS

Welcome to Crescent Oaks!

We are thrilled to have so many new residents move in to our community. As you settle into your new environment, your friendly neighbors and our caring staff welcome you and will answer any questions you may have. We hope this helps to make the moving transition easier! We look forward to seeing you as you participate in activities, enjoy the entertainment, and spend time socializing with new friends. Let us all welcome: Edna, Richard, Charles, Patricia, and Joan!

Happy Birthday!!

A big shout out to our June birthday celebrants!

6/1 MICHAEL

6/6 SYLVIA

6/16 GRACE

6/18 GIRLIE

6/29 JOHN

Entertainment Schedule

Our fun and energizing Happy Hours with live music performances are listed below:

- **Lee Allen** (Piano)
Fri., 6/4, at 10:30 am
- **Sudithi** (Violin)
Fri., 6/11, at 3:00 pm
- **Gerry** (Oldies But Goodies)
Fri., 6/18, at 2:00 pm
- **Allan** (Guitar)
Tues., 6/22, at 10:00 am
- **Precious** (Variety)
Wed., 6/30, at 10:30 am

Upcoming Events and Activities

Here comes Summer!

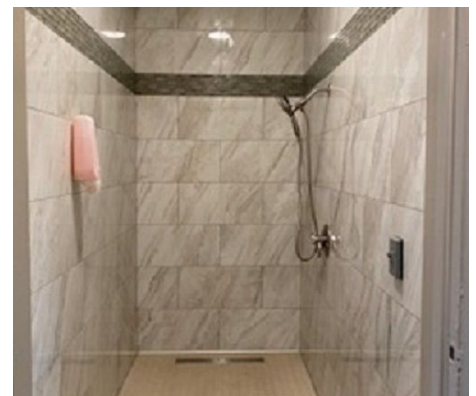
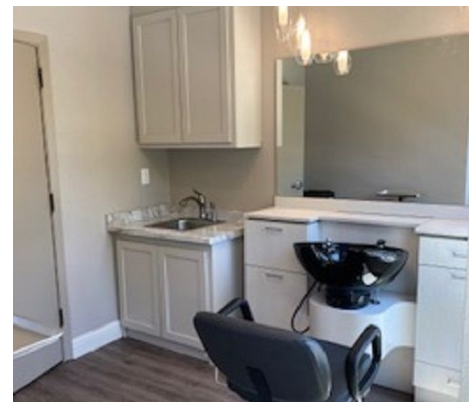
June is National Great Outdoors Month and here, at Crescent Oaks, we have planned some new indoor activities and fun backyard/outdoor summer activities for our residents.

- 6/7, Monday...“ADOPT A PET DAY”: Pet Appreciation week begins on June 6th and we’re celebrating with fun activities such as adopting an animal plush toy and discussion about their own and favorite beloved pets.
- 6/14, Monday...“FLAG DAY”: We will fly the American Flag at half-mast to honor and respect the American Flag. We will also have Patriotic Trivia to see who remembers what, when, and where.
- 6/18, Friday... Celebrating FATHER’S DAY: We are celebrating all the dads in our community “western style” with a BBQ lunch followed by a Happy Hour with live music for entertainment.
- 6/25, Friday...“BACKYARD CAMPING”: A perfect day to connect with nature. We encourage our residents to sit on the back patio, enjoy s’mores and share stories of their own camping experiences.

**Please refer to our calendar for more activities.*

Remodel Update

We are excited to announce that our community’s brand new Salon, Showers, and Wellness Room are complete and ready for use. If you haven’t seen these remodels yet, come take a peek! It looks so beautiful and classy!



Fun Fact: Origin of Father's Day!

Sonora Smart Dodd of Spokane, WA, got the idea of honoring fathers while listening to a Mother's Day sermon at her church in May 1910. One of six children, Sonora's father raised her and her siblings alone after her mother's death in 1891. She felt that her father definitely deserved some recognition, so she decided that the 3rd Sunday in June is the best day. While Carnation is the flower for Mother's Day, she suggested the Rose for Father's Day.



Recipe to Enjoy!



STRAWBERRY TURKEY SPINACH SALAD

Salad Ingredients

- 5 oz fresh baby spinach
- 2 c cooked turkey breast (julienned)
- 2 c fresh strawberries sliced
- 1 small sweet yellow pepper (julienned)
- 4 green onions sliced

Dressing

- 1/4 cup red wine vinegar

Keep Yourself Cool!

When the summertime temperatures rise, one way to cool off is to drink something cold and refreshing! Losing too much water from your body through sweat stresses your cardiovascular system and impairs performance and mental acuity. To combat the heat, eat popsicles and refreshing fruits, dress in a cool summer outfit, apply sun screen lotion and, most importantly, keep yourself hydrated with plenty of water.

Wheel-In Wash!

It's time to wash and clean our wheelchairs and walkers! See the calendar for the date and time.

- 3 Tbsp olive oil
- 2 Tbsp water
- 4 tsp honey
- 1/2 tsp dried minced onion
- 1/2 tsp salt & pepper

Directions: Place salad ingredients in a large bowl. Place dressing ingredients in a jar with a tight-fitting lid; shake well. Drizzle over salad; toss to combine. Serve immediately.



We Like to Hear From You!

We invite you to share your activities' ideas with us!

Please email
geraldine@crescentoaksmc.com

Resident Spotlight

JOSEPH SUSBILLA



"Tatay" is what everyone is calling him in our community. Joseph is from the Philippines and "Tatay" is a Tagalog word for "Dad". He was born in the Philippines and grew up Catholic. In 1970, he migrated to the U.S at the petition of his grandfather, who served in the U.S. Army.

As a young adult, he lived in Daly City, California. He worked as a bartender for a couple of years in a restaurant before becoming a janitor for 39 years at the Olympic Club! Though he likes nature and going places, he enjoyed mostly staying at home and hanging out with his friends, singing karaoke and beer tasting :) His only son, Joey, lives in Santa Clara.

Some of Joseph's interests include singing karaoke, bowling, playing blackjack, and watching action movies (mostly in Tagalog). Some of his favorite foods are Arroz Caldo (Filipino porridge), vanilla ice cream, and likes to drink coffee.

Joseph has a good sense of humor. He likes to joke around with the staff, dance, and also is a good sport, participating in all of our activities.

Happy Father's Day, Tatay Joseph!



JUNE

The Great Outdoors
MONTH

Get some fresh air and sunshine!

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