



# 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  
Resident Care Coordinator ..... Jennifer DeLeon  
Activities Director &  
Newsletter/Calendar Author ... Geraldine Sabado  
Dining Services Director ..... Alva Lopez

### Contact Info:

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### OFFICE HOURS:

Monday - Friday  
9:30 AM - 5:30 PM  
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### VISITING HOURS:

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

## March 2023



### Spring Is in the Air

March is upon us, and spring is in the air. We'll notice the weather warming up, spring flowers blooming, and more birds chirping. It is the season where we look forward to more outdoor activities, enjoying the fresh air, and taking advantage of longer daylight. Sunday, March 12th is daylight saving, so make sure you set your time forward one hour ahead on Saturday night. Our community has planned fun activities for this "green" month. We are celebrating St. Patrick's Day with a delicious traditional meal for lunch, Irish music, folklore, trivia, and games on Friday, March 17th. March 3rd is a time to show our appreciation to our dedicated and hardworking staff on "National Employee Appreciation Day." We also look forward to gardening activities in our backyard. See our March activities calendar for more activities and events.



## Photo Gallery



Betty's tea party birthday celebration.



This beautiful silhouette craft project was fun!



Everyone enjoyed these Valentine's arts & crafts.

## March Special Events and Activities:

- March 3rd: **Employee Appreciation Day.** Ice cream party and raffle prizes for all staff!
- March 7th: **Lucky Seven Day.** We prepare a lucky seven game for the residents and staff to win surprise goodies!
- March 12th: **Daylight Saving Time** (Spring Forward). Mark your calendar and make sure to set your time an hour ahead before bed.
- March 13th: **Plant a Flower Day Observed.** We will be having a gardening social on the back patio (weather permitting).
- March 17th: **St. Patrick's Day.** Serving a traditional corned beef and cabbage lunch, followed by an afternoon of holiday activities and snack social.
- March 20th: **Beginning of Spring**

### *Other special and fun days in March:*

- March 5th: Namesake Day
- March 8th: International Women's Day
- March 12th: Plant A Flower Day
- March 14th: National Potato Chip Day
- March 20th: National "Wellderly" Day

*\* Please see our March calendar for more daily activities and fun events\**

## HAPPY BIRTHDAY!



Let's wish a happy, happy birthday to our March celebrant! Marylou's smile and laughter is infectious and gives joy to everyone.

Marylou - 3/17

## March Entertainment

Lee Allen (Piano)

March 3 at 10:30 AM

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Jery (Oldies but Goodies)

March 9 at 10:30 AM

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Precious (Oldies/ Variety)

March 21 at 10:30 AM

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Joseph (Guitar)

March 31 at 10:30 AM

## With a Heavy Heart

Our deepest sympathy to the family and friends of our beloved Julia. She will be missed by the staff in our community with her laughter and chatty personality.





### Time Change!

Daylight saving time begins March 12 at 2AM, Sunday. Set your time an hour ahead on Saturday night and consider going to bed early to help you rise and shine.

### Unplug for Earth Hour

Since 2007, people around the world have switched off their lights and unplugged from electricity for an hour on the last Saturday in March. This is to raise awareness about environmental concerns & show support for eco-friendly causes. On 3/25, turn off or limit use of electronic devices as a symbolic gesture for Mother Earth.

### Corned Beef Hash



Here's a recipe that you can enjoy for breakfast with your leftovers from St. Patrick's Day.

**Ingredients:** Corned beef (leftover or new), potato, butter, onions, thyme, salt and pepper.

**Instructions:** Melt butter in a larger skillet or nonstick pan; Sautee' with onions until cooked. Reduce heat and add potatoes (you can toast the potatoes until brown before you add as option). Season with thyme, salt, and pepper. Add a sunny side egg and garnish with parsley. Enjoy!

### Friendly Reminder

*As of this date March 2023, there have been no changes or updates regarding visitation within our community. We ask all visitors to continuously follow the following visitation protocols as directed by licensing. Please call our community prior to your visit, sign in with temperature checks, keep your mask on during your visit, no sitting with the other residents in the common areas, let us know ahead of time if you want to have a meal with your loved one so we can reserve a table. The health of everyone in our community is of utmost importance to us.*

*Thank you for your continued patience and cooperation!*

### A Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage to enjoy fresh air and sunshine. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

### Staying Well With Laughter

"National Wellderly Day" is observed on March 20th. It was created to promote the health benefits of happiness, humor, and laughter. It is suggested that a person should start each day by smiling and laughing in front of the mirror for 15 seconds.



We are always excited to have additional members join our community. Let's all welcome our new team members: **Jennifer, Scarlet, Mario, Hulita, Yeimy, Glenda, Janet, Tanya, Erica and Loui.** Welcome to the Crescent Oaks Family!

### JENNIFER DELEON Resident Care Coordinator

Meet our Crescent Oaks' new Resident Care Coordinator, Jennifer. Born on February 5th in Gilroy, California, Jenny is now a mother of three beautiful children. She graduated from San Jose State University with a bachelor's degree of Science in Public Health and minor in Special Education. She is currently a nursing student. Some of her interests include reading, hiking, and running. Her favorite sports are track & field and soccer. She likes all types of music especially country, rock, and '90s. Her three children are her great motivation and give her happiness. Jennifer is shy, quiet, calm, friendly, dependable and easy to talk to! Let's wish Jennifer a warm welcome to our community!





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