



CRESCENT OAKS

Memory Care

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



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May 2023

Celebrating May

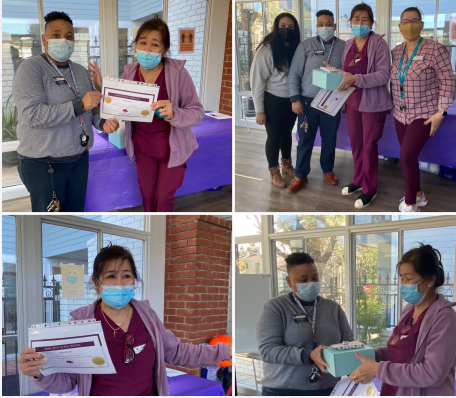
Let's celebrate the gorgeous month of May as the weather starts warming. Last month's events were really fun and exciting! We had a blast with the Masquerade party to celebrate the mask mandate being lifted when visiting your loved one in our community. Our World Health Day was also a hit. We would like to give thanks to all the home health and hospice agencies who joined us in the event and continue to support our community. Also, everyone in the community enjoyed Yumi, our pet dog therapy for the day as we celebrated the National Pet Day. This month, we continue to find ways to celebrate and bring together the families and friends of our residents. We are encouraging everyone to come and join us with all the fun events that we have planned for our residents. From Cinco De Mayo, Mother's Day, Memorial Day, and Senior Citizens Day. We will also be celebrating nurse's week, firefighters' day, family wellness month, mental health awareness month, physical fitness and sports month, and more! Be on the lookout for more details on events and activities!

Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service.



Photo Gallery



Congratulations to Karen, Our March Employee of the month!



Everyone had a blast for the Mask Off Masquerade party!



A huge "Thank you" to all the Home health/Hospices care who celebrate with us for the World Health Day.

Happy Birthday to You

Sending a flower of wishes to our residents celebrating a birthday this month!

05/14 ---- Colleen
 05/17 ---- Karen
 05/20 ---- Soledad
 05/21 ----- Alva
 05/27 ----- Joan

Welcome to Crescent Oaks!

It is with great pleasure that we welcome our new residents:

Erma is 103 years old and she's a very sweet, calm, and shy person. She can socialize with the other residents but needs the assurance of comfort and companionship. She is very fond of her pet bird in her own apartment. Say hello to her when you see her around to help her feel happy and comfortable. Let's give her a warm welcome!

Welcome home, ERMA!

May Entertainment

- Jeri (Oldies but Goodies)
May 12th at 10:30 AM
- Precious (Oldies/Variety)
May 16th at 10:30 AM
- Lee Allen (Piano)
May 24th at 10:30 AM



Our heartfelt condolences to the family and friends of our beloved Berta. We will miss her beautiful singing voice and her great talent in playing piano.

May Events & Activities

- May 4: **Firefighters Day.** Let's meet and greet in the community with our local firefighters at 2:00 pm.
 - May 8: **Celebrating Nurses Day** (see calendar)
 - May 5: **Cinco De Mayo.** Join us for a fun, afternoon fiesta with mariachi music, yummy posole and tostadas and a piñata game at 2:00 pm.
 - May 12: **Celebrating Mother's Day.** Happy hour at 10:30 am and "A Day of Spa" for all MOMS in the community at 2:00 pm.
 - May 16: **Senior citizen Day.** Join us for some fun games at the back patio, Happy hour, and an Ice Cream party at 2:00 pm
 - May 22: **Celebrating "Family Wellness Month".** Join us in the backyard for fun "Minute to Win It" games.
 - May 26: **Memorial Day** celebration. Come and join us for a BBQ lunch on the back patio. We will host a moment of silence in the afternoon to pay respect and honor our military heroes. Followed by an ice cream social at 2:00 pm.
 - May 31: **Physical Fitness/Sports Month** celebration. Come and join us for a fun ZUMBA class at 2:00 pm
- * See calendar for more activities and events*

The Fun Continued...



Let's Get Physical!

National Senior Health and Fitness Day is celebrated every last Wednesday of May. We all know that physical activity and exercise is good for our body. Regular physical activity has many health benefits such as improved strength and balance, improved cognitive function, decreased stress, anxiety and depression, boosted immune system, etc. At Crescent Oaks, we find ways to keep our residents engaged in physical activities with different types of exercise such as music in motion, chair yoga, chair Zumba, dancing, and other physical activities like balloon swat, bowling, ball toss and more!

Chicken Macaroni Salad

Ingredients:

1 lb. elbow macaroni,
1 lb. chicken breast,
2 cups mayonnaise,
1 cup carrots (finely diced), 1 can pineapple tidbits, 1/2 cup onions (finely chopped), 1/2 block cheddar cheese, 1 cup raisins, 1/2 tsp salt, and 2 tsp sugar.

Instructions: Boil macaroni until cooked, drain, and set aside. Boil chicken breast (add a little bit of salt) until cooked. Let cool then finely shred. In a large bowl, add all the ingredients together except cheese. Toss until well blended. Grate the cheese on top and mix well. Cover and refrigerate. Toss before serving. Enjoy!

A "Spa Day" For Moms

We have planned a Spa Day to celebrate Mother's Day on **May 12th at 2:00 pm**, where all our ladies in our community can come to relax, be spoiled, and pampered for the afternoon. All moms and mother figures are welcome to join us for a fun and relaxing afternoon!



Employee Spotlight



Karen V.

Congratulations to Karen, our March Employee of the Month. She has been working in the community for more than 25 years now as our dedicated and passionate Medical Technician. Born on May 17th, Karen is originally from Manila, Philippines. Her family and close friends like to call her "K", short for Karen. She has been married for 19 years to her husband Don, who everyone calls "Papa Bear." She is blessed with two beautiful daughters, Kate and Krissa, and four grandkids, which makes her very happy. Some of her interests are cooking, shopping, hiking, traveling, and nature. She also loves to listen to music. Christian/gospel, country, and soft music are her favorites. During her free time, she loves to go to the beach and enjoy walking on the seashore barefoot because she loves to feel the sand and the water. Karen is a very private, emotional, sensitive, sweet, and loving person. Let's wish Karen a blessed and happy birthday this month!

A mother's spell remains
the strongest and the healthiest.
for in it we have learnt how
to love and care.



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