



# 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:

MON-FRI 9:30AM-5:30PM

### After Hours Assistance:

Please call: (650)313-7182

### VISITING HOURS:

MON-SUN 9:00-6:00PM

## November 2023

### Autumn Blessings

Hello and welcome to November! The winter holidays are just around the corner and there's excitement in the air as we begin preparing for the holiday feast. Our community will be hosting our traditional **Thanksgiving Luncheon on Nov. 21st at noon**. We are looking forward to having you celebrate this holiday season with us. Following lunch will be an hour of live music with Precious at 2:30pm.

We would like to say how incredibly grateful and blessed we are for all the family, friends, home health agencies, and hospice agencies, who joined and supported our Alzheimer's Fundraisers and 2023 Alzheimer's Walk. Your help and support truly make a difference. As we all gather together for the Thanksgiving meal with our loved ones, let us not forget to be thankful for all the blessings that we received this year and for more blessings that are coming our way. From the bottom of my heart, Happy Thanksgiving to each and every one!



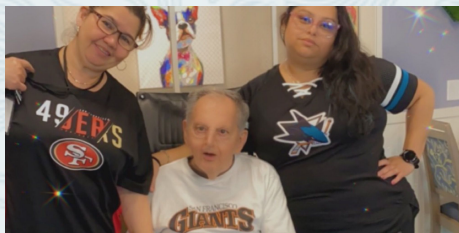
## Photo Gallery



Family and friends Fundraiser Bingo was fun!



A huge "Thank You" to everyone who donated and supported our Bake Sale Fundraiser toward the Alzheimer's Association.



Cheering up the residents with some Spirit Week dress up days!



Let's welcome the new family member in our community. We look forward for you to be happy and comfortable to your new home, **Olivia!**

### November Special Days and Events:

- Alzheimer's Disease Awareness Month
  - Home Care Month
  - Hospice Month
  - Games and Puzzles Month
  - Family Caregivers Month
  - 11/06 - Nachos Day
  - 11/13 - World Kindness Day
  - 11/16 - Fast Food Day
  - 11/17 - World Peace Day
- Nov. 5th ... **Daylight Saving Time Ends.** Don't forget to set your time back an hour before bed.

Nov. 10th ... **Celebrating and Honoring** our community's Veterans. We're serving special lunch at 12:00pm. Afternoon Ice Cream Social and handing out certificates at 2:30pm

Nov. 11th ... **Veterans Day**  
 Nov. 21st ... **Celebrating Thanksgiving Day.** Serving our Traditional Thanksgiving Lunch at 12:00pm and Happy Hour of live music entertainment with Precious at 2:30pm

Nov. 23rd ... **Happy Thanksgiving Day** to each and every one!

Nov. 29th ... **November Birthday Bash!**



Blessed happy birthday wishes to our November celebrants:  
 Geraldine ... Nov. 30  
 Janneth .... Nov. 30

### Daylight Saving Time: Question is... Will we "Fall back" in 2023?

Yes. Americans in most states will have to turn their clocks back an hour on **Sunday, November 5th.** According to Sacramento Bee News, in 2021 Senator Marco Rubio, a Republican from Florida proposed the Sunshine Protection Act in the Senate. He emphasized that less daylight in the evening can mean fewer after school activities for kids and for people working 9-5pm. His proposal for permanent daylight saving throughout the country with the Sunshine Protection Act has passed the Senate in March 2022 but still waiting on the House of Representatives. If the Congress and President Joe Biden sign the bill, we will no longer need to change the time.



## Salute to Our Veterans!

We honor and appreciate our country's military veterans and actively serving, who have given so much bravery to fight and keep our freedoms alive. Crescent Oaks is proud to honor the following veterans in our community. We Salute You!

Ollie - Navy

Richard O. - Army

Vie - Air Force

Loren - Army



## Appreciating Family Caregivers

Included in this season of giving thanks is "National Family Caregivers Month", which pays tribute to the family members and friends, hospice, and home health settings, health care volunteers and all professional caregivers who continuously serve and provide the residents and others who are in need of care. The annual observance honors the estimated 45 million caregivers across the U.S.



## Geraldine

Hello, Crescent Oaks' family and friends. As most of you know, my name is Geraldine, AKA "Geri". I've been working with Crescent Oaks Memory Care (formerly known as Crescent Villa) for 17 years this November. I started working here as a caregiver and I truly enjoyed my job since it's my passion to take care of the elderly. Then I worked as a Med Tech, Activity Assistant, part-time cook all in the same community and I now serve as the full-time Activity Director for 10 years and counting. Some facts about me, I am originally from the Philippines and migrated here to the United States in 2006. I'm a single mom and blessed with my two wonderful children, Kenneth and Shaira (now age 23 & 25) and our paw baby, Yumi. I love country and inspirational worship music. I like the colors purple, royal blue, and bright yellow. I enjoy DIY crafting, cooking, and I collect angels, Bhuddas and Betty Boops. I also enjoy watching nature and doing karaoke (even though I don't have a golden voice, lol). I am grateful and feel blessed to be able to do what I love to do by serving the elderly. Have a wonderful one!

## The Many Gifts of Gratitude

Studies have shown that as we age, taking actions to express gratitude can boost our immune system and have a uniquely powerful relationship with health and wellbeing, both our own and for those around us! When people have higher levels of gratitude, they tend to have lower levels of depression, better sleep quality, peace of mind and are better to handle stress, more socially connected and increased happiness.

**"Gratitude Helps Us to See What Is There, Instead of What Isn't."**

-Annette Bridges

## November Entertainment Schedule

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

- **Jeri** (Oldies but Goodies)  
November 7th at 2:30 pm
- **Precious** (Varieties/Oldies but Goodies)  
November 21st at 2:30 pm
- **Lee Allen** (Piano)  
November 28th at 2:30 pm





## Crescent Oaks Memory Care



**CRESCENT OAKS**  
Memory Care

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