



# CRESCENT OAKS

## Memory Care

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



### CRESCENT OAKS LEADERSHIP TEAM:

Executive Director ..... Nancy Rubio  
Regional Director of  
Resident Development ..... Danielle DeWall  
Residents Care Coordinator ..... Rafael Nunag  
Activities Director &  
Newsletter/Calendar Author ... Geraldine Sabado  
Dining Services Director ..... Alva Lopez

### Contact Info:

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Social Media: ..... Facebook/Instagram/LinkedIn  
License # ..... 435202705



### OFFICE HOURS:

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

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

## November 2022

### Blessed and Thankful

*Hello, everyone, and welcome to November! There's excitement in the air as we begin preparing for the holidays. Unfortunately, because we are still under COVID-19 restrictions, we still won't be able to host a holiday event for outside visitors indoors. But, once again, we have plans of celebrating these special occasions with our residents. We will be hosting their Thanksgiving with a delicious traditional meal and a beautiful happy hour of live music with our great performers. As always, you are allowed to pick up your loved one to celebrate this special day with family outside of the community. Make sure to call us ahead of time to have our staff get your loved one ready. How we wish we could return to the days of celebrating holidays all together in our community. As always, we are blessed and thankful for each day we are given to be here with our dear residents and for the support we get from each one of you.*

*Happy blessed Thanksgiving to all!*

*Sincerely,  
Geraldine (Activity Director)*



## Photo Gallery



Wood Painting Crafts



Keeping them fit while having fun!



Don & Joseph dance showdown :)

## Happy Birthday to You

We're sending warm wishes to all our residents celebrating a birthday this month. We hope you have a wonderful day!

Aurelia..... 11/12  
 Alice..... 11/22  
 Margaret (Peggy)....11/30  
 Geraldine..... 11/30

## November Events:

11/01 - All Saints' Day  
 11/06 - Daylight Saving Time  
 Ends at 2:00 AM  
 11/08 - General Election Day  
 11/11 - Veterans Day  
 11/13 - Caregiver  
 Appreciation Day  
 11/17 - World Peace Day  
 11/24 - Thanksgiving Day  
 11/29 - Celebrating  
 November Birthdays

- 11/11 Friday - **Honoring our Veterans** with awarding a certificate of recognition. Happy hour of great live music and yummy foods.
- 11/22 Tuesday - **Celebrating Thanksgiving** with our Traditional Special lunch and happy hour

## Happy Hour Entertainment Schedule:

An hour of entertainment of fun, live music with our great performers.

Lee Allen's Piano  
 11/02, Wednesday @ 10:30 AM  
 Jerry's Oldies but Goodies  
 11/23, Wednesday @ 10:30 AM  
 Precious Oldies but Goodies  
 11/29, Tuesday @ 10:30 AM

## Welcome to Crescent Oaks!

It is with great pleasure that we welcome our new residents. We look forward to having you and your loved ones as a part of our family in the community. Welcome home!

Julia  
 Betty  
 Connie  
 Ulla



## Honoring Our Veterans!

Our country's military veterans have given so much to keep our freedoms alive. Show your gratitude and support to all our heroic men and women who bravely fought for our freedom and save our country.

Here at Crescent Oaks, we honor and appreciate our veterans. We have plans to celebrate with a special lunch, happy hour of live music, and awarding of recognition for our community's veterans. We salute and appreciate!

Richard - Army  
 Luanthur - Air Force  
 Donald D. - Air Force  
 Donald K. - Army  
 Vie - Air Force

## Saluting Our Veterans



## Benefits of Being Grateful

Gratitude isn't just the feeling people get after something good happens to them. It's a way of thinking that takes practice and hard work to make it part of their everyday behavior.

Here are some benefits of being grateful: Being grateful shields you from negativity, eliminates stress, boosts self esteem, lowers your blood pressure, more optimism and happiness, higher sense of self worth, more forgiving and compassionate and it improves relationships. At Crescent Oaks, we are grateful for our residents and their families.



## Caramelized Fried Apples With Vanilla Ice Cream



### Ingredients:

Sliced or chopped apples, 1 tsp lemon juice, 3 tbsp salted butter, 2 tbsp brown sugar, 1/2 tsp ground cinnamon

and vanilla ice cream.

**Instructions:** Peel and slice the apples, place them into bowl. Pour lemon juice to prevent from browning. Melt butter over medium heat, add brown sugar and cinnamon. Stir for 30 seconds and add the sliced apples, stir again to coat. Cook for 15 minutes until apples have softened. Remove from heat and let it cool. Add a scoop of ice cream when served. Enjoy!

## Visitation Reminders:

As of November 2022, we are still required to follow the visitation guidelines from the Department of Health of Santa Clara County. Here's a short visiting reminder to keep your loved one safe.

Please call our community prior to your visit, sign in for your COVID-19 proofs and temperature check, make sure to sanitize your hands and keep your MASK ON during your visits, and visitors are only allowed in the resident's room, sunroom and back patio.

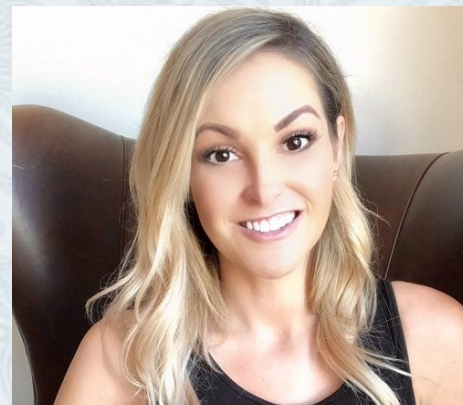
We are grateful and appreciate your patience, cooperation and understanding regarding these health protocols.

## Still Time for the Flu Shot

If you haven't gotten your flu shot yet, it's not too late. Experts say the ideal time to get the vaccine is by the end of October, but getting it later can still be beneficial since it takes about two weeks for the vaccine's antibodies to develop in the body.

## Don't Forget To Fall Back

Daylight saving time ends on Sunday, Nov. 6, so remember to set your clocks and watches back one hour the night before.



**Danielle DeWall**

## Regional Director of Resident Development

*We are pleased to introduce Danielle who is joining our team. Danielle comes to Crescent Oaks and Silver Oaks as our new Regional Director of Resident Development. With her professional background in sales and marketing for various industries, Danielle says her main love in her work has always been the people and relationships she builds.*

*Danielle comes to us from the Sacramento area, and she is a mother to 12-year-old Maxwell and to her boxer/Pit Bull named Xena. She often takes sailing trips around the world and enjoys participating in running races around California and surrounding areas. Some of her interests are psychology, neuroscience, sales, business and learning new things. She likes all types of music and has a talent in singing.*

*Let's give Danielle a warm welcome! Welcome to the Crescent Oaks team, Danielle!*



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