



CRESCENT OAKS

Memory Care

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



CRESCENT OAKS LEADERSHIP TEAM:

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October 2021

October Greetings!

Fall is here! We're looking forward to a season of harvest and fun festivities. The sound of crisp autumn leaves falling, trips to the pumpkin patch, pumpkin carvings, festivals, festive decorations, Halloween costume parade, trick or treats, and many more. This month, we are having more fun seasonal crafts, festive decorations, trivia, happy hours with live music and entertainment from our great performers, and of course the most awaited Halloween party with our annual spooky, silly, and unique costume contest. Let's enjoy the season of fall!

All Smiles!



Commercial artist Ball Harvey created the smiley face in 1963 and declared the first Friday in October as World Smile Day. He thought that we should be reminded to do some act of kindness and share the smile. The image of Smiley Face became the most recognizable symbol of good will and good cheer on the planet. A simple compliment, words of encouragement, sharing silly jokes, and simply saying hello and thank you will surely make someone smile. And on a health side, studies have shown that smiling releases endorphins which are known as natural painkillers and also help elevate your mood, decrease stress, and boost your immune system. So go ahead and SMILE... It's contagious in a good way!

*"Let us all meet each other with a smile.
For the smile is the beginning of love."*

--- Mother Teresa

Upcoming Special Events and Activities:

- 10/5, Tuesday... World Teachers' Day! ... We are celebrating all the Teachers in our community with fun music and dancing with Jerry and a special Tea party in the afternoon.
- 10/15, Friday... Fall Harvest Day!... October 15th is Fall Harvest Day and we have a variety of fresh fruits to choose for our residents with our farmer's market theme cart!
- 10/29 Friday... Halloween Party!... Our most awaited costume contest and Happy hour of spook-tacular fun live music with Precious at 3:00 pm.

Happy Hour Entertainment Schedule:

- Jerry (Oldies/ Country) 10/5, Tuesday 10:30 am
- Lee Allen (Piano) 10/15, Friday 10:30 am
- PRECIOUS (Variety) 10/29, Friday 3:00 pm

SPIRIT Wear Days:

- 10/1, Friday... JEANS to work day
- 10/23, Saturday... Wear it PINK
- 10/29, Friday... HALLOWEEN costume

****Please refer to our monthly calendar for more activities and special events!*



Birthday Wishes!

Blessed birthday wishes to the following residents and staff October celebrants!

Silvia M..... 10/7
Sandra..... 10/12
Bobby..... 10/19
Rory..... 10/22

Welcome to Our New Staff!

Let's welcome the newest team member in our community. He will be our new Medtech and caregiver.

Frederick

Last Month on Candid Camera!



Ladies all smile with their "Oppa" love sign :)



Bobbie takes charge with the Bingo!



Friendly Reminder Regarding Visitation Protocol:

Effective September 9, per Licensing... All visitors must show proof of being fully vaccinated (at least 2 weeks from final dose), or show proof of negative COVID-19 test (taken 72 hours prior to visit) in order to visit your loved one inside our Community. We also advised to make your schedule of visitation ahead of time to avoid having visitors in the same areas at the same time and to give us time to clean and sanitize in between visits. Please be aware that NO visitors are allowed in the common areas such as the lounge, lobby and dining room. If the resident we are visiting is in the activity or dining room, visitors must wait for the staff to escort them to the preferred scheduled area.

Crescent Oaks Memory Care is 100% committed to the safety and well being of your loved ones. We understand that this can be inconvenient for some, but we ask for your patience and understanding as we continue to navigate the ever changing recommendations. We appreciate and thank you all for your cooperation and continued support.



Go Pink in October!

October is National Breast Cancer Awareness Month. Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved. Our community is encouraged to wear pink to show our support for this awareness.

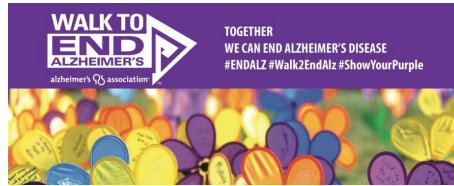
Get Your Shot!

Did you get your flu shot yet? An important way to lessen the chances of suffering from the seasonal flu is to make sure you get vaccinated. It's never too late; get your flu shot!



Dress Up for Halloween!

It's time for the annual spook-tacular fun at Crescent Oaks Memory Care! Everyone in our community is encouraged to wear their silliest, craziest, or spookiest costume. Residents and staff will be modeling their costumes in the hallway for a fun Halloween photo op!



Walk for a Good Cause!

Make plans to join us with our team on our "Walk to End Alzheimer's" this October 16th, as we raise funds for this important cause that is dear to our hearts. It's free to register! Support our team community Crescent Oaks Memory Care by walking with us or to Donate any amount that you wish for a good cause. Go to the website... act.alz.org/siliconvalley2021 and search for our team Crescent Oaks Mnemonics.

Recipe of the Month:

Vampire Chili



Ingredients:

*Italian sausage (diced), black or red beans, ground beef, tomato paste, diced tomatoes, lemon juice, minced garlic, diced onions, salt, pepper, 4 tbsp red wine (optional), cheddar cheese

How to make:

Heat oil in a large pot. Add onion and meats; cook over medium- high heat, stirring until meats are well browned. Stir in with the rest of the ingredients and simmer for 25 minutes. Season to taste. To serve, top with shredded cheddar cheese. Enjoy!

Resident Spotlight

Bobbie Dunham



We are very pleased to have Bobbie in our October resident's spotlight!

Bobbie was born on Oct. 19 and

grew up in Houston, Texas. She is blessed with a loving son Darren. She attended her college at Baylor University, then taught first grade class for 32 years. After she retired from being a teacher, she spent most of her time with oil painting for years. Some of Bobbie's interests besides her love of painting are reading, outdoor walking, listening to music, watching TV and her favorite sports like football and baseball, listening to music (she took a piano lesson when she was 8). She also enjoys socializing with her friends. Bobbie's favorite foods are ice cream, BBQ, corn on the cob, fried shrimp and all kinds of fruits. She describes herself as someone with a good sense of humor, friendly, easy going, artistic, compassionate, strong, and loving person. And we see it here in our community how she cares for her friends and others as well.

I asked Bobbie what comforts her on a bad day. She said, "Spending time with my friends and family."

Happy Birthday Bobbie :)



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