



# 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:

Monday - Friday  
9:30 AM - 5:30 PM

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### VISITING HOURS:

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

## September 2023

### Autumn Greetings

Hello, everyone! It's hard to believe, but Fall is just around the corner. The fall fashions and decorations are filling up windows as communities and stores gear up for the season. Check out this month's calendar and be on the lookout for details about some of our favorite fall activities that we have planned. As always, please feel free to stop by in our community to see your loved one and reach out to our activities department for some fun activity ideas that you'd like to share! Have a great September!



### Precious Time With Grandparents

The wisdom of our grandparents shouldn't go unnoticed. Not only do they have interesting stories to share and great words of wisdom, but it's also precious to see their smile and brighten their day when they see their dearest grandchildren. This September 10th, let's honor and express our love and gratitude for their strength, nurture, love and wisdom. Cherish the moment while we can and create a lifelong memory with your grandma and/or grandpa.

## Photo Gallery



Ladies all smiles in red, white and blue



Enjoying watermelon with cute, fancy glasses



A beautiful silhouette craft

## HAPPY BIRTHDAY!

Let us wish a happy birthday and a day filled with happiness and joy for many more years.

Patsy ..... 09/16

## September Special Days and Events

09/4 ... Labor Day Ice Cream party!

09/6 ... Photo Booth Day: Photo booth pictures taken via Snapchat.

09/10 ... National Assisted Living Week Begins (9/10-16) Rolling cart daily raffle surprises and spirit week.

09/10 ... Grandparents Day: Table talk and tea social, grandparents' words of wisdom, and reminiscing about grandchildren.

09/11 ... Patriot Day

09/21 ... World Alzheimer's Day: Dementia in-service with Affinity Hospice at 2:00pm

09/22 ... Autumn Season Begins: Passport trip to New York and residents' fashion show for a New York fashion week celebration.

## September Entertainment Schedule

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

- Jeri (Oldies but Goodies) September 5th at 2:30 pm
- Lee Allen (Piano) September 19th at 2:30 pm
- Precious (Varieties/Oldies but Goodies) September 26th at 2:30 pm

## Resident Spotlight: Erma C.



We are proud to introduce our Centenarian, Erma. She was born and raised a Christian in Oklahoma and Missouri and now resides in California. She is a widower, mother of two children (both have passed), and great grandmother to a granddaughter, Whitney, and has quite a few great-great grandchildren! Erma started working at an early age and had many different jobs such as a hotel maid, security guard, worked in a Swift company, nanny, foster parent, and many more. She has always enjoyed socializing and likes to tell stories about her life. Her past hobbies include reading, quilting, baking pies, and watching her favorite sports like baseball and hockey. She enjoys visiting with family and playing with her great-great grandchildren. She also enjoys going out on drives, getting fresh air, and spending time with family (especially during holidays and other special days). She also enjoys watching her parakeet bird. She loves cookies and ice cream. Last month, she celebrated her 104th birthday. We are honored to be a part of her milestone. Say "hi" to Erma when you see her around in our community!

## Peach Cobbler Overnight Oats



It's the time of the year again for the tempting sweet and spiced fall treats that you will surely enjoy.

**Ingredients:** 12oz Greek yogurt, 1 cup old fashioned oats, 1 cup milk, 1 tsp vanilla syrup, 1/2 tsp chia seeds, 1 (15oz) can sliced peaches and blueberry or walnuts for topping (optional).

**Instructions:** In a medium bowl, stir together yogurt, oats, vanilla syrup, chia seeds and peaches. Transfer into your favorite quart jar, cover, and chill overnight. Add toppings, if desired, before serving.

## "Season of Reflection"

September 10-16th, 2023, is National Assisted Living Week and it's a time to recognize and acknowledge the importance of the community. This year's theme is "Season of Reflection." The residents, caregivers and all other activity staff and families in assisted living share an extraordinary bond. This year's theme gives us the chance to recognize all the staff, volunteers and communities that play a vital role in making these facilities a loving home and a family to live for our residents.



## "Never Too Early, Never Too Late"

By now, we are likely aware that September is the month where we come together to raise awareness and challenge the persistent stigma surrounding dementia. **September 21st is World Alzheimer's Day** and this year's theme is "Never too early, never too late." The theme focuses on risk factors and risk reduction, emphasizing their crucial role in potentially delaying or even preventing the onset of dementia.



## Can You Contribute?

Contributions or sharing ideas to our newsletter or activities are encouraged and appreciated! Articles, photos, trivia, poems, recipes, and any amusing stories relating to our residents and staff are most welcome. Please call or reach out to activity director Geraldine (408)730-4004 or [geraldine@crescentoaksmc.com](mailto:geraldine@crescentoaksmc.com)

## Hairdresser

We have a hairdresser, Wilma, who attends every other Wednesday. If you would like to have the service for your loved one, please call and tell our staff member to put the resident's name on the list.

## Employee Spotlight



### Kate

Congratulations to Kate, our July Employee of the Month and this month's featured staff spotlight! Kathleen Jacinto, also known as "Kate", has been working in our community at Crescent Oaks since Sept. 2019 as a Med Tech. Kate was born on January 29th and grew up in the Philippines. She used to work as a Call Center Agent in Manila. She then migrated here to the United States with her two wonderful children, Jayden and Maui. Kate loves to listen to music and watch Korean drama on Netflix. She likes purple and apple green colors and enjoys Korean, Mexican, and Japanese foods. Kate describes herself as an extrovert, sociable, cheerful, and optimistic. She likes to discover different food dishes and explore many different things. One of her best experiences was when she went skydiving on her birthday and she's looking forward to doing more challenging, fun and adventurous activities!



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