



CRESCENT OAKS

Memory Care

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

August 2021

It's Luau Time!

Aloha! We hope you are enjoying the summer. As we enter into August, all is going well here at Crescent Oaks Memory Care.

It's been over a year since we have been able to engage in our favorite summer events. Our annual Luau Party is here and it's time to dress up in your tropical best! There will be Hawaiian or summer print shirts, cute sunglasses, colorful leis, festive decorations, tropical fruits and yummy foods, Reggae and Hawaiian music, fun games like limbo rock, hula hoops, hula dancing. As we find our daily routine being slowly pieced back together, we still need to be aware of the guidelines from the Health Department that have kept us safe. As we continue following the guidelines and protocols here in our community at Crescent Oaks Memory Care, we are also doing our best to provide our beloved residents the best service that they deserve with the support from their families and friends. Have a great fun summer Luau everyone!

Geraldine
"Activity Director"

Honoring Older Adults

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute!" ...With those words, President Ronald Reagan proclaimed Aug. 21 as National Senior Citizens Day.



CRESCENT OAKS LEADERSHIP TEAM:

Executive Director Grace Tapia
Director of
Resident Development Stephanie Eukel
Care Coordinator Sheryl Agudo
Activities Director Geraldine Sabado
Newsletter/Calendar Author ... Geraldine Sabado
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COVID-19 Update: Visiting Reminders

We would like to remind our families and friends to please make sure to call our community in advance to schedule an appointment for your visit, as we must avoid having visitors in the same areas at the same time. We are continuing to follow protocols and guidelines from the Health Department, so please wear face coverings, use hand sanitizer, check your temperature and complete a health questionnaire upon entering. NO visitors are allowed in the common areas, such as the lounge, lobby and dining room and visits should be limited to 1 hour. Our community's top priority is the safety and well being of our residents and staff. Thank you for your kind understanding and patience.

Activities Are Back on Track!

As we continuously follow protocols and guidelines from the Health Department and Licensing, we are happy that some of our group activities and games other than Bingo are back. Scrabble, Jenga, Ball games, and more. It's great to have some normalcy in our activities again!!!

Upcoming Special Events and Activities:

Aug. 6, Friday
"Farmer's Market Week Begins"... We are celebrating farmers and their markets. Activity cart dress up Farmer's Market style. Fresh variety of fruits will be served and flowers are available too. Fun facts, trivia, fun games and other activities for the week will be all about fruits, vegetables and flowers.

Aug. 12, Thursday
"Pamper Yourself Day!"... Our Pamper Spa Day is back! Aug 5th is Pamper Yourself Day. Our morning program is meditation with relaxing Zen music. An hour of Spa with relaxing music and soothing iced tea will be served in the afternoon.

Aug. 20, Friday
"Senior Citizens Day!"
Lee Allen will be serenading our senior citizens with his beautiful piano music at 10:30 am. Ice cream social and life reminiscing in the afternoon.

Aug. 30, Monday
"Luau Party!"... Let's celebrate the last full month of the summer season Hawaiian style! Fun facts, trivia and games in the morning followed by Hawaiian inspired lunch. Happy hour of live music and dancing with Precious in the afternoon. Residents will be enjoying yummy food and drinks.



Happiest Birthday!

Let's all wish a happy and wonderful birthday to the following beloved residents in our community:

- 8/20 Elvira
- 8/26 David
- 8/27 Lily
- 8/30 Paul

Welcome to Crescent Oaks!

Our list of new Crescent Oaks Memory Care community residents continues!

- Donald
- Luarthur
- Ronald
- Elvira
- Ruby

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

Happy Hour Entertainment Schedule:

An hour of live music, dancing and fun with our great performers;

- Aug. 6, Friday 10:30 am
JERRY (Oldies / Country)
- Aug. 17, Tuesday 10:30 am
LEE ALLEN (Piano)
- Aug. 26, Thursday 2:30 pm
SUDITHI (Violin)
- Aug. 30, Monday 2:30 pm
PRECIOUS (Variety)



Dressing for the Events!

Our Annual Luau party is here and it's time to dress up in your tropical best! The Activities Department is kindly requesting our residents' families to bring a summer outfit or Hawaiian shirts for your loved one so they can dress up for our upcoming Luau Party on Aug 30th.



Last Month on Candid Camera!



Ladies enjoying a game of Scrabble!



Thank you Suncrest Hospice for bringing your snacks mobile to our community!

Recipe of the Month:

Watermelon Slushie



Here's a refreshing, thirst quenching cool drink for the summer to beat the heat!

Ingredients:

Frozen Watermelon Cubes, Lime Juice, Frozen Banana, Coconut Water, Honey (optional), Fresh Mint Leaves

How to make this:

Simply cut the watermelon and freeze. When it's frozen, blend it together with all the other ingredients. Serve with fresh mint on top. Enjoy!

FUN FACTS & TRIVIA

Crickets Can Tell You the Temperature!

You could call them nature's thermometer. Listening to the crickets chirp can give you a rough estimate of the outside temperature. According to the Old Farmer's Almanac, count the number of chirps in 14 seconds, then add 40 to that number. For example, if you hear 30 chirps and add 40, it is 70 degrees.



Resident Spotlight



Joan Wood

Joan grew up as a Christian in San Luis Obispo on a ranch with her parents and two other siblings, Anne and Mike. As a teenager, Joan and her siblings were busy helping on the ranch owned by their parents. She attended San Jose State and Cal Poly. Her first job was in a clothing store before she became a second grade teacher for almost 25 years.

Some of Joan's interests are gardening, card games, watching game shows, crossword puzzles, sports... especially basketball and football. Joan also likes shopping and socializing with her friends over a meal and going out for a walk together. She loves to exercise, eating healthily and drinking lots of water. Some of her favorite foods are salad, fresh fruits, vegetables and any flavor of ice cream. She also likes having afternoon coffee with a small goodie. We asked Joan what makes her happy and she said, "Seeing my family and good friends and having good times together." :)





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