



SILVER OAKS Memory Care

16 Coleman Place • Menlo Park, CA 94025 • (650) 322-2022

August 2023



Silver Oaks Management Team

Executive Director	Ollie Vance
Resident Care Coordinator	Shayla Brewster
Director Of Resident Development ...	Angie Agui
Activity Director	Linda Mittelstadt
Dietary Director	Susana Sanchez
Environmental Director	Mario Vazquez

Business Hours

Monday-Friday
9:00 AM-5:00 PM
Weekends
10:00 AM-4:30 PM
Visiting Hours
9:00 AM-7:30 PM

Wishing everyone
a happy summer
from all of us at
Silver Oaks
Memory Care Community



SAVE THE DATES

- **August 3rd- National Watermelon Day.** No better way to enjoy the Dog Days of Summer than to enjoy a piece of watermelon pizza, such a cool and enjoyable treat!
- **August 25th- National Lemonade Day.** We will be celebrating this day with a special recipe (located on page two) for strawberry lemonade. We will be whipping up the recipe together, then enjoying it on the patio with small pools to soak our feet in the sunshine!
- **August 30th- End of Summer Celebration for National Beach Day!** Sand, Fun, and Sun! Stay tuned for more details on this fun community event!





Welcome to Our Community!

We are pleased to welcome Mary, Roslyn, and Ray to our Silver Oaks Family. We are looking forward to getting to know each of you and building beautiful memories together!

August Is National Sunflower Month

To celebrate "National Sunflower Month," we will host a sunflower social. Residents will create their own sunflower wreaths that they can enjoy hanging in their room or upon their doors. Followed by a glass of sunny lemonade and yellow goodies on the side! If you would like to join in the fun, email Linda at linda@silveroaksmc.com, or give us a call!



Art Around the Corner

With help of volunteers and support from family members, we will be forming a regularly scheduled art program for our community to touch each of our residents' different artistic skills via an onsite Art Therapist! We are so excited to have this opportunity to bring joy, purpose, and a sense of accomplishment through the gift of art to each of our residents of all functioning needs. Please stay tuned for further details. If you have any questions or would like more information, please email Linda at linda@silveroaksmc.com. For those interested in volunteering in our community, please reach out to Linda as well!

We are so blessed and excited to be able to have this opportunity!



Art projects are a fun, relaxing way for people of all ages to express their creativity, but they're particularly valuable for seniors with Alzheimer's or dementia. Art therapy stimulates the brain in a multitude of ways. It can stir dormant memories and sometimes even encourages speech. Art can also create a sense of accomplishment and purpose, while also providing an opportunity for nonverbal expression.

Strawberry Spritzer

Fresh, fruity and fizzy: This delicious drink is all you need to quench your summertime thirst!

Ingredients:

- 1 package (10 ounces) frozen sliced strawberries, thawed.
- 2 liters lemon-lime soda or ginger ale, chilled
- 1 can (12 ounces) frozen pink lemonade concentrate, thawed.

Directions:

Place strawberries in a blender and process until smooth.

Pour blended strawberries into a large pitcher. Stir in soda and pink lemonade.

Serve immediately or chill until ready to serve.

Try these tips:

- Garnish each glass with a slice of lemon or lime, fresh strawberries, or a sprig of mint or basil.
- For a lower-calorie drink, use club soda or seltzer water instead of lemon-lime soda.
- Forgot to defrost the strawberries? Add 1 cup of the soda to the berries before blending.



Suggestions Welcomed

We love to hear your thoughts and suggestions for our community! We will be hanging a suggestion box for you to share your thoughts or fun activities that you would like to see happen for your loved ones. We look forward to seeing what creative ideas you have!



School Supply Drive

Summer is coming to an end, and soon schools in our area will be back in session! Let's help local students have a great start to the year by collecting school supplies to donate to those in need. Items such as crayons, pencils, paper, binders, and even backpacks can give our local children a head start to a positive school year! Look for posted flyers with a wish list of items plus other information, or stop by the front desk.



How To Make Sun Prints

This simple project combines science and art to create a cool design.

Materials:

- Small, flat objects such as leaves, flower petals, feathers, buttons, keys, etc.
- Construction paper (dark colors are best)
- Clear tape

Directions:

Arrange the objects on the construction paper. Flat objects with lots of details, like the veins in a leaf, will make better prints. Use small pieces of tape to secure the items to the paper.

Place the sheet of paper outside in direct sunlight. You can also tape the sheet of paper to a window indoors, with the side holding the objects facing outside.

After at least 4 hours, carefully remove the taped objects from the paper to reveal the sun prints left behind. You can frame the designed paper, place it in a journal or cut it into squares to make greeting cards.

We look forward to doing this fun art/science project with our residents! Check your August activity calendar for the date and time.



Walk to End Alzheimer's

The 2023 Walk to End Alzheimer's this October is fast approaching. If you can, please take the time to donate to the cause and if you'd like to join us on this year's walk, please reach out to us for more details on how to join! We are all fighting for the cure and every penny counts!



Give Us a Follow

Check out the Silver Oaks social media pages to see what shenanigans we are up to. Stay up to date with the upcoming events, activities, and community news by making sure to follow and like!

Facebook: Silver Oaks Memory Care

Instagram: @silveroaks





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