



SILVER OAKS Memory Care

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



Silver Oaks Management Team

Executive Director Ollie Vance
 Resident Care Coordinator Shayla Brewster
 Director Of Resident Development ... Angie Agui
 Activity Director Linda Mittelsta
 Dietary Director Juan Vera
 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

Holiday Poem

*"Christmas is forever, not just for one day,
 for loving, sharing giving are not put away
 like bells and lights and tinsel in some box upon
 a shelf,
 The good you do for others is good you do
 for yourself."*

December 2023

SAVE THE DATES



- December 1st: Lighting of the Christmas Tree, Carols, and Cocoa.
- December 3rd: Holiday Decorating, Egnog, and Christmas Cookies.
- December 12th: Christmas Cookie Decorating Fun.
- December 18th through the 21st: Seasonal Spirit Week.
- December 20th: Pictures with Santa.
- December 21st: Community Christmas Celebration!
- December 31st: Ringing in the New Year Celebration!

happy new year



The Joys of the Season

Our Silver Oaks Team is looking forward to bringing the joys of the season to all your loved ones with the sights and smells that bring fond memories of the holidays: from decking the halls with holiday decor, singing carols, sharing peppermint twist hot chocolate, and decorating cookies. We also look forward to sharing and reminiscing together with our residents and discussing holiday legends that make the season so magical. We look forward to family and friends joining us to celebrate the season together. Don't forget to save the dates to our special events and activities. Happy Holidays from our home to yours. It's the most wonderful time of the year!



Welcome Our New Staff to Silver Oaks!

Please welcome our newest team members to Silver Oaks:

- We would like to welcome Juan, our new Dietary Director. We look forward to all of his tasty meals heading our way.
- We welcome Samini, A/M Med Tech and caregiver.
- We welcome Nataly, PM Shift Med Tech.

When you meet them, give a hello and nice to meet you, so happy to have all of you join our team, welcome from all of us, we look forward to having you each as part of the team!



A Toast to the New Year!

Hard to believe we are saying goodbye to another year. We will host a New Year's social with hors d'oeuvres and a little bubbly and share all of our New Year's resolutions and wishes! Please see the activity calendar for date and time!

Peppermint Shortbread Cookies

Festive and flavorful, these shortbread cookies have a holiday twist. This recipe makes about 3 dozen cookies.

Ingredients:

- 2 sticks unsalted butter, softened
- 3/4 cup powdered sugar
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 2 1/3 cups all-purpose flour
- 3/4 cup peppermint crunch baking chips (white chocolate chips with peppermint candy bits)

Directions:

In a stand mixer or with a hand mixer, cream together butter, powdered sugar, vanilla and salt until smooth. Gradually add flour; mix on low until combined. Add baking chips and continue mixing on low until fully combined.

On wax paper or parchment paper, form dough into a 12- to 14-inch log and freeze at least 30 minutes, or until firm.

When ready to bake, preheat oven to 350° F. Line baking sheets with parchment paper.

Cut shortbread dough into 1/4-inch slices and bake 13 to 15 minutes.

Find more recipes at MilkMeansMore.org.

We look forward to making this recipe together as a fun and festive activity that is great for sensory stimulation!

Please Help to Spread the Cheer!

Silver Oaks will be hosting our annual **Staff Holiday Party on December the 15th**. Please help to make the dedicated staff members' holiday season bright by making a donation of however much you choose. We want to show all of our staff how greatly we appreciate them for all they do throughout the year! Please make checks payable to Silver Oaks. Happy Holidays!



Give Us a Follow!

Don't forget to check out the Silver Oaks Facebook and Instagram pages to see what shenanigans we are up to. Stay up-to-date with upcoming events, activities, and community news by making sure to follow and like our social media pages!

Facebook: Silver Oaks Memory Care

Instagram: @silveroaksmc



find us on facebook!

See what fun shenanigans we are up to ...
Happy Holidays!

Make Time for Quiet Time

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.



Our Deepest Sympathy

Our deepest sympathies to the family and friends of Wanda.

Hoping that time will heal your hearts. Wanda will be missed by all of us. Please accept our deepest condolences and may

Wanda be at peace. We are so grateful for the time that we were able to spend with her.

*Forever in
Our Hearts ...*



Resident of the Month

Rhina

So many wonderful things to say about Rhina; her warmth and kindness bring so much joy to our community. Rhina has a kind heart and is always rooting for everyone; she truly is the cheerleader for Silver Oaks and makes everyone feel that they can succeed. Whether it be bowling, golfing, or arts and crafts, she roots me on since this is not one of my stronger points, and she gets such a kick out of watching me (Linda) struggle at the simplest of things. Rhina always has my back and says, "You can do this, Linda!" and her cheers keep me moving forward and bring lots of laughter from around our art table and we keep trying until we get it right. She is also very caring for our other residents and has a kind word for everyone. Rhina is very excited about the holidays, especially all the goodies and activities that come with the season. We are truly blessed to have Rhina as our resident cheerleader and friend; she is an important part of our daily lives!





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