



# SILVER OAKS Memory Care

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

## December 2021



### Silver Oaks Management Team

Executive Director ..... Nancy Rubio  
 Resident Care Coordinator ..... Adriana Garcia  
 Director Of Resident Development . Amanda Lee  
 Activity Director ..... Linda Mittelstadt  
 Dietary Director ..... Gareth Chavez  
 Environmental Director ..... Mario Vazquez

Business Hours  
 Monday–Friday  
 9:00 AM–5:30 PM  
 Weekends  
 10:00 AM–4:30 PM



### It's the Most Wonderful Time of the Year!

Let the merriment of the holiday season begin! The most wonderful time of the year has once again arrived at Silver Oaks and we are so pleased to be sharing this very special time with all of our residents. To begin the festivities, we will deck the halls with boughs of holly and sing familiar Christmas carols such as “White Christmas” and “Silver Bells”. All through December, we will use a variety of activities to stimulate all the senses and bring sweet memories of this season to our residents. As we decorate the beautiful pine boughs of our tree, we will share carols, enjoy hot chocolate (with a bit of peppermint to add a pinch more of Christmas surprise), and enjoy the sounds of the Yule log crackling in the background. From all of us at Silver Oaks, happy holidays from our home to yours and may the season be bright!



## Welcome to Our Community!

We are very pleased to welcome Ronald, George, and Linda to our Silver Oaks Community. We look forward to getting to know each one of you and building beautiful friendships and memories together. Welcome all to Silver Oaks!



## Music: Welcoming Back Our Entertainers!

We are pleased to share that we are welcoming back our live entertainers. All entertainers are ensured to be fully vaccinated and a mask must be worn at all times. I would like to introduce one of our newest entertainers, Joseph. Joseph will be coming once a month to play guitar and sing for our residents. He plays his guitar beautifully and has the voice of an angel. We all look forward to singing holiday tunes with him this month.

Also, we will be having music therapy with Erin who is a professional music therapist! Erin will provide musical instruments to our community so residents can participate in playing music together.

## Special Days in December

We plan to have the most enjoyable holiday celebrations once again at Silver Oaks. From caroling, making ginger bread houses together, and a special photo with Santa! We plan to make this holiday season merry, bright, and magical with the following special events and activities:

- December 5th: **The Lighting of the Christmas Tree**
- December 7th: **Remembering Pearl Harbor**
- December 9th: **Pastry Day Donuts and Discussion**
- December 15th: **Family Photo With Santa**
- December 22nd: **Annual Holiday Celebration**



*Wishing everyone the happiest of holidays, from our home to yours!  
May all of your wishes come true.*



## Mug Mix-Ins

A mug of hot cocoa is a cold-weather favorite. While marshmallows and whipped cream are go-to additions, tickle your taste buds with other flavorful add-ins. Stir in some maple syrup, a sprinkle of cinnamon, a spoonful of peanut butter or caramel sauce, a crushed peppermint stick, or a scoop of ice cream.



## Employee of the Month: Sandra!

Silver Oaks is pleased to announce that Sandra has been chosen as Employee of the Month of December. With her endless energy and beautiful smile, she spreads sunshine all over Silver Oaks. She touches everyone in her caring manner to our residents and staff. Sandra stands out as a wonderful human being who truly cares about what she does as a caregiver. We all want to give a big thank you to Sandra for all she does to make our community shine!



## Announcement for Upcoming Holiday Season

We're hoping 2022 will be a better year, allowing us to hopefully have our annual Christmas party inviting our residents family and friends to join. I know that it's been a long two years with COVID-19, but hopefully it will be better come 2022. Thank you everyone for understanding and continued cooperation this holiday season. If you have any questions regarding visitation regulations, please feel free to call us.



## Stay Tuned

Silver Oaks is partnering up with a dentist that will begin coming to our community for convenient in-house visits for our residents! Stay tuned and our Executive Administrator, Nancy, will keep all of you updated regarding this program's start date and how to sign up. We are excited to offer this program and help keep your loved one's smile bright and shiny!



## Resident Spotlight: Henriet



Henriet was born in the Netherlands. At the age of eight, she and her family immigrated to the United States. After a long journey via ship and train, the family was greeted by friends who took them to their final destination of Modesto, CA. Henriet attended Modesto Jr. College then transferred to Calvin College in Michigan and received her bachelor's degree in Education. She met and married Jim and six years later their son was born. Later, Henriet went back to school and earned a master's degree in Social Work. Henriet was a social worker in the elementary school district working with children with special needs. She returned to California in 2008. She loved to read and taught Sunday School for many years. We are so blessed to have this amazing woman in our community. We love you, Henriet!



## Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.



## Our Deepest Sympathy

*Our deepest sympathies to Marilee's family and friends. Hoping that time will heal the sadness you feel in your hearts. Marilee will be missed by all of us. Please accept our deepest condolences and may Marilee be at peace. We were all so grateful for the time that we were able to spend with her.*





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