



SILVER OAKS Memory Care

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



Silver Oaks Management Team

Executive Dir	Ollie Vance
Resident Care Coordinator	Joie Regoso
Resident Development Dir	Dane DeWal
Activity Dir	Linda Mittelstadt
Dietary Dir	Susana Sanchez
Environmental Dir	Mario Vazquez

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

*"Should auld acquaintance be forgot
 And never brought to mind?
 should auld acquaintance be forgot
 And the days of auld lang syne."
 Happy New Year From all of us At Silver Oaks!*



January 2023



Special Days

Rose Bowl Tailgate

January 2nd: Celebrate the Rose Bowl, the Silver Oaks way with fun trivia and "50 greatest Rose Bowl facts" at our Rose bowl tailgate party. We'll cheer on our favorite teams with yummy, tailgate snacks. Go team!

Blast From the Past: Celebrating the '60s

January 17th: Our "Blast from the Past" Party will be celebrating the '60s! Residents and staff will enjoy fun music, learn all about Woodstock and groovy Fashion worn back in the day to bring back wonderful memories of a time gone past; '60s attire encouraged!

Penguin Plunge Day

January 20th: "Penguin Plunge Day" is a special event to bring awareness to Alzheimer's and raise funds to combat this disease. So, our team will be coming together to take the plunge. Managers and staff will be dipping our feet into ice cold buckets for the cause. If you would like to make a donation, please contact Linda by email or phone: linda@silveroaksmc.com or 650 322-2022. Let's take the plunge together for the cause!



Welcoming New Residents

We are pleased to welcome Melanie to our Silver Oaks family. We are looking forward to getting to know you and building beautiful memories and friendships together!

'Happy Birthday' MLK Jr.

Not everyone knows that Stevie Wonder wrote, produced, and performed this 1980s hit as a tribute to Martin Luther King Jr., and a call to action to enact a national holiday for the civil rights leader. With an upbeat tempo, its lyrics repeat happy birthday wishes and proclaim the promise, "We'll make the dream become a reality." Wonder worked with King's widow, Coretta Scott King, to rally support for the holiday. In 2011, he performed the song at the dedication of the Martin Luther King Jr. Memorial in Washington, D.C. We now celebrate his birthday every January and honor him with the national holiday.



Special Days Continued!

- January 6th: **Snowflake Day:** We will celebrate together by learning the science behind snowflakes, and playing snowy bingo and frost categories, followed by sugary, tortilla bites!
- January 12th: **National Hot Tea Day** shall warm us up from the inside out with a hot cup of tea and some yummy cookies to dunk.
- January 13th: **Friday, the 13th Social:** There's no better time to be together and celebrate Friday, the 13th large: Decorating our activity room with black cats, having a cake with 13 candles to ward off any bad luck and learning about superstitions and how they came to be!
- January 16th: **Martin Luther King Jr. Day & Marshmallow Monday.** We will remember Martin Luther King Jr. by sharing the "I Have a Dream" speech, touch on the history of Civil Rights and also enjoy "Marshmallow Monday" with Marshmallow Dough and cookie cutters, followed by Rice Krispies treats!



Thank You to Our Family Members for Your Generosity

I'm giving a shout-out to our wonderful family members for all of the support and care you bring to our community, that bring such joy to our staff and residents: it truly means the world. First, I thank Clair for the generous donation of markers, glue sticks, scissors and the construction paper; we will put it to good use in our arts and crafts program. Also, I thank Denise, Jamie and James for helping out with our holiday cookies; that was a lot of fun. You all brought such joy to our Residents, and it is greatly appreciated! Also, thank you goes to all of our family members that bring goodies for our care staff, thanking them for a job well done with sweet treats. These small kindnesses are what make the world go round, and we at Silver Oaks say thank you from the bottoms of our hearts!





Please welcome Susana, our new Dietary Director. She puts her heart into her work every day and takes the extra steps to ensure that our residents are well fed and happy. She also makes *really* good cookies. We are very pleased to have her as part of our community and team, so, if you see her, be sure to give a hello and a smile!

Think Warm Thoughts

Reminiscing about heartwarming memories can actually make us feel warmer. Researchers found that when people focused on remembering a nostalgic event from their lives versus an ordinary memory, they were better able to tolerate the cold and perceived a room's temperature to be higher than it was.



Be Thankful

Start your year off with kindness and appreciation. January is "National Thank You Month." Often, people are critical instead of thankful, and an honest "thank you" can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.



Chinese New Year

Chinese New Year begins Jan. 22. Known in China as the Spring Festival, the 15-day celebration is the longest and most important holiday on the Chinese calendar. Each year is represented by one of 12 animals, and 2023 is the Year of the Rabbit.



Looking Forward to Another Year of Memories

Our Silver Oaks team is looking forward to the fresh, new beginnings of 2023 and making new friends and memories together. Every Day is new at Silver Oaks and you never quite know what is waiting around the corner, but we are prepared to give whatever it takes to make all things work out the way they should. Working in memory care is truly one of the most rewarding things, because you are able to give and receive love as you go about your daily job. Whatever you do, you are needed to ensure our residents' happiness and comfort to keep our community strong. We would like to take the time to say thank you for all of our family members' support and kindness; we appreciate each of you. We will make 2023 as memorable as the previous year, and look forward to building memories together throughout 2023! Happy New Year from our home to yours!





“Approach the new year with resolve to find the opportunities hidden in each new day.”

—Michael Josephson



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