



SILVER OAKS Memory Care

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

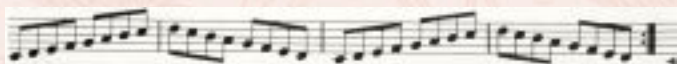


Silver Oaks Management Team

Executive Director	Nancy Rubio
Resident Care Coordinator	Adriana Garcia
Director Of Resident Development ..	Mike Duran
Activity Director	Linda Mittelstadt
Dietary Director	Garet Chavez
Environmental Director	Mario Vazquez

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

*And I'm proud to be an American.
 Where at least I know I'm free.
 And I won't forget the men who died, who gave
 that right to me
 ~Lee Greenwood~*



July 2022

Stars and Stripes Forever!

The beautiful words to the "Star Spangled Banner" coined by Francis Scott Key: "and the rockets' red glare, the bombs bursting in air, gave proof through the night that our flag was still there"; and that flag still exists in the Smithsonian Institute in Washington, D.C. Celebrating the Fourth of July with its fireworks reminds us of how many wars were fought and lives given to keep us free. This is why we have been able to celebrate our country's freedoms and inalienable rights that we preserve to this day. Families all around America gather together to enjoy this special day that is set aside for all. All of us at Silver Oaks are very excited to enjoy a fun-filled fourth with bubbles, barbecues, patio games, and with red, white, and blue galore! From our family to yours, Happy Fourth of July!



Welcome to Our Community!



Silver Oaks is looking forward to having fun in the sun. From lemonade socials, water balloon fun, and spending the long days of summer together, making memories is what we do best.



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

Summer ABCs

D is for Days of lounging around

O is for the Ongoing heat

G is for Green Grass

D is for Drinking lots of water

A is for All the yummy summer treats you can eat

Y is for Yellow lemonade to cool you down

S is for Sunscreen to protect you

Special Days in July



- July 1st: **Fourth of July Celebration**
- July 3rd: **Cultivated Strawberry Day**; an excuse to have a strawberry daiquiri, yummy!
- July 5th: **Cracker Jack Day**; on this day we will enjoy the sweet treat of good old-fashioned Cracker Jacks with fun trivia and history of this sweet treat.
- July 8th: **Drink a Coca-Cola Day**; on this day we will do a taste of all the fun new flavors of Coca-Cola and learn about who invented this sweet concoction!



*God Bless
America
Land That I
Love
Stand Beside
Her,
And Guide
Her,
Thru The Night
With A Light
From Above*

Indoor Sun Tea

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.



A Cool Combination

A cousin of the Popsicle, the classic "Creamsicle" has been a refreshing summertime delight since it debuted in the 1930s. Recognized by its outer shell of tangy orange sherbet that surrounds a mellow vanilla ice cream center, the cool and creamy treat has been adapted as a flavor for a variety of desserts and sweets.

Our community is looking forward to enjoying these refreshing sweet treats all throughout summer! Check your activity calendar to see the dates and times when these will be served.

Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.



This therapeutic activity is great for those living with dementia, or Alzheimer's



Join Us in the Fight

Silver Oaks is gearing up for our annual Walk to End Alzheimer's. Don't hesitate to sign up for the walk this October and join our team. You can also make a private donation through the Alzheimer's association. For further information please contact Mike Duran, Director of Resident Development. Let's take these important steps to end Alzheimer's!

Mini-Sized Summer Classic

Gone are the days when the only option for buying a whole watermelon involved lugging around a 20-pound fruit. Popular now are mini varieties, also called personal watermelons, which weigh about 5 pounds and are round rather than oblong. These green globes have a thinner rind, but inside, still contain the sweet, juicy flesh that provides a cool, refreshing snack.



Our Deepest Sympathy

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



Bobbie

Bobbie was born in San Francisco and lived in the Mission District until her early 30s. She was married to Peter, who was a San Francisco police officer. They moved to San Mateo in 1964, where Bobbie raised her four children. Bobbie worked at Lenkurts electronics in San Carlos for twenty years before the plant closed down. From there, she changed careers and worked at a coffee shop as a barista similar to Starbucks. From there, she went into catering at the Governors Hotel. Bobbie loved to entertain and have parties. She has traveled to Europe visiting England, Ireland, and Italy. She also loved to cook the good old-fashioned way, like rich, mouth-watering gravies. One of Bobbie's favorite things to do is gardening; at home she kept a pristine yard. She also loved to shop and has a knack of picking out the most personal gifts for loved ones. Bobbie's favorite holiday is Christmas, and she loves creating beautiful Christmas villages. She loves to read and discuss politics! Bobbie is a wonderful listener and a friend to all.





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