



SILVER OAKS Memory Care

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

July 2023

SAVE THE DATES

- **July 4th - Independence Day:** Celebrate the birth of our country with a bang! Roll out the red, white, and blue. Silver Oaks will be having our 4th of July barbecue and fun, patio games: come join the fun!
- **July 11th - Slurpee Day:** Nothing can cool us down faster on a hot summer day!
- **July 12th - Summer Song Day:** There is nothing better than getting together and singing our favorite summer songs on the patio!
- **July 19th - Balloon Dog Day:** We are lucky enough to have a wonderful family member who has the skills to make balloon art. We are inviting her for this sweet event and maybe she will also have a trick or two up her sleeve!
- **July 20th - Lollipop Day:** Celebrate with a special art project creating lollipop bouquets!
- **July 23rd - Gorgeous Grandma Day:** OK, ladies, get ready for some spa fun for Gorgeous Grandma Day!



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

"Some of the best memories are made in flip-flops." —Kellie Elmore





Welcome to Our Community!

We are pleased to welcome John and Don to our Silver Oaks family. We are looking forward to getting to know each of you and build beautiful memories together!



*"Land where my fathers died,
Land of the pilgrims' pride,
From every mountain side
Let Freedom ring!"*

*From our home to yours, wishing
you all a happy and safe 4th
of July!
God Bless America!*



Team Member Spotlight

Congratulations to K'la. Thanks to all of her hard work, our Silver Oaks team is proud to announce that she was chosen to be our team member of the month. K'la has a heart of gold, and this truly shines through by how she displays kindness and patience as she interacts with the residents while passing their medications. She truly has a knack at getting her job done gracefully. We are blessed to have her as a part of our team. If you see her in the hallway passing her medications, please give her a thank you and a hello! We all love and appreciate all that you bring to our community.

Furry Friends

Silver Oaks is very excited to say we have now started the **Furry Friends** program, bringing cute kittens to visit our community, thanks to the Miller family! The smiles and the interaction with these cute kittens are priceless. Jackie Miller runs a rescue program and fosters these little critters until they are able to find their "forever" homes. We are so blessed by the generosity they share with us.

Thank You!

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.

*Find more recipes at
Culinary.net.*

Our community will be enjoying this fruity concoction on our patio with some fun in the sun. Cheers!



Beauty Shop to Open!

We are happy to announce that our beauty shop will be opening!

Erica will be in the beauty salon twice a week. Prices are \$30.00 for women's haircuts and \$40.00 for a men's haircut and beard trim. If you would like your loved one to receive this service, please email Linda at linda@silveroaksmc.com.



America's Flowers

Beautiful and beloved, the rose is the national flower of the United States. Through the years, other contenders for the country's floral crown included the columbine, dogwood and marigold.



*Just a little bit of trivia to keep our minds active
Happy Fourth of July*

Quench Thirst With Lemonade

For many, nothing satisfies summertime thirst better than a chilled glass of lemonade. Research shows that sour flavors stimulate salivation, which hydrates the mouth and creates a thirst-quenching feeling long after the drink is finished. Additional studies also suggest that tart flavors and scents, especially citrus, are often associated with refreshment.



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



Family Patio Day

Silver Oaks is teaming up with our family members to beautify our patio this summer season. With the help of Janene, who was able to collect patio chairs and terracotta pots, and also donated two umbrellas to our community. The date is TBD; we will be gathering together to plant flowers and enjoy family time, while creating a space that is peaceful and relaxing for our community members and visitors to enjoy. We truly live by the motto: "Families taking care of families," and building new and joy-felt memories together!





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