



SILVER OAKS Memory Care

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

June 2021

Father's Day

Father's Day is a federal holiday that would take 63 years in the making to become recognized. Sonora Louise Dodd came up with this special day because her father became widowed at the time Sonora was 16 and was thus forced to take on the role of both mother and father. Sonora also had 5 younger brothers. With only her father left to raise 6 children, Sonora made the extra effort to have a special day to celebrate fathers.

Sonora first proposed Father's Day in Spokane, Washington in June, 1909. We set this special day aside to treat our fathers like a king for a day. Fathers play a very important role in our lives. Fathers, just like mothers, are very much involved with their children, although, back in the day, fathers were expected to go out and be the sole breadwinner for their family and the mothers were expected to stay home and raise their children.

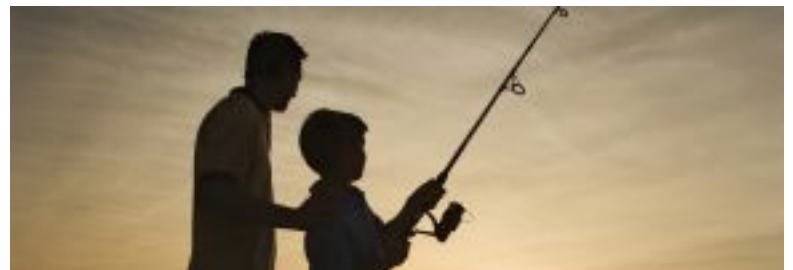
We need to give a big shout out to our fathers who go above and beyond to ensure that the home fires keep burning. We, at Silver Oaks, will celebrate our dads with pride and let them know how much they mean to us. We will have some fun, outdoor patio games and much more. Happy Father's Day!



SILVER OAKS MANAGEMENT TEAM

EXECUTIVE DIRECTOR..... NANCY RUBIO
RESIDENT CARE
COORDINATOR..... ADRIANA GARCIA
DIRECTOR OF
RESIDENT DEVELOPMENT..... AMANDA LEE
ACTIVITIES DIRECTOR... LINDA MITTELSTADT
DIETARY DIRECTOR GARET CHAVEZ

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



Welcome Marion, Jacqueline, Bob



We are so very pleased to welcome these fine people to our Silver Oaks community. We all look forward to getting to know them day by day and making new friendships that will grow day by day and create cherished memories and lots and lots of good times in the future to come. Welcome!

Our Awesome Community!!

Our team at Silver Oaks is so thrilled that our community is growing! We are truly blessed to be serving our wonderful residents who brighten each and every one of our days. Our residents bring to all of us laughter, love, and joy in the purest of ways.

Every day around the clock our staff makes sure that your loved ones are happy and content. We will keep making a difference and keep fun and laughter alive from season to season and year after year. Thank you all so much for being such a big part of our community!

June Is Busting Out All Over...

We have a lot to celebrate this month! Here are just a few fun things that we have planned for the beautiful month of June:

- June 1st – We will start off the month of June with a sweet treat as we celebrate **Donut Day**. We are going to have a “dunking good” time!
- June 7th is **Chocolate Ice Cream Day** - We will celebrate with no better way to beat the heat ... “I scream, you scream we all scream for ice cream!”
- June 10th Is **National Iced Tea Day** - Residents will enjoy refreshing lavender tea!
- June 12th we will celebrate **World Sea Turtle Day**. Our wonderful Care Coordinator, Adriana, will bring her tortoise, Tortilla, for a visit. We are excited to make a new friend! (officially, World Sea Turtle Day is on June 16th).
- June 14th is **Flag Day**. This day will be dedicated to “Old Glory” and will be filled with patriotic songs, the Pledge of Allegiance, and waving our flags with pride!



One Life Counseling Presents...

Music & Memory

Silver Oaks is working with another non-profit who will have seniors paired with volunteers to create customized, MP3 players residents can keep (for free).

This program is open to any senior in San Mateo and, especially, those with dementia. If interested, get in touch with **Debbie Blucher at (650) 576-6364**. Silver Oaks is very excited to have these wonderful new tools to engage our residents and help to unlock memories of their past.



A New Edition to Our Family, A Marionette!

We are very excited to announce that we will be adding a marionette to our activity program! She is a real cutie and we will have lots of good times and laughs with her. We haven't named her yet, but I'm sure our residents will find the perfect name for her.

Keep an eye out for her picture in our July Newsletter! Even better, check us out on Facebook and Instagram to take a peek at our marionette... and don't forget to like our page while you are there!

In the Good Old Summertime

We are very excited that summer is almost here and look forward to spending more time outside. But we anticipate it will get very warm during these upcoming months and want to make sure our residents will be protected from the elements. It would be very helpful if family members can help with keeping our residents cool by supplying hats to keep the sun off our residents' faces and necks, sunscreen, and a pair of sunglasses.

**Happy Summer everyone...
Let's beat the heat!**

Spirit Care

We are happy to announce that our religious program with Spirit Care is back in the swing again at Silver Oaks. They will resume this service on the third Sunday in June, with outdoor gatherings. Angela and Stella have a wonderful religious program! Since we can't use our piano, Angela will be playing her guitar for our hymn sing-along. We are so excited to have them back in our Silver Oaks community!

Spirit Care is also working with youth from an outreach program; they will put together fun projects for our residents to enjoy!

Fun Fact: Freshly Cut Grass Stimulates Your Brain

The scent of just-cut grass is a familiar one this time of year. Not only is it instantly recognizable, but it can also be powerful. Neuroscientists say a freshly mowed lawn releases chemicals that can affect the parts of the brain that produce happiness and relaxation and may prevent cell damage that can cause age-related memory loss. The researchers have even bottled the aroma into a spray so that people can reap the benefits anytime.

This is such an interesting and helpful piece of information that can benefit all!

Enjoy Retirement, Julie!

The time has come to say farewell to our good friend and co-worker, Julie. Julie was always there to support our Silver Oaks family, no matter what! She brought a lot of laughter and joy from day to day, and year to year. Her kind smile will remain in our hearts forever.

Our team wishes Julie nothing but joy and happiness during her well deserved retirement. We hope she enjoys sleeping in and getting back to her hobbies that she had to put off for so many years. From all of us at Silver Oaks, we say, "Bon voyage and thank you for being part of our team."

Making Memories Together at Silver Oaks!



At Silver Oaks, we are always making new memories!! It is so special to see our residents' sweet smiles during activities and throughout each day! We can't wait to see what fun we have in June!



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