



SILVER OAKS Memory Care

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

June 2022

Bursting Into June

We are looking forward to the long days of summer, when we can all enjoy the outdoors and the warm breeze along with a cool glass of lemonade and reminisce of summers past picnics. Sharing memories of summers past brings joy and laughter to all of us. The abundance of sunshine gives us the chance to get outdoors and enjoy our fun-filled events, like a barbecue of hamburgers and hot dogs and cold beverages and patio games to celebrate our fathers for their special day. Throughout June, there are special days, like "Casey at the Bat" day, where we can share the poem to rev us up for sports trivia, or "Donut Day" that gives us the excuse to have a dunk your donut social. We won't skip a beat this June here at Silver Oaks with all of our planned summer fun! Make sure to check your activity calendar to check out the events.



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

Silver Oaks Management Team

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



Welcome to Our Community!



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

A Father Means...

A Father means so many things...

An understanding heart,
A source of strength and support
right from the very start
A constant readiness to help
In a kind and thoughtful way
With encouragement and
forgiveness,
No matter what comes
your way.
A special generosity and
always affection too.
A father means so many things
When he's a man like you...



Save the Date: Special Days in June

- June 3rd "Donut Day": an excuse to have a donut dunking social!
- June 5th "National Garden Week": outdoor gardening fun
- June 10th "Iced Tea Day": Iced Tea on the patio with yummy cookies!
- June 14th "Flag Day": All about our flag and patio fun
- Father's Day June 19th: Barbecue to celebrate our fathers

Fun in the Sun!

"Fun in the sun" is our mantra for the month of June. We look forward to being outdoors and enjoying the summer breeze with a cool glass of lemonade while we enjoy each other's company. Making sure that our entire staff brings love, laughter, and joy to our residents means the world to all of us at Silver Oaks! We wish all of our family members a happy summer!



Cinco de Mayo Memories



These ladies are such a hoot! We had a wonderful time celebrating Cinco de Mayo together. As you can see pictured above are our three Amiga's and partners in crime. Residents enjoyed margaritas and a grand finale piñata game!

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.

Thankful for Our Ombudsman

Silver Oaks is so very thankful for our Ombudsman Diane, who was kind enough to donate to our community two interactive robotic pets that bring comfort and joy into our daily activities. There's nothing better than to cuddle up and snuggle with our furry friends. These very lifelike animals have been shown to reduce stress and anxiety for those living with Alzheimer's/dementia. Thank you, Diane, for all you do for our community. Silver Oaks is truly blessed to have you.



Phyllis is pictured enjoying the very lifelike puppy.

RESIDENT SPOTLIGHT: Pam

Pam is such a wonderful addition to our Silver Oaks community. She brings us such joy with her wit and humor and keeps us on our toes. Pam was born in Indiana and was happy to finally make it to California to get away from the cold. She is the mother of two lovely daughters that she loves to share stories about. It always brings a chuckle out of her when she reminisces of the cute things they did as little girls. Always a hard worker to support her family, Pam has done a little bit of everything. Her favorite job was being a chef. She secretly knew that to get to the heart you had to get to the stomach first. She loves to share recipes and is always willing to help others by offering to help with a dish or two. We are so blessed to have Pam as part of our Silver Oaks family!



Make Time To Do Nothing

The longer, warmer days of summer are the perfect time to practice "niksen," the Dutch concept of doing nothing. Daydreaming while looking out a window, sitting on a porch, and listening to music are some examples of *niksen*. Mindless relaxation has been shown to foster both emotional and physical benefits, such as improving the ability to work through a problem and helping the body fight off colds.



Our Deepest Sympathy

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





NOT ALL
SUPERHEROES
WEAR CAPES.
HAPPY *Father's* DAY!



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