



SILVER OAKS Memory Care

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

June 2023



Silver Oaks Management Team

Executive Director	Ollie Vance
Resident Care Coordinator	Shayla Brewster
Activity Director	Linda Mittelstadt
Dietary Director	Susana Sanchez
Environmental Director	Mario Vazquez
Resident Development Director	Angie Aguirre

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

*Far up in the deep blue sky,
Great white clouds are floating in the sky;
All the world is dressed in green;
Many happy birds are seen.
Roses bright and sunshine clear
show that lovely June is here!
-F.G. Sanders*



SAVE THE DATES

- **June 2nd Donut Day** No better way to celebrate Donut Day than to have a "Dunk Your Donut Social!"
- **June 14th Flag Day** On this special day, we will remember Old Glory and what she stands for with patriotic songs and sharing what each and every star and stripe stands for!
- **June 18th Father's Day!** On this very special day, we will celebrate our fathers with a wonderful barbecue to say thank you for everything they do for us! Stay tuned for further updates regarding date and time TBD.
- **June 23rd National Hydration Day** To bring awareness of how important it is to stay hydrated, this day will be filled with fun water games and all sorts of goodies that help us to stay healthy and hydrated!



Welcome to Our Community

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

Happy Father's Day

"Fantastic in every way
Always there for me
Teaching me sports
Hero for our family
Expecting great things from me
Really the greatest Dad ever!"



We are looking forward to celebrating each and every father and giving them a fun-filled day to say how much they are truly appreciated and loved! Happy Father's Day!

Team Member Spotlight

Employee of the Month

Congratulations, Amber, for being chosen as Med Tech of the month! Amber does an amazing job, and we are so lucky to have her as part of our Silver Oaks family. She is wonderful with our residents. With her kind personality and her winning smile, she gets the job done thoroughly, with confidence and grace. Outside of work, she enjoys hosting balloon parties and spending time with her family. So, if you see her around our community, say hi and job well done!

Welcome Angie

We would like to welcome Angie Aguirre to our Silver Oaks family as our Resident Development Director, for both our Silver Oaks and Crescent Oaks communities. We look forward to having a close working relationship as she helps our community grow and thrive. When you see her, give her a warm welcome and a hello. We are so excited to have her as part of our management team!



Family Of the Month

We are so very lucky with all the support that our community receives from our residents' family members that have gone above and beyond to help make our community successful! As we celebrate our monthly birthdays and employee of the month, our team has decided why not include our families who volunteer their time to ensure that we are supported and successful in our endeavors to bring joy to their loved ones and the rest of our residents. So, with great joy and thankfulness this month's family who has been chosen ... (drum roll please) ... is **the Miller family!** Our Silver Oaks team want to say thank you in a special way, so please come and join us for our end of the month celebration that will be held 5/31/2023 At 2:30. Who knows what lucky family it could be next month! We look forward to seeing you then!



We are truly blessed for having such wonderful families!

Suncatchers for a Cause

We are always searching for ways to raise funds for the Alzheimer's Association. We also like to include our residents to be part of this and do what they can to help end this disease. So, we have planned a project that we can do together to show residents' artistic talents and raise funds for the cause. We will be making suncatchers that will be for sale for any donation of \$5.00 or more. All proceeds will benefit our Walk to End Alzheimer's team.



Remember to Hydrate

Staying hydrated through your summer workout is essential to fitness success. Losing too much water from your body through sweat stresses your cardiovascular system and impairs performance and mental acuity. In the two hours before a workout, drink at least 16 ounces of water. During your workout, refresh with 5 to 10 ounces of water every 15 to 20 minutes. Continue to take in fluids after you're done exercising.



Crafty Corner: Fun in the Sun Wreath

Add a splash of summer color to your home with this easy project!

Materials:

- 10-inch foam wreath form
- Paper drink umbrellas (at least 50)

Directions:

- Place the wreath form on your work surface.
- Open an umbrella and stick the toothpick end into the wreath. Continue placing umbrellas all over the surface of the wreath form. Fill in gaps by only partially opening some umbrellas and by varying how deep you insert the toothpicks. You can also use different sizes of umbrellas, which can be found at party and craft stores.
- When the wreath is fully covered, hang the wreath on your door, wall or window.

We are looking forward to this fun summer project, and more!



Celebrating 100 Years!

Congratulations Phyllis, celebrating 100 years old this June! What an honor it is to share this special moment in your life. Silver Oaks plans to make you the belle of the ball to celebrate this very special day with you! Happy, Happy, Birthday to You! Stay tuned for date and time.



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





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