



SILVER OAKS Memory Care

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

March 2023



Silver Oaks Management Team

Executive Director	Ollie Vance
Resident Care Coordinator	Shayla Brewster
Resident Development Dir	Dane DeWal
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

*"The earth laughs in flowers."
 -Ralph Waldo Emerson*



Save the Dates:

Johnny Appleseed Day

March 11th - We will celebrate Johnny Appleseed and give thanks by tasting juicy apples with a variety of delicious dips. Along with a tale or two of his adventures!

Daylight Saving

March 13th - Celebrating the return of longer days and sunshine. We will have a "Here Comes the Sun Social" with beautiful, bright yellow goodies and plenty of songs with "sun" in the title.

Saint Patrick's Day

March 17th Celebrating everything Irish; corned beef and cabbage and a lot of blarney on the side! The whole day will be filled with shenanigans and fun-filled games that will surely bring smiles to all!



Save the Dates (continued)

- **March 20th: First day of Spring-** Perfect timing for a fun-filled gardening social. We'll be planting some beautiful flowers in our courtyard. We look forward to watching them grow together this Spring season.
- **March 21st: Strawberry Day-** What a perfect excuse for having a strawberry milkshake and enjoying the springtime sun on our patio!

Welcoming New Residents

We are pleased to welcome Yvonne and Lynda to our Silver Oaks family. We are looking forward to getting to know each one of you and building beautiful memories and friendships together!

Spring Takes Flight

As spring arrives, many migrating birds return to yards and parks. Along with robins, which often have stayed around all winter, other feathered symbols of the season include swallows, blackbirds and killdeer.

Memorable Melody: 'When Irish Eyes Are Smiling'

This beloved musical tribute to the Emerald Isle was written by three Americans in 1912, at a time when Irish ballads were enormously popular in the U.S. Chauncey Olcott, George Graff Jr. and Ernest Ball wrote the song for the Broadway play "The Isle O' Dreams", and its lighthearted lyrics and catchy melody appealed to audiences. Along with becoming a St. Patrick's Day standard, the tune has been featured in dozens of Irish-themed films and TV shows.

We love singing this beautiful song together and adding a wee Irish accent adds to the fun; for sure one of our favorites!



Welcome to Wellderly Week

We've got a week of fun waiting for you! Wellderly Week begins on the third Monday in March, and we're hosting a wealth of activities focused on the wonders of being "wellderly." Check the calendar for dates, times and locations, and plan to join us!

Thank You to Our Generous Family Members

All of us would so like to thank our wonderful family members for their support and kindness that they bring to our community. From donating toys at Christmas to helping with our gingerbread houses and bringing sweet goodies to our staff. Our team would like to thank each and every one of you for these simple kindnesses—we appreciate each one of you!



Word for March: Luck

Officially, the word "luck" is defined as "the force that seems to operate for good or ill in a person's life." Most of us know, from personal experience, that luck can be good or bad. For example, on St. Patrick's Day, March 17, legend says it's good luck to find a four-leaf clover. It does indeed feel great when things go your way for no apparent reason—when you win a game of chance or meet someone who gives you a new lease on life. This month, think about ways you can make your own good luck. We may not have control over everything, but it never hurts to try our best and be open to new experiences so that "good luck" knows where to find us!

Daylight Saving

Spring is around the corner, don't forget to turn your clocks forward for daylight saving. We loved our winter together here at Silver Oaks, but truly we are ready for spring. Time to get outside and enjoy the fresh air and the smell of beautiful spring flowers, gardening, tea on the patio, and watching Mother Nature at her best. Happy Spring from our home to yours!



Alert for Allergy Weather

It's the season for allergies. Local weather forecasts often include pollen counts. But if you miss those numbers, you can still be prepared with a do-it-yourself weather check. Expect symptoms to flare up when it's windy, warm and dry. During rainy weather and breeze-free days, the pollen level will likely be lower.



Unplug for Earth Hour

Since 2007, millions of people around the world have switched off their lights for one hour on the last Saturday in March. Known as Earth Hour, the event aims to raise awareness about environmental concerns and show support for eco-friendly causes. At 8:30 p.m. local time, folks turn off their lights and limit use of electronic devices as a symbolic gesture.



Join and make a difference!

Keeping Mindful

Even though we are vaccinated and the number of cases of COVID-19 has lowered, we, as a community, need to continue to practice the following guidelines to keep our residents, employees, and all in our community safe.

- If you are experiencing cold-like or flu symptoms, please stay home.
- Always have your vaccination card on hand to show before entering the building.
- Wash hands frequently.

Let's work together to ensure everyone stays healthy and happy!

Arts and Crafts

Lucky Clover Coaster

Give your table some St. Patrick's Day style with this decorative drink coaster.

Materials:

- Foam paintbrush
- 4 flat, unfinished wood hearts, each about 2 1/2 inches wide
- Green craft paint
- Tacky or wood glue
- Clear acrylic sealer spray

Directions:

Paint all the hearts green.

Let dry.

To form a four-leaf clover shape, fit the hearts together so that their pointed ends meet in the middle. Glue the hearts together, then let dry.

In a well-ventilated area, spray the clover with a coat of clear acrylic sealer. Let dry before using.



Art projects are a fun, relaxing way for people of all ages to express their creativity, but they're particularly valuable for seniors with Alzheimer's or dementia.



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