



SILVER OAKS Memory Care

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

May 2021



Silver Oaks Management Team

Nancy Rubio	Executive Director
Adriana Garcia	Resident Care Coordinator
Amanda Lee	Resident Development Director
Linda Mittelstadt	Activity Director
Garet Chavez	Dietary Director

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



*Remember Our Heroes
And the Sacrifices they made for us...*



Welcome Back

We are excited to inform you that we are opening our doors again to family members and friends. We have been waiting for this date to come and it has finally arrived. This brings great joy to all of us, especially to our residents, who have been patiently waiting to see their loved ones.

As you are aware, Silver Oaks still has to follow guidelines and protocols to ensure the safety and well-being of our residents. Please keep in mind that our staff is monitoring all visitors upon arrival. Please give us a call to schedule an appointment and review our protocol. Thank you for your patience and support during this difficult time.

Nancy Rubio

Please don't forget to check out what we are up to on Facebook and Instagram, and give us a like!

Mother's Day

The first official Mother's Day was created by Anna Jarvis, daughter of Ann Reeves Jarvis, who passed away in 1905. Anna wanted to set aside a special day to honor all mothers for the sacrifices they gave to raise their children. Could you imagine how difficult it must have been to raise children back in 1905? Being a mother today is not any easier, it's just difficult in different ways. The challenges a mother faces may be different than in the past, but raising a family takes unconditional love, patience, playfulness, and teaching by our "moms".

On May 9th, we will host a beautiful Mother's Day lunch and in the afternoon we will have a High Tea and serve finger sandwiches, small delicate sweet treats, and have a variety of different blends of tea to choose from. We will top it off by giving pretty manicures to all of our lovely mothers. Our Silver Oaks Team will pamper your loved ones and treat them as if they are royalty!



*My mom, she's the best,
From her head to her toes!
She's warm and she's soft,
And smells as sweet as a rose.
~ Unknown*

The Merry Month of May!

The beautiful month of May has arrived! The trees are waking up from their long slumber, flowers are blooming everywhere, and birds are singing to one another and busying themselves, building nests for their soon-to-be young ones!

It's time to get out and enjoy the fresh Spring air. Plus, the weather is just right! Following are a few of the events that will be held at Silver Oaks:

- May 1: **May Day** We will be making May Day baskets and filling them with beautiful May flowers. Then we will enjoy May Pole Cupcakes, served with lemonade.
- May 5th: **Cinco de Mayo.** We will enjoy ethnic goodies and listen to Mariachi Music. Plus, our staff will perform a special La Bamba dance!
- May 9: **Mother's Day.** We will celebrate with a fancy High Tea, serving finger sandwiches and different types of tea. Then we will pamper our Moms by giving manicures.
- May 31: **Memorial Day** We will have an outdoor barbecue and listen to patriotic music.



Enjoying the Outdoors

Since the weather is perfect this time of year, we are planning to take advantage of it by enjoying the outdoors before it gets too hot.

A fun activity that we have planned on **National Bubble Day** (yes, there is such a day!) is Bubble Art! Our community will enjoy this fun, unique way of creating art, while enjoying a cool glass of sparkling cider and listening to "Tiny Bubbles"! It will be a hoot!



May Day

April Showers bring May Day Baskets! May Day has arrived at Silver Oaks and this Spring holiday will be celebrated with cone shaped baskets, decorated with beautiful ribbon, and then filled with colorful, fragrant flowers. They will then be given to their neighbors secretly. The trick is not getting caught while ringing the doorbell! Be sure to hide around the corner to see the joy on his/her face when they receive their May Day Surprise. Residents will also be served May Pole cupcakes and Strawberry lemonade! What a fun day this will be!

Here Comes the Sun

We are still in the season of Spring, but the arrival of warmer weather is right around the corner. We are all looking forward to spending time together outside and having Summer fun. In doing so, your loved ones will need to be well protected from the sun. Please read the following article... we will do our part and make sure residents are hydrated, eating plenty of fruits, etc.!

Health Corner

With changing seasons comes changing temperature. As we prepare for fun in the sun, remember these summer health and safety tips:

- Drink plenty of fluids!
Staying hydrated is important in protecting ourselves against a host of health issues;

- Eat the rainbow!
Consuming a variety of fruits, vegetables, and other foods in their natural state ensures that we get as many vitamins and minerals from our food as possible;

- Get out and play! Enjoy the weather and get moving to stay physically fit;

- Stay shady! Always wear protective gear like hats, sunglasses, and sunscreen, and limit your time in the direct sun;

- Rest up! Getting enough quality sleep can help you recharge.

Welcome to Our Team!!

Adriana

Adriana is our Resident Care Coordinator. She is a native of the Bay Area and has been working in Health Care Industry for sixteen years. She is a strong advocate of elder care and truly loves what she does, putting her heart into her work. Welcome to the Silver Oaks Family, Adriana!



Amanda

Amanda has also joined The Silver Oaks Family. She is our new Director of Resident Development. She has over ten years of experience in sales and marketing. We are excited to have her as part of our team. Welcome, Amanda!



"Easter Egg Hunt" Winners



Making Memories Together at Silver Oaks!

Every day something special is happening at Silver Oaks. Creating an environment filled with fun activities for our community brings joy and happiness to our residents. We feel honored to be able to share these special moments with your loved ones. Each and every one of our staff play a key role in making our days memorable and priceless. Together, we make Silver Oaks a very, very special home!





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