



## SILVER OAKS Memory Care

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



### Silver Oaks' Management Team

Executive Director .....	Ollie Vance
Resident Care Coordinator .....	Shayla Brewster
Director of Resident Development .....	Angie Agui
Activity Director .....	Linda Mittelstadt
Dietary Director .....	Jason Quebec
Environmental Director .....	Mario Vazquez

#### 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

### November Poem

*Orange pumpkins full and round...*

*Cornstalks gathered on the ground...*

*Blue skies clean and Autumn bright...*

*Full moons and frost at night...*

*Leaves raked high in great big piles...*

*November sights bring thankful smiles.*

November 2023



#### SAVE THE DATES

- **November 5th - Daylight Saving Ends:** Time for the days to be shorter and the nights longer. We will celebrate with warm apple cider and toast to the fun that awaits in the season to come.
- **November is "Be Thankful Month":** All throughout the month of November, we will do activities to remind us daily of how much we have to be thankful for!
- **November 11th - Veterans Day:** This very special day will be dedicated to our veterans who fought to keep us free. Starting our day with "The Pledge of Allegiance," followed by patriotic songs and games!
- **November 21st - Thanksgiving Celebration:** Come join us for our annual Thanksgiving Celebration with turkey and all the fixings!





## Welcome to Our Community

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



*Thank you for your service!*

Honoring all who have served and who are serving.

Thank you to all veterans.

All gave some,  
Some gave all.



Thank you for your sacrifice and all you do to keep our country free! Happy Veterans Day. From all of us at Silver Oaks Memory Care, we salute you!



## Soko

Please, let's give a shout-out to our Team Member of the Month, Soko! Soko works on the evening shift. She is one of the kindest and funniest of people who keep the smiles going the minute she walks in the door. She is gentle, kind and patient with each of our residents -- she has a way of calming them in an instant. Helpful and positive in everything she does, she truly is a ray of sunlight to the community. Soko has been caregiving for many years. She jokes and says that the only way she gets a break from her many grandchildren is to come to work. You can truly see her heart is present in everything she does; it reflects in each person she touches. So please, say hello and a job well done if you see her. Congratulations, Soko, you have earned Team Member of the Month!



## Breathe in Fall Fragrances

Surround yourself with the fragrances of fall by looking for scented products in woodsy or spicy aromas, such as cinnamon, clove, eucalyptus, juniper berry, patchouli or pine.



We can't wait to use these scents in aromatherapy activities.



## **Cozy by the Fire**

There's almost nothing more soothing than sitting near a crackling fireplace—even if the fire is fake. Researchers found that focusing on flickering flames, whether from a real fire or a video of one, resulted in lower blood pressure. Both the roar and the dancing movements of the flames help lull the mind into a relaxed state, sweeping away anxious thoughts.



## **Happy Thanksgiving!**

We would like to formally invite all of you to our annual Thanksgiving luncheon. Please come and enjoy a day with your loved ones. We have so much to be thankful for. Our day of thanks will be held **Wednesday, November 22nd, 2023**. Please come enjoy a day of feasting, laughter, and love. Happy Thanksgiving from all of us at Silver Oaks.



## **Daylight Saving Time Ends November 5th**

Once again, it is time to fall back, meaning to turn your clocks back an hour. Days are shorter and the nights are longer. It's the season to don your cozy sweaters and cuddle up with a blanket, a good book, or a movie. Be sure to place things around to bring thoughts of sunshine to make those long nights easier, such as flowery magnets and cheerful bouquets of flowers. This will be uplifting to the spirit to get you through chilly nights.



## **Our Deepest Sympathy**

*Our deepest sympathies to the family and friends of Ron and Ray. Hoping that time will heal your hearts. They will be missed by all of us. Please accept our deepest condolences and may they be at peace. We are grateful for the time that we were able to spend with them.*



*In our thoughts  
and in our hearts  
always...*



## **The Holiday Season Has Arrived**

The holidays have arrived; when the air gets crisper and the days get shorter. This is when our inner clock to Christmas will start to tick. First, Thanksgiving, with all the trimmings and before you turn around you smell pine trees in the air and the sounds of Christmas all around you. Put on the comfiest shoes you can find because here we go. Silver Oaks is looking forward to spending the most wonderful time of the year with your loved ones. We do our best to keep the home fires burning to give each one of our residents the magical feeling you get throughout the year. We will keep everyone up-to-date as to when special holiday events will be held. Thank you for allowing us to bring the joy of the holidays to your loved ones. Making memories is what we do best! Happy Holidays.





Happy  
THANKSGIVING



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