



SILVER OAKS Memory Care

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

November 2022

November A Time to Reflect and Be Thankful

Thanksgiving has arrived, and we all have so very much to be thankful for in our community. We are truly blessed to be able to share this special time together and create more beautiful memories here at Silver Oaks. We are gearing up, once again, to celebrate and host a memorable Thanksgiving feast with all the trimmings. Tom Turkey will be our guest of honor surrounded by mashed potatoes, gravy, stuffing, warm rolls, and let's not forget the cranberry sauce! The smells alone will bring back memories of family gatherings of long ago that will be sure to bring a smile to each face. Throughout the month of November, we will bring the holidays alive with activities that will spark memories of togetherness. We all look forward to a festive time throughout the month of November. Happy Thanksgiving from all of us at Silver Oaks!



Executive Director Nancy Rubio
Resident Care Coordinator Adriana Garcia
Activity Director Linda Mittelstadt
Dietary Director Garet Chavez
Environmental Director Mario Vazquez

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

November

*Orange Pumpkins full and round...
Corn stalks gathered on the ground...
Blue skies clear and autumn bright...
Harvest moons and frost at night...
Leaves raked high in great big piles...
November sights bring thankful smiles...*





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

Veterans Day...

By Cheryl Dyson

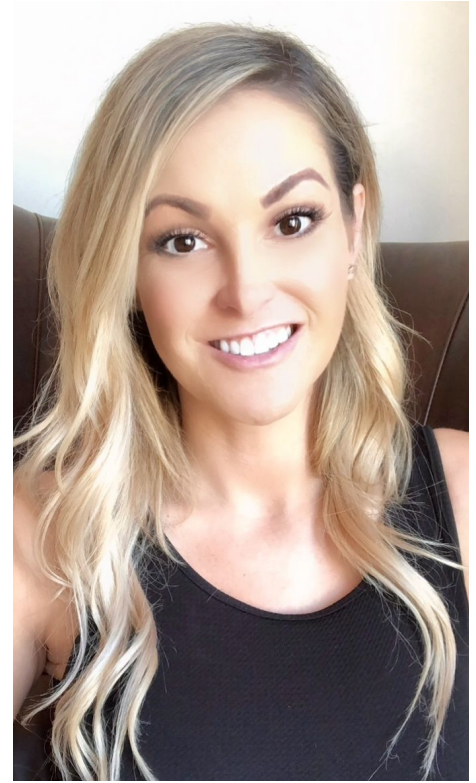
*On Veterans Day we honor all
Who answered to a service call.
Soldiers young and old,
Fought for freedom, brave & bold.
Some have lived, while others died.
And all of them deserve our pride.
We're proud of the soldiers
who kept
thinking of red, white and blue.
They fought for us and all
our rights.
They fought through most days
and nights.
And though we may not know
each name,
We thank All Veterans just
the same.*



Special Days in November:

November is a time of family and togetherness. We are so lucky to be able to share these special times with your loved ones. We all feel truly blessed at Silver Oaks!

- November 2nd: **Day of the Dead.** We will have a special alter with pictures of our loved ones to remember all the good times we shared. Along with this, we will have special snacks and music to help celebrate and maybe a costume or two.
- November 6th: **Daylight Saving.** No better time to host a hot chocolate social.
- November 11th: **Veterans Day.** We will honor our Veterans by sharing fun trivia and having a patriotic sing along!
- November 10th: **Thanksgiving Celebration.** Hosting our Thanksgiving feast with all the trimmings.



Welcome, Danielle

Welcoming our newest team member, Danielle, to Silver Oaks and Crescent Oaks communities as the Regional Director of Resident Development. Danielle is a mother to 12-year-old Maxwell and comes to us from the Sacramento area. Danielle often takes sailing trips around the world and enjoys participating in running races around California and surrounding areas. With a professional background in sales and marketing for various industries, Danielle says her main love in her work has always been the people and the relationships she builds!

Welcome to the Silver Oaks Family!



We are entering into what I like to call the “cozy” part of the year when the days are shorter, and the nights are longer. We “fall back” an hour on November the 6th at 2:00 a.m. So, stock up on your cozy, comfy clothing, a few good novels, a nice mug of warm refreshments, and maybe even a scented candle or two. Cheers to the coziest time of the year!

Thank You, Nancy and Jeneen!

Just want to give a big thank you to Nancy and Jeneen for the bird feeders and the pots that they will donate to our community to enjoy. We look forward to sitting on our patio and watching the birds as they come and go. Our planters will be filled with beautiful flowers that will be planted by our community and also tended to by them as we get the joy of watching them grow. Thank you from the bottom of our hearts for you donation!



Cold and Flu Truth

“Feed a cold, starve a fever.”

This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don’t force yourself to eat if you aren’t hungry. However, staying hydrated is important, so drink plenty of fluids.



Our Deepest Sympathy

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



Loren

We are so blessed to have Loren as part of the Silver Oaks community. He brings joy to whoever he touches and truly is a man with a pure heart of gold. Loren was born in the San Francisco Bay area. At a very young age he lost his mother and was raised in an orphanage until he reached grade school age, when he then returned home to be with his father and family. After graduating high school, he entered into the armed forces and was based in Florida. While there, his community in Florida was hit by a hurricane. All the electricity went out in the hospitals and Loren hopped in a jeep and saved the day by driving through the storm and restoring the hospital’s electricity. What a heroic guy!



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