



SILVER OAKS Memory Care

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

October 2021

The Arrival of October

October, known as the "Harvest Month," has arrived. Our community is so looking forward to celebrating the arrival of autumn. We have a few tricks and treats up our sleeve that will be fun for all. To get everyone in the mood we will start out with festive fall decorations that will bring a smile and maybe even a little shiver and yes even a spooky story here and there to keep us on our toes. Gone are the days of lemonade, did we hear pumpkin spice with cloves and cinnamon? Our community will be enjoying all the scents of fall the best way we know how with sweet treats of pumpkin bread and warm apple cider with cinnamon sticks included. For our Halloween celebration we will enjoy fun games, a costume contest judged by our residents, cookie decorating, and so much more! Our Silver Oaks team are so very lucky to build special memories with each and every one of our residents. Wishing you all a Boo-tacular October!



Silver Oaks Management Team

Executive Director Nancy Rubio
Resident Care Coordinator Adriana Garcia
Director Of Resident Development . Amanda Lee
Activity Director Linda Mittelstadt
Dietary Director Gareth Chavez
Environmental Director Mario Vazquez

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



Welcome to Our Community!

We are very pleased to welcome Robert and Gregory to our Silver Oaks community. We are looking forward to getting to know each one of you and build beautiful memories and friendships together. Welcome all to Silver Oaks!



October Birthday Celebrations

Happy Birthday, Liu Cheng October 5th, hoping your special day is filled with joy, love and laughter! Many returns to Liu Cheng on this special day! From all of us at Silver Oaks.



We are so blessed to have Liu Cheng as part of our community!



October's Special Days

- **October 12th:** All About Acorns Day. We will be celebrating by making our own sweet treat, by using donut holes, a little frosting and fall sprinkles. The tastiest acorn ever with a cup of hot chocolate.
- **October 16th:** Scarecrow Saturday. On this day we will create our own scarecrow as a group, and afterwards have a nice warm cup of apple cider!
- **October 22nd:** Nut Day; What fun we will have with a peanut toss, fun facts about nuts, a peanut butter loaf with hot chocolate, and maybe a joke or two about nuts!
- **October 27th:** Halloween Party! We're looking forward to a festive Halloween right here at Silver Oaks! From costume contest to candy trivia and a ghost story or two we are all looking forward to a SPOOK-TACULAR GOOD TIME!

**Happy Haunting Everyone
From Our Home
To Yours!**

Adding to the Fun of October

October is such a fun month, and we have decided to make our own scarecrow to sit on our front porch to greet our visitors. This will be sure to put a smile on every face that enters our community. We will surround our friend with all the colors of fall by adding marigolds of yellow, browns and reds and a few pumpkins to add to the charm. And we must find a sign that says Welcome to our Pumpkin Patch!



A Fun Easy Treat for Autumn

This fun and easy Rice Krispy treat will fit in very nicely with our Halloween themed month. All you need to do is follow the Rice Krispy Treat recipe on the back of the marshmallow bag, add some orange food coloring, mix it real well until the color is blended throughout, then add a caramel Rolo and a little green for the leaves. Our residents and I will have a wonderful sticky, icky good time with this tactile fun, spooky recipe!



New Visiting Protocols Due to COVID 19

Effective September 9th, per Licensing, all visitors must show proof of being fully vaccinated (at least 2 weeks from final dose) or show proof of a negative COVID test (taken 72 hours prior to visit) in order to visit your loved one inside our community. Silver Oaks is 100% committed to the safety and well-being of your loved ones. We understand that this can be inconvenient for some, but we ask for your patience and understanding as we continue to navigate the ever-changing recommendations.

Our Deepest Sympathy

Our deepest sympathies to David's family and friends. Hoping that time will heal the sadness you feel in your hearts. David will be missed by all of us. Please accept our deepest condolences and may David be at peace. We are all so grateful for the time that we were able to spend with him.



Nursing Corner

To Your Health: Sip Some Soup

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.

Don't Forget

We are very excited for the Walk to End Alzheimer's that is fast approaching. If you would like to walk with our team the "Forget Me Nots" on October 16th, 2021 just go to the Alzheimer's Association website and sign up. Please join in the fun and walk to end Alzheimer's with us. Looking forward to seeing you there.



Resident Spotlight

Rose & Frank

We are so very blessed to have Rose and Frank as part of our community. Before Frank and Rose met and married in 1958, Frank had joined the Army as a crane operator. He had fibbed about his age and joined at 16, and went to serve his country in Korea. He said he never regretted his decision and had a ball the whole time he was there. After he left the Army he met Rose through mutual friends and from there it is history. Both he and Rose loved to travel all over in the camper that Frank had built, where they had many adventures and fun. After their three daughters went out into the world, Frank and Rose kept traveling to many places in search for adventures. Now Frank and Rose are part of our community at Silver Oaks. They enjoy tending to the beautiful flowers that they potted in the patio together with their daughter Sherrie. They love to exercise and participate in our activity programs.





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