



# SILVER OAKS Memory Care

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

## October 2022

### Time for Our Annual Halloween Celebration!

October has arrived and Silver Oaks is looking forward to a “spooktacular” good time this Halloween season with activities including pumpkin carving and tales of black cats, ghouls, goblins, and witches. Our community will be filled with the fall scents of pumpkin spice and warm apple cider. We are looking forward to our annual Halloween party costume contest when we can dress up and be anything we want! Enjoy a spooky scavenger hunt with our caregivers and of course the “Guess How Many Candy Corns in the Jar” game to win a prize. Happy haunting everyone, from our Silver Oaks family to yours!



### Silver Oaks Management Team

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

9:00 AM - 5:00 PM

Weekends

10:00 AM - 4:30 PM

### “Listen!

*The wind is rising, and the air is wild with leaves,  
We had our summer evenings,  
now for October eves!”*

*-Humbert Wolfe*

## Welcome to Our Community!



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

## Welcome Our New Staff to Silver Oaks!

Please welcome the following new staff to our Silver Oaks family. We are so pleased to have them as part of our community. Each one of you play an important role to make us shine! We welcome Shayla, our new morning med tech and our new morning care staff Amber, Paola, Jasmin, Venetia. It takes a special person to be able to work in a memory care community. Kindness, love, and patience is shown by all of our staff daily and brings a sense of familiarity and home to our residents that is felt when you walk in. Welcome to the Silver Oaks family!



## Special Days in October!

- **October 4th: National Taco Day-** there is no better way to celebrate Taco Day then to order from our local Taco Bell and wash them down with a refreshing Kerns juice. Yummy!
- **October 11th: Indigenous Peoples' Day-** This Day we will share about the indigenous peoples of Northern California and learn about their ways and how they lived.
- **October 13th: U.S. Navy Birthday-** On this day we will share about the history of the U.S. Navy and how it came to be, sing a few patriotic songs, and wish the Navy a very Happy Birthday by sharing a birthday cake together with a big salute for their service!
- **October 26th: National Pumpkin Day-** No better way to celebrate a pumpkin then decorating our own for Halloween and a pumpkin carving contest for our caregivers!
- **October 31st: Halloween-** Celebrating this day by having our annual Halloween Silver Oaks is planning for a ghoulish good time along with some chills and thrills!



## CRAFT CORNER

### Spin a Spiderweb

Celebrate the spooky season with this fun and easy craft.

#### Materials:

- Foam paintbrush
- Three craft sticks
- White acrylic paint
- Craft glue
- Scissors
- White yarn
- Small plastic spider

#### Directions:

Paint the craft sticks white and set aside. Once dry, glue two sticks together in the middle to make an X. Then, glue the third craft stick to the X to make a six-pointed star shape.

Cut about 8 feet of yarn. Tie one end of the yarn around the middle of the star form. Wrap the yarn around the middle of the form a few times, then begin winding the yarn across each spoke in evenly spaced rows to form a spiderweb.

When you complete the last row, tie a knot in the yarn and glue the knot to the back of the web. Trim the excess yarn or leave a long piece to use as a hanger, if desired.

Glue the plastic spider to its web. Hang the spiderweb using the yarn hanger, or glue a magnet to the back to display it on a magnetic surface.

**This fun simple Halloween craft will be a hit with our residents. We will have a "spooktacular" good time!**



## 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. A University of Nebraska study found that the ingredients have a mild anti-inflammatory effect as well. 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.



## Flu Season!

We advise all family and friends to go and get your flu shot, either through your primary doctor, or conveniently at places like Safeway, CVS, or Rite Aid. Also, if it is time to get your second COVID booster please do so to stay healthy to enjoy the beautiful season of Autumn!



## RESIDENT SPOTLIGHT

### Bob

Bob was born and raised in San Francisco, our city by the bay. He took every advantage of all the natural beauty that surrounded him. He enjoyed hiking and swimming wherever and whenever he could. This opened doors to adventures that he could not resist; Bob was the youngest to swim from Alcatraz to the San Francisco shore in just a normal swimming suit because at that time the wet suit wasn't required. He also enjoyed playing football for Balboa High and continued when he attended City College. During this time the Vietnam War was in full swing. Bob only had a window of two years to attend college before he was required to sign up for a service or be drafted, so he signed up for the army. They gave him a choice of where he wanted to go and be stationed and he chose Vietnam. He was part of the armored outfit and was a machine gunner, and as Bob states, he "got out of there alive". When he returned from the war, he learned that there were opportunities to become a San Francisco firefighter, so he filled out the application and passed all the rigorous tests. He was a San Francisco firefighter for 34 years. We are truly blessed to know him!

## Walk to End Alzheimer's

The walk to end Alzheimer's is quickly approaching! Stay tuned for further updates if you would like to join us. You can also go to the Alzheimer's website and make a donation in your name. Let's gather together and bring awareness that affects so many!



## Our Deepest Sympathy

*Our deepest sympathies to the families and friends of Joan, Marie, and Richard. Hoping that time will heal the sadness you feel in your hearts. Joan, Marie, and Richard will be missed by all of us. Please accept our deepest condolences and may they be at peace. We are so grateful for the time we were able to share with them.*





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*Join Us as We*  
**WALK TO END**

**ALZHEIMER'S**



**SILVER OAKS**  
**Memory Care**

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