



# 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 ..... Susana Sanchez  
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

### **"Listen!**

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



## October 2023



### SAVE THE DATES

- **October 1st- International Pumpkin Spice Day:** No better way to welcome October than by having a warm, pumpkin spice tea along with a slice of spice cake!
- **October 4th- National Taco Day:** With a little help from our chef, we will be having our own taco bar with all the tasty toppings.
- **October 7th- World Smile Day:** Celebrating the day with lots of fun jokes, one liners and silly songs, along with a smiley face craft.
- **October 10th- National Cake Decorating Day:** What fun will this be to decorate spooky cupcakes and have a scream of a time!
- **October 26th- National Pumpkin Day:** Pumpkin decorating time; please come join in the fun!
- **October 31st- Halloween Celebration:** Come join us for a "spooktacular" good time! Games, spooky snacks, costume contests, and much more!





## Welcome to Our Community

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



**Welcome**



Please join us welcoming the following new employees to our Silver Oaks Team. Chef Jason and Lydia are new additions to our dietary team; welcome to the family! We look forward to tasting all the culinary treats coming our way. We would also like to welcome America (MedTech), Seilose (carestaff), and Sakopeti (carestaff).

## Looking Forward to the Ber (Burr) Months!

Here we are in the Ber months, once again ... meaning September, October, November and December. Busy as bees we'll be with all the holidays to look forward to and memories and laughter we will share together! Happy Autumn. From all of us at Silver Oaks!

## Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

*Door décor.* Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

*Pumpkin planter.* Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

*Festive foliage.* Gather fallen leaves in rich hues of red, orange and yellow, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

*Artsy acorns.* Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.

*We look forward to doing these fun Autumn crafts together! See the Activity Calendar for more details.*

## Spirit Week

The third week of October we will be having **Spirit Week**. So, join us for the following dress up days:

- Pajama Day (Monday, October 16th)
- Crazy Hair Day (Tuesday, October 17th)
- Jersey Day (Wednesday, October 18th)
- Fun Hat Day (Thursday, October 19th)
- Superhero T-shirts Day (Friday, October 20th)

Show your team spirit and join in on the fun!

## Getting Garden Ready!

Starting this October, the first Saturday of every month will be "Fun in the Garden" with families and their loved ones, where we invite you to join us in our little Secret Garden; a place of peace and quiet.

Our next step is to get our planter box garden going that was donated by our resident, Pam's, daughters. We will place a sign simply reading "Pam's Garden" in her honor. The other planter box will be dedicated to her grandson and his troop number. Fall is around the corner so we will be planting bulbs for the upcoming Spring. Thank you to everyone that has donated and worked with us side by side to create this very special place.

See you in October!



## Walk to End Alzheimer's

Every step makes a difference. Come and join us at this year's Walk to End Alzheimer's, Saturday, Oct. 14th. Visit their website for more information on how to participate. Please come dressed in purple and comfortable walking shoes. The event always has great speakers and booths to check out. It is a beautiful walk around the lake for a very good cause. Let's stamp out this disease step by step together!



## Give Us a Follow

Check out the Silver Oaks social media pages to see what shenanigans we are up to. Stay up to date with the upcoming events, activities, and community news by making sure to follow and like!

Facebook: Silver Oaks Memory Care

Instagram: @silveroaks



## Stay Healthy This Season

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.



*Make sure to take care of yourself!*

*We wish you a happy and safe Autumn!*

## Our Deepest Sympathy

*Our deepest sympathies to the families and friends of Pam, Mary, Lois, and Erica. Hoping that time will heal your hearts. Pam, Mary, Lois, and Erica will be missed by all of us. Please accept our deepest condolences and may each one of these beautiful ladies be at peace. We are so grateful for the time that we were able to spend with each one of them.*



# Resident Spotlight

## Rosalyn

Silver Oaks is truly blessed to have Rosalyn as part of our community. She adores being out in our garden watching the children play as she wanders in her own thoughts picking flowers and lemons. Sometimes she likes to be on her own, but with a little urging she joins our groups for activities. She is sharp as a tack when it comes to trivia! She also enjoys games like famous faces, word games, and she even gave golf a whirl. She adores Elvis and loves to share that she once worked at the White House (she knows the skinny on all of the Presidents). Rosalyn brings laughter and love to all of us with her random hugs and little bouquets she gifts us. She is kind and considerate to her fellow residents and offers advice when she feels they need a kind word. Every day we are reminded of how unique and special each person is that we care for. Making new memories every day is what is all about. Thank you, Rosalyn, for being you and spreading your sunshine all over the place!







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