



SILVER OAKS Memory Care

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

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
 9:00AM-5:00PM
Weekends
 10:00AM-4:30PM

*"Come little leaves"
 said the wind one day,
 "Come to the meadows
 with me and play;
 Put on your dresses
 of red and gold;
 For the summer is past
 And the days grow cold."*

September 2022

Welcoming a New Season

Once again, the season of summer is melting into fall and before we know it, the trees will be sporting colors of red gold. Our community will have plenty to celebrate and so much fun to be had in Autumn. We will say goodbye to summer by hosting our last barbecue of the season on Labor Day, September 5th. Other special days in September include Patriot Day, National Assisted Living Week, and Grandparents Day. We look forward to the assortment of fall themed activities and events. Check your September Activity Calendar for more details!



Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

COMMUNITY NEWS

Welcome to Our Community!



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

Apples Galore

The month of September is dedicated to the luscious apple. Believe it or not, the apple is related to roses and has also been associated with health and love. We will be celebrating the apple this month, from apple stamping to apple tasting with a variety of different toppings, fun facts about this tasty fruit, and maybe a story or two about Johnny Applesseed.



HAPPY LABOR DAY



Special Days in September:

- **September 5th: Labor Day-** Celebrating with the last barbecue of the season
- **September 11th: Remembrance Day-** We will have a day of reflection and a moment of silence to honor the fallen
- **September 11th: Grandparents Day-** This special day will be celebrated large with banana splits and fun stories of our Grandparents
- **September 14th: Share a Hoagie Day-** Nothing better than to have an old-fashioned hoagie sandwich and apple cider to wash it down and maybe a Dagwood joke here and there
- **September 20th: National Pepperoni Pizza Day-** Pizza Party!!!

Celebrating anything together at our community is always a hoot! Let the good times roll!



Friendly Reminder: Community COVID Protocol

Our Silver Oaks family would like to thank each and every one of you for your patience during this time of having to be sheltered in place. To ensure that we all stay safe, we ask all visitors to continue to follow the following protocol:

1. Please when you come to visit your loved one, have your proof of vaccination handy and ready to show at the door, or a negative COVID test (PCR test are good for 72 hours, while a rapid test is good for 24 hours)
2. Take your temperature and sign in the visitors log to answer a series of COVID related questions to ensure the safety of entry
3. Wear your mask at all times during your visit and only visit in your loved one's room, do not visit in common areas to ensure safe distance from other residents
4. Please practice safe hand washing before, during, and after your visit to our community.



Scent Study

Testing a person's sense of smell might help predict their chances of developing Alzheimer's disease. A 2016 study found that people who had trouble identifying scents such as menthol, clove, pineapple and lemon seemed to be at a higher risk for Alzheimer's. The findings could lead to an inexpensive and noninvasive way to identify those who would benefit from treatment. Early diagnosis and intervention are very effective in slowing or preventing progression of the disease, researchers say. More studies are planned.

Assisted Living Week



Assisted living week is a time to say thank you for all the hard work that our caregivers give on a daily basis. You need to be a pretty special and selfless person to be able to work with those that need a little extra help along the way. Thank you for all you do!

Resident Spotlight: Laurie

Laurie was raised in Delmar, California. When she was 22, she traveled to Istanbul where she met and fell in love with Howard. From this beautiful union she and Howard had a daughter, who is currently a professor at Cal State in San Marcos. Even though she and Howard had a family, Laurie continued her love of travel and was able to visit sixty other countries. Even when she was home, she kept herself busy with various hobbies such as gardening, movies, music, reading, pets, and social gatherings. Laurie also enjoyed speaking the beautiful language of Spanish. Laurie is a lifelong vegetarian and sticks to her meatless diet to this day. Another way that Laurie found comfort and peace was through pottery and sculpting. Her last occupation was as a social worker where she remained for seventeen years. Laurie is truly an amazing woman; talented, smart, caring and loving. We are so blessed to have her as part of our Silver Oaks family!



Join Us in the Fight

The 2022 Annual Walk to End Alzheimer's is right around the corner! Please stay tuned for updates. We would love for you to join our team in the walk to end Alzheimer's. If you are unable to join, you can make a donation to the Alzheimer's Association. We look forward to hearing from you; every step counts!

Our Deepest Sympathy

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





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