



# 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
Resident Development Dir	Dane DeWal
Activity Director	Linda Mittelstadt
Dietary Director	Susana Sanchez
Environmental Director	Mario Vazquez

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

*I'm giving you a Valentine  
 Don't put on a shelf  
 It's one that you can hold and love  
 I'm giving you myself!  
 Happy Valentine's Day  
 From Silver Oaks!!*



## February 2023

### Save the Dates:

- **February 2nd:** Groundhog Day. We'll be having fun with Punxsutawney and learning together all about the groundhog who can foretell the weather and have some shadow fun!
- **Throughout the month of February**, we will be collecting canned food to bring awareness to the fact that we have families who are in need in our own community. So please feel free to bring a nonperishable item so we can donate to our local food bank. Let's make a difference!
- **February 13th:** Pie in the Eye Day! Our Fearless leader Ollie is willing to take pie in the eye for the cause and cure of Alzheimer's. Silver Oaks is taking \$5.00 donations. If you would like to donate for the cause, please call Linda at 322-2022 or email her at [linda@silveroaksmc.com](mailto:linda@silveroaksmc.com)
- **February 14th:** Valentine's Day Celebration. This day will be full of sweet treats and love songs galore. Tales of romance and the sweet memories of love long ago

*\*See page three for more details\**





### Welcoming New Residents

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

### Scent-imental Sugar Scrub

The flowers in a Valentine's Day bouquet may fade, but you can keep both the scent and the sentiment a little while longer by making a sugar scrub. Crush the dried flower petals and stir them into a 2:1 mixture of sugar and coconut oil. Store in an airtight container and use the sweet-smelling scrub to exfoliate your skin in the shower.

This will be a sweet treat that we can make together this Valentines to share with that someone special! Not to mention the wonderful scents that will fill the air as we make them together!



### Special Days in February

- February 2nd - Groundhog Day
- February 13th - Pie in the Eye for the Cause
- February 11th - Tailgate Super Bowl Social
- February 14th - Valentine Celebration
- February Throughout- Canned Food Drive

*Roses are red  
Violets are blue  
Wishing the  
Sweetest  
February to  
All of You!*



So many wonderful things to  
Celebrate together  
And making memories

### Our New Resident Care Coordinator

Silver Oaks would like to introduce Shayla Brewster as our Resident Care Coordinator. If you aren't acquainted with Shayla, you may have recognized her as one of our Med Techs. She has now been promoted to the role of Resident Care Coordinator and we are all very proud of her. Here are a few little tid-bits about who she is. Shayla is a mother to a baby girl. She is engaged to be married and loves butterflies and the color blue. Her favorite hobbies include party planning and hosting! Most importantly she cares for our residents and spending time with them. Congratulations Shayla!

### National Caregivers Day

February 18th is National Caregivers Day! Our Silver Oaks team would like to give a shout out to all of our caregivers who work hard every day to bring joy, laughter and happiness to our community, thank you all for your hard work and dedication to give our residents an environment that they can thrive in. Without you all, we couldn't do it. So please know each one of you is valued and all of your hard work is truly appreciated!



## Pie in the Eye Fundraiser

To raise awareness, our fearless leader Ollie has volunteered herself to get pie in the eye for the cause. So please if you would like to join us and donate \$5.00 to watch Ollie take the hit for the cause to raise funds for the Alzheimer's Association, give Linda a call at 650-322-2022 or email her [linda@silveroaksmc.com](mailto:linda@silveroaksmc.com). Together we can make a difference!



## Stay Sunny on the Inside

Wintertime is the season for citrus. And if the weather outside is frightful, an orange, clementine or grapefruit can put you in a sunshine state of mind. Citrus fruits are famous for their supply of immune-boosting vitamin C, and simply smelling their scents has been shown to be energizing.



## RESIDENT SPOTLIGHT: Melanie

Melanie grew up in San Francisco and attended UC Berkeley, receiving her bachelors in Math and Computer Science, and also a masters in Computer Information Science. After she graduated college, Melanie worked with medical information systems. She has one daughter and sister whom she adores. When it came time to relax, she had many hobbies she enjoyed including long walks on the beach and scenic drives around the Bay Area. Above all, she loves anything to do with music, especially '60s and anything after. Melanie loved to play the piano and sang in choir through middle school and high school. Music still touches her today. When she hears her favorite tune, she'll snap her fingers to the beat and sometimes she will break out in dance! This brings the sweetest smile to her face that can light up the room and reminds us all that the simple things can bring so much joy. We are so very blessed to have Melanie as part of our Silver Oaks community!



## Canned Food Drive

One of the themes for the month of February is raising awareness for those in need. Our Silver Oaks team will be hosting a canned food drive to donate goods for those in need throughout the month of February. If you'd like to give back and participate, please bring nonperishable foods/ canned goods to our community this month!



## Our Deepest Sympathy

*Our deepest sympathies to the families and friends of Henrietta, Peter, Santana, Marvin, and Tony. Hoping that time will heal your hearts. Henrietta, Peter, Santana, Tony, and Marvin will be missed by all of us. Please accept our deepest condolences and may all be at peace. We are so grateful for the time that we were able to spend with each of them.*





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