



SILVER OAKS Memory Care

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

July 2021

Celebrating Independence Day

The time has come once again to celebrate our nationhood. It commemorates the passage of the Declaration of Independence by the Continental Congress on July 4th 1776. What a wonderful holiday to celebrate the birth of our Nation. We plan to have a "boom and a bang" of a time at Silver Oaks.

We will start our celebration by reciting the Pledge of Allegiance and singing our National Anthem, "The Star-Spangled Banner". We will continue to then share the history of our Nation and how it came to be one of the strongest World Powers.

Silver Oaks will also be hosting an all American Barbecue for residents and staff and there will be many interactive games for everyone to enjoy. Having Veterans in our community is a great honor and it makes it even more special. We can personally thank each and every one of our Vets in such a special way!

Thank you Veterans for giving us the chance to remain free and enjoy our inalienable rights as Americans, and to be able to make our dreams a reality. We would not have an America without our brave men and women who stood at the front lines for you and me. Happy Fourth of July from our home to yours!



Silver Oaks Management Team

Executive Director Nancy Rubio
Resident Care Coordinator Adriana Garcia
Resident Development Director Amanda Lee
Activity Director Linda Mittelatadt
Dietary Director Garet Chavez

Business Hours

Monday-Friday

9:00 AM - 5:30 PM

Weekends

10:00 AM - 4:30 PM



Welcome Ruben & Dale

We would like to welcome Ruben & Dale to our Silver Oaks Community. We look forward to getting to know you day by day and to you adding more joy that we share as a community! We love making new friendships. On behalf of Silver Oaks, We welcome You!



July

It is hard to believe that July marks that we are half way through the year. The dog days of summer have arrived!

It's also the hottest part of the summer season. We will look forward to find ways to keep cool, with water balloon games, lemonade and ice cream socials on the patio. To while away the long summer day, a nice reminiscing circle will allow us to share fond memories with one another. We are looking forward to a fun filled summer.



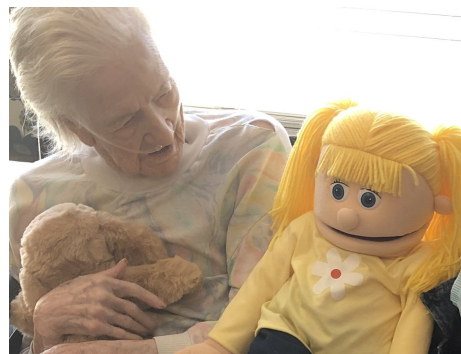
Silver Oaks Celebrating July With a Bang!

- July 4th - **Independence Day.** Celebration will be held on July the 2nd. We will be hosting a 4th of July Barbecue with fun games and a red, white, and blue scavenger hunt, arts & craft station, and much much more!!
- July 7th - **National Strawberry Sundae Day.** We will create our own Strawberry Sundae and reminisce about the bygone day of Soda Shops.
- July 8th - **National Blueberry Day** We will celebrate with a sweet taste of a blueberry smoothie!
- July 10th - **National Pina Colada Day** We will celebrate with a mock-tail cocktail hour!
- July 20th - **National Lollipop Day** We will celebrate by making lollipop flower art. Hopefully, we can get through this project before eating them!
- July 31st - **National Avocado Day** will be celebrated with cheesy nachos and guacamole and chased down with a nice cool glass of lemonade!



Our Marionette

Our community is proud to announce that we have decided on the name for the newest addition to our Silver Oaks family. Drum roll please, her name is Daisy! Daisy is perfect! It is also one of our favorite songs to sing together. Daisy helps our knock knock jokes come out and makes them a whole lot funnier!



Music Therapy Around the Corner

We are very excited that we will be having music therapy for our residents with a trained musical therapist. This will benefit all and bring out the inner musician we all have inside. The musical therapist will bring his own instruments for our community to enjoy.

Music is a universal language that everyone understands and it has many wonderful benefits for our overall health. Music is proven to lower blood pressure, makes us move, brightens spirits, gives our mood a boost, etc.

We are looking forward to bring more enrichment to our beautiful community.

See What's Happening at Silver Oaks

There is always something going on at Silver Oaks. Please go to our Facebook and Instagram pages to take a peek.

You might see a large celebration like our upcoming 4th of July Barbecue and games such as: a word jumble that we are working on together as a team, bean bag toss, or "Hole in One". You may also see us enjoying bubbles on the patio!

We always have something up our sleeve that's all about fun and enjoying each others' company. So don't forget to check out our Facebook page or Instagram and give us a like!

Shout Out to Our Wonderful Staff!!!

I just want to give a shout out to our Wonderful Silver Oaks Staff. You are all so amazing and we appreciate all the hard work you do, as well as all the love and care each and every one of you put into our community.

Caregivers, Housekeeping, Laundry, Dietary, Managers, Thank you! We could not do this without you. Each and everyone of you plays an important role in making Silver Oaks a "home" for our residents!



SPF Is Your BFF

Protect your skin from the sun's ultraviolet rays by remembering these watchwords: slip, slop, slap and wrap. Slip on a shirt, slop on sunscreen, slap on a hat, and wrap on sunglasses. The American Cancer Society recommends using broad-spectrum sunscreen with a sun protection factor of 30 or higher.

Coming Soon

We are very pleased that starting in July, once a month, we will host a movie night out! There's nothing more fun to remember the Drive-In Movie Days than to experience it the "Silver Oaks Way"; with a relaxing movie, popcorn and candy. This activity will bring back fond memories.

Lights Camera Action!



A Little About Sharon...

Sharon was born in Vancouver, British Columbia or "Canada". She then moved a few times with her family and completed her education at Santa Monica City College, California, where she took fashion designer classes.

But Sharon's true calling was owning her garden shop in Los Gatos. She owned and worked in her shop for twenty years and she loved every moment of it. She loved being surrounded with her beautiful plants, flowers and garden tools.

Sharon was very involved in the community and enjoyed working with local vendors, all the quaint little restaurants, and fancy shops in her neighborhood. This, she said, was her "little piece of heaven".

We are truly blessed to have Sharon as part of our community. Sharon loves to take care of the flowers at Silver Oaks and enjoys the time outdoors, as she watches them grow.





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