



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
Director Of Resident Development .	Amanda Lee
Activity Director	Linda Mittelstadt
Dietary Director	Garet Chavez

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



August 2021

August Has Arrived....

August brings in the sweetest of bounties such as tomatoes, melons, sweet corn on the cob, and zucchini. Little tastes of summer will bring back so many fond memories for our residents, growing up in the time that, when the crops were brought in, it was time for canning and preserving what they had worked so hard for all season long.

August is also full of wonderful things to celebrate, such as Left Handed Day, Honey Bee Day, and National Senior Citizens Day! Our main celebration for August will be our Community Luau! We will be sure to have Don Ho's "Tiny Bubbles " playing in the background, of course. We will have games to play and enjoy a cocktail or two. Fun should be had by all. We are looking forward to wrapping up summer in such a fun way. Happy August, everyone, from our home to yours!





We are very pleased to welcome Dale, Frank, Marco, Marilee, Estelle, Maria and Brock to our Silver Oaks community! We look forward to getting to know these wonderful people who are now part of our family. We are always ready to make new friends and watch our community thrive and grow.



Enjoying Spirit Care on the Patio!

We are so pleased that *Spirit Care* is able to come to our community and spend time with us, and to take the time to share a non denominational service with our residents. Angela and Penny put out a wonderful program for our residents, we all enjoy hymns being played on Angela's guitar and a moment of togetherness.



We are all truly blessed with their outreach program!

August Celebrating the Dawg Days of Summer

We are revving up to celebrate the Dawg Days of Summer in style at Silver Oaks. Why do they call it Dawg Days of Summer? The saying means from July third, through August, and up until September are the hottest months in the Northern hemisphere. Our community has come up with some fun ways to beat the heat, and make the best of the Dawg Days of Summer the best way we know how, and that is to have a good time. This is what we have up our sleeve at Silver Oaks!

- August 3rd is **Peachy Keen Day**, we will enjoy peach smoothies and have a peach of a day!
- August 6th is **A&W Root Beer Float Day**,
- a taste of summer!
- August 9th is **Melon Day**, a perfect time to taste the bounty of a summer harvest with a variety of sweet melons!
- August 20th is **Lemonade's Birthday**, no better way to celebrate lemonade's birthday than to have a long cool drink of cool iced lemonade!



Rhyme Time at Silver Oaks

How rhyming can bring back a memory is amazing. One of our many activities is to rhyme together and it never ceases to amaze me what wonderful memories and cute sayings come forth or to end a rhyme. Some even add a word that I had never known existed. Rhyming is also a wonderful reminiscing activity. Such wonderful stories come forth about their childhood. Simple, but fun activities like this make for a good time at Silver Oaks.



Lemonade Play Dough:

Since we will be celebrating "Lemonade's Birthday". We would give this a try to add to the fun!

- 1 Cup Flour
- 3 Packets of Kool- Aid Lemonade
- 1/2 Cup Salt
- 1 Tablespoon Cream of Tarter
- 2 Tablespoons vegetable oil
- 1/2 Cup lemon juice
- 1/2 Cup water

Optional lemon essential oil
Cook in nonstick pan until formed into a ball, then knead with a little flour. We hope you are able to enjoy this fun summer activity with your families.

Flattening the Curve

Now that things are re-opening in California, we still need to remain cautious. So please keep up the good work at keeping yourself safe so we can make sure that your loved ones are protected as well. By taking these simple precautions we together can keep everyone healthy. **Wear your mask, wash hands frequently, and please stay home if you are having any cold or flu like symptoms.** Our Silver Oaks Family truly appreciates everyone's patience. Thank you!



Fun Fact:

Take a Bubble Break

The simple summertime activity of blowing soap bubbles can actually be an exercise in mindfulness! Controlling your breathing as you inhale and exhale helps relieve tension. Focusing on watching the bubbles float away can clear your mind of worries and bring back happy, nostalgic memories.



Our Deepest Sympathy

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



Forget Me Not

We are very excited for the upcoming Memory Walk in October. Our team name has been chosen for Silver Oaks, as you can see above to represent our community we will be called the "Forget me Not". Even though we are still in August our memory walk is right around the corner. We will keep every one updated as the time approaches about the sign-up sheets for those who would like to join us on the walk to raise awareness of Alzheimer's and funds to find a cure.



Resident Spotlight

A Little About Marilee...

Marilee, a woman of many talents. Marilee started playing the piano at the age of 5 and took to it quite naturally. Her talent for music took her quite far. As a young woman she attended Juilliard, a private performing arts conservatory in New York City and later became a concert pianist. She did not stop there. She also became a piano teacher and taught children how to play. She later married and had three children. Her husband was in the international military and she was able to live and travel all over Europe and South America. Marilee's interests do not stop there. She also enjoys painting, jewelry making and sewing. Marilee plays the piano from time to time for our community. We choose a tune and she plays it so beautifully from memory. We are so blessed to have her as part of our community as she brings all of us much joy.





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