



CRESCENT OAKS

Memory Care

147 Crescent Avenue • Sunnyvale, CA 94087 • (408) 730-4004

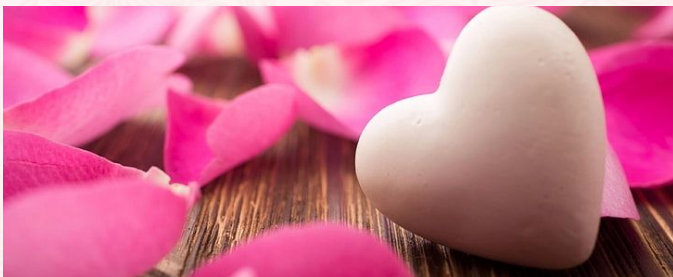


CRESCENT OAKS LEADERSHIP TEAM:

Executive Director Ollie Vance
Regional Director of
Resident Development Danielle DeWall
Residents Care Coordinator Rafael Nunag
Activities Director &
Newsletter/Calendar Author ... Geraldine Sabado
Dining Services Director Alva Lopez

Contact Info:

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Social Media: Facebook/Instagram/LinkedIn
License # 435202705



OFFICE HOURS:

Monday - Friday
9:30 AM - 5:30 PM

VISITING HOURS:

Monday - Sunday
10:00 AM - 4:00 PM

February 2023

A Valentine's Day Treat

Valentine's Day is just around the corner. It's the time of year to show and express the love that we have in our hearts. It is a celebration of love and affection not only for the young ones, but for each and every one of us. Our senior citizens and elderly bring wisdom, knowledge, and guidance to our lives. They have spent most of their lives loving and caring for us. They truly deserve care, respect, honor, and love in this age. Any simple way of showing our love will make a difference. Either sending them flowers, a small box of chocolates, giving them a call, or treating them out for a meal will truly melt their heart. Our community has plans of a special sweet treat for our beloved residents on Valentine's Day. As we celebrate the love month, let us demonstrate our love, care, and respect for them this Valentine's Day. Happy Valentine's Day to each and every one!



**"Until You Have Compassion in Your Heart,
You Will Not Know the Real Meaning
of Love."**

By: Geraldine

Photo Gallery



Residents are all smiles with Santa.



Holiday Fun with Friends and Family



Residents and their families are entertained with our great performers.

Welcome to Crescent Oaks!

Our list of new residents continues. It is with great pleasure that we welcome you to our community at Crescent Oaks Memory Care as we look forward to having you and your loved ones as a part of our community family.

Welcome home!

- Zelma
- Patsy

Happy Birthday!

Wishing our February Birthday celebrants a lovely and wonderful happy birthday!

02/03 Nancy H.

02/07 Betty L.

02/11 William P.

February Special Days and Events

*Black History Month

*American Heart Month

02/2 ... Groundhog Day

02/8 ... Boy Scout Day

02/9 ... National Pizza Day

02/12 ... Super Bowl Sunday

02/14 ... Valentine's Day

02/17 ... Random Act of

Kindness Day

02/20 ... Presidents Day

02/21 ... Mardi Gras

02/22 ... Ash Wednesday

02/24 ... National Tortilla

Chips Day

02/26 ... Carnival Day

Please see our February activities calendar for more special events and fun daily activities!

Community Visitation Guidelines

As of February 2023, our community is still advised to follow the guidelines through visitation required by the Santa Clara County Health Department. We are still being vigilant and doing our best in order to ensure the safety and well being of your loved ones. We ask all the visitors to continue to follow our visiting guidelines.

*All visitors, families and friends are still required to **call the community prior to your visit.**

*Visitors, regardless of vaccination status, must **continue wearing masks at all times** during your visits and **practice hand hygiene** by using hand sanitizer available inside the front door where you signed in.

*Practice physical distance with other residents around in the lobby and dining room. **Visiting time occurs inside the resident's room, sun room patio or second floor lounge area.**

We appreciate your patience and support. Our top priority is the safety and well-being of each and every one in the community, especially your loved ones. Please share the visiting guidelines with your friends and family members who are planning to visit. Call our community for questions and concerns. Thank you.

Strawberry Raspberry Cream Delight



Ingredients: 2 cups raspberries, 1 cup strawberries, 2 Tbsp sugar, 2 cups whipping cream and 1 tsp vanilla extract.

Instructions: Puree 1 cup raspberries and strawberries in a blender with granulated sugar. In a large bowl, add whipping cream and vanilla extract, mix with a whisk until thick peaks form, then gently fold 3/4 of the pureed berries into the whipped cream mixture leaving visible swirl. Spoon the swirled mixture into clear glass or bowl. Pour on the rest of the puree and top with some berries. Enjoy!

A Tribute to Our Presidents

Americans have been blessed. Many great men have served as president of our nation. Presidents Day is on Feb. 20th, a day set aside to honor all of the leaders in our country. We often think of two great presidents, George Washington and Abraham Lincoln, when we celebrate this holiday as it falls between their birthdays. However, this day is a tribute to each and every person who led and has ever served in the office of the President of the United States of America.



February Entertainment

Lee Allen (Piano)
Feb. 3 at 10:30 AM

Jery (Oldies but Goodies)
Feb. 9 at 10:30 AM

Joseph (Guitar)
Feb. 13 at 2:30 PM

Precious (Variety/Oldies)
Feb. 21 at 10:30 AM

Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. Have you ever wondered why the colors red, black, green, and yellow are associated with the celebration of Black History Month in the United States? The origins can be traced back to early 20th century Pan-Africanism and the Ethiopian national flag.

BLACK represents the melanated skin color of Africans or people with African descent.

YELLOW represents optimism, justice and equality for all people.

GREEN symbolizes Africa's rich greenery and other God-given natural resources.

RED represents the pain and bloodshed through struggles for liberation and battle against slavery, racism and colonialism.



We Heart You

February is American Heart Month. It is a great opportunity to spread awareness about heart disease throughout the world. On February 3rd, let's wear red colors to observe and raise awareness on the importance of a healthy heart. Here's a little tip to keep your heart healthy because we heart you.

-Maintain physical activities and keep a healthy weight, check your heart levels, aim for a healthy lifestyle, and be happy and stress free!



Ideas and Entertainment: Volunteers Wanted!

Do you have anything you would like us to feature in our monthly newsletter, i.e., stories you'd like to share about your loved one? We are also open to special event and activities ideas! Have something special you'd like to celebrate with your loved one? Let us know! We are also always on the lookout for talented entertainers; if you or someone you know would like to perform and entertain our residents, let us know! Anything that you would like to share will be much appreciated. Call or email the Activities Department, (408) 730-4004/
Geraldine@crescentoaksmc.com



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