



CRESCENT OAKS

Memory Care

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



CRESCENT OAKS LEADERSHIP TEAM:

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License # 435202705



OFFICE HOURS:

Monday - Friday
9:30 - 5:30 PM

VISITING HOURS:

Monday - Sunday
10:00 - 4:00 PM

July 2022

Hello Summer!

Welcome to July. It's officially the summer season! We hope you all enjoy and take advantage of the season with all of your favorite outdoor activities. Just be sure to keep hydrated and apply sunscreen when you're out in the heat and sun. This month, we have some fun outdoor activities planned for your loved ones! We will be celebrating our Independence Day with some outdoor games, trivia, reminiscing, and a delicious barbecue lunch on the back patio. July is also "Ice Cream Month" and "Watermelon Month" which is a great opportunity to keep our residents hydrated. In honor of "National Wheelchair Beautification Month", our residents and staff will be teaming up to show off their creativity by decorating their wheelchairs/walkers. Our goal is to brighten the day of our residents and bring smiles to their faces every time they see their decorated mobility device. Stay safe and beat the heat while enjoying the summer this July!

Happy Birthday, America!

If you are planning to celebrate Fourth of July with your friends and family, barbecuing, picnic and watching fireworks, don't forget to take a moment to remember those who fought for our country and freedom. Happy Birthday America!



Crescent Oaks Photo Gallery



Birthday celebrants!



Ladies are busy with our photo collage project.



Enjoying the beautiful music with Lee Allen.



Sit and Be fit!

Birthday Wishes!

Warmest wishes to our birthday celebrants for this month. We wish you all a happy birthday!!!

Rubi ... 07/6
Monica.... 07/18

Welcome Home!

Our warmest welcome to our newest family member in our community. We look forward to seeing you comfortable and happy with your new family and friends. Welcome home JIM!

Happy Hour Entertainment Schedule:

Joseph
7/15 @ 2:30 PM
Precious
7/20 @ 10:30 AM
Lee Allen
7/27 @ 10:30 AM

SPECIAL EVENTS FOR JULY

-Tuesday, July 5th:
Independence Day Celebration... We are having a barbecue party for our residents. Delicious barbecue foods, refreshing fresh fruits and drinks and fun games and trivia.

-Tuesday, July 19th:
Wheelchair Beautification Month...Staff and residents teaming up for decorating their mobility device. Prizes for the most festive and creative walker and wheelchair.

-Thursday, July 21st: Photo Op... Residents' photo shoot, modelling with their decorated mobility devices.

Friendly Reminder Regarding Your Visitation

As of this date July 2022, we are still following the health safety guidelines from our county licensing in order to keep your loved ones and everyone safe in the community. Please take your time to review and follow these important guidelines in regards of our visitation protocols.

* Call our community to schedule your visit at least 24 hours prior, and visits must be done in residents' apartment, back patio or sunroom.

*Visitors are still not allowed in the common areas while other residents are around such as dining room, lobby and second floor lounge.

*Must show proof of your COVID-19 vaccine or a negative test result at least 24 hours prior to your visit.

*Face masks must be worn during your visits even when inside the room with your loved one.

If you are planning to take your loved one out to celebrate Fourth of July, please make sure to practice all safety measures to ensure the safety of your loved one. Our priority is the safety and wellbeing of our residents and everyone else in the community. We appreciate your patience and cooperation.

Feel free to give us a call if you have any questions and concerns at (408)730-4004.

Red, White & Blue Parfait



These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your

summertime meals and celebrations.

INGREDIENTS:

1 cup watermelon (diced)

1 cup blueberries

6 oz low fat yogurt (vanilla or coconut are the best option)

Whipped cream

INSTRUCTIONS:

In a clear glass or jar, assemble parfaits by layering starting with the blueberries, then yogurt and watermelon. Top with the whipped cream and serve. Enjoy!

Dress for the Weather

Although elderly people have different body temperatures than the younger folks, it's still best to dress appropriately according to the weather. The type of clothing they wear affects how well air circulates over their skin. **We are encouraging our dear residents' families to please bring some clothing for your loved ones that are appropriate for the hot summer weather.** For example, clothes that are light colored, loose fitting, short sleeved, and made of lighter fabrics. Please feel free to call our community to ask our staff what your loved ones need. Thank you!

Wheelchair/Walker in Style

July is "National Wheelchair Beautification Month"! The concept of this idea was originated by people who wanted an opportunity to highlight the importance of wheelchairs/ walkers in their lives and also to show that the way their mobility device looks can be an extension of their personality. It gives them an opportunity to present who they really are and see themselves in a very positive way. Decorating a wheelchair or a walker can be a fun and creative activity for our residents. It can also boost their self-esteem.

Our staff and residents will be teaming up to decorate our residents' mobility devices. Family members and friends can also help out by dropping off some decorative items or supplies for their loved one according to what they like. Some of the few theme ideas we could try out are flower garden, superheroes, patriotic colors, animal print, retro, butterflies, fairy tales, tropical, and many more. No matter what theme, our goal is to bring positive vibes and smiles to their everyday lives!



HEALTH CORNER: Elderly During Summer

While many of us love summer weather, extreme heat is particularly dangerous for those 65 age and older. It's not always easy to notice when the elderly is dehydrated. However, it is important to know what are the warning signs of dehydration.

- Low blood pressure and rapid heart rate
- Dry, sticky mouth
- Decreased urine output or constipation
- Dizziness, confusion or frequent headache
- Dry skin
- Mobility issues like difficulty walking

Beat the Heat!

Here are a few ways to help prevent dehydration in the elderly especially during summer:

- Encourage them to drink throughout the day. Don't suggest but offer to them instead.
- Offer foods high in water like watermelon, cucumber, jello, soup, ice cream, Popsicle, and more.
- Avoid caffeine such as coffee, soda, and alcohol due to their diuretic effects.
- Make drinking water convenient for them
- Schedule drink breaks throughout the day.



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