



CRESCENT OAKS

Memory Care

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



CRESCENT OAKS LEADERSHIP TEAM:

Executive Director Nancy Rubio
Residents Care Coordinator Rafael Nunag
Activities Director &
Newsletter/Calendar Author... Geraldine Sabado
Dining Services Director Alva Lopez

Contact Info:

Main Office: (408) 730-4004
Direct: (408) 542-9400
Fax Number: (408) 743-5677
E-mail: info@crescentoaksmc.com
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

October 2022

Smile!

Put on a happy face on World Smile Day, the first Friday in October. Research shows that the simple act of smiling can help strengthen the immune system and reduce blood pressure, pain, and stress.

Fall Celebrations

October is here! We're looking forward to a month of fall weather and fun festivities. This month brings so many delicious flavors and wonderful aromas. The sound of crisp falling autumn leaves, smells of pumpkins and apple cinnamon. We are excited to celebrate our annual Halloween costume contest with our residents and staff. It's going to be a fun day with a live musical performance along with delicious snacks prepared by the kitchen staff. We are also excited for our annual pumpkin decorating contest. Check our October calendar for more of our daily activities and special events. Feel free to share your stories, ideas, or even a special occasion that you would like to feature in our newsletter every month.



Photo Gallery



Keeping the residents busy with stimulating activities



Fun pour painting arts & crafts



Summer Luau Party!

Upcoming Events and Activities:

- 10/4 - Taco Day
- 10/5 - World Teachers' Day
- 10/7 - World Smile Day
- 10/15 - Walk To End Alzheimer's... Walk for a good Cause for the Alzheimer's Awareness. Silicon Valley Excite Ballpark, San Jose
- 10/16 - Fall Harvest Day
- 10/19 - Doughnut Day
- 10/21 - Wear It Pink Day! (Breast Cancer Awareness Month)
- 10/24 - National Photographer Appreciation Day
- 10/26 - National Pumpkin Day
- 10/31 - Happy Halloween!

Walk to End Alzheimer's: October 15th

Go to the website alz.org/siliconvalley2022 regarding the walk this October 15th at Silicon Valley Excite Ballpark, San Jose, or contact our office or Geraldine for more information on how to join or donate our team!

Halloween Party! - 10/29, 2:00PM

Everyone in our community is encouraged to dress up with their silliest, spookiest, or craziest costume. Surprise treats await to the selected best in costume!



Happy Birthday!

Let's wish BOBBIE a happy birthday on 10/19!

Spirit Wear:

10/15 ... Wear PURPLE
 10/21 ... Wear PINK
 10/26 ... Wear ORANGE
 10/29 ... Wear your HALLOWEEN COSTUME

Happy Hour

Entertainment Schedule:

An hour of live music fun entertainment from our great performers:

- 10/19, 10:30 AM ... Happy hour with Lee Allen
- 10/29, 2:00 PM ... Happy hour with Precious

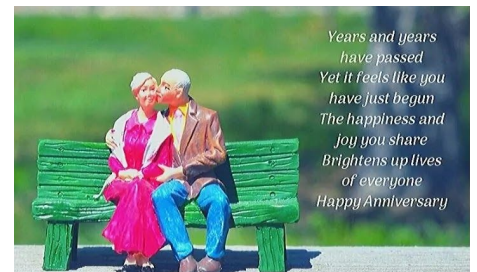
Happy Wedding Anniversary!

Marriage is a promise of love, respect, care, responsibility, and commitment between two people. Your marriage has passed through all such trials, and it makes us believe that true love does exist. We wish a happy wedding anniversary to the following couples:

James & Patricia Peasley
 (61 years)

Donald & Sue Kimerer (50 years)

Congratulations!



*Years and years
 have passed
 Yet it feels like you
 have just begun
 The happiness and
 joy you share
 Brightens up lives
 of everyone
 Happy Anniversary*

What's Your Flower Color?

You may find different colored flowers represented at the Walk to End Alzheimer's this year. Here are the meanings behind the different colors-

BLUE: for someone who is living with a diagnosis

YELLOW: for a caregiver or someone who is caring for someone with Alzheimer's/dementia.

ORANGE: for an advocate or someone who supports the cause.

PURPLE: for someone who has lost a loved one to Alzheimer's/dementia

WHITE: A symbol of Hope



Vaccination Reminder

We love our residents, and we want everyone to stay as healthy as possible. It is time of the year that we make an appointment to get your flu and pneumonia vaccinations if you haven't done so already. And don't forget your COVID-19 vaccines if you haven't gotten one yet. During cold and flu season, bolster your immunity by practicing the basics of good health. Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest. Stay healthy and happy!

Go Pink in October With a Strawberry Smoothie



In support of Breast Cancer Awareness Month, here's a delicious

and easy to make pink smoothie recipe:

Ingredients: 1/2 cup 2% milk, 1 cup vanilla frozen yogurt, fresh strawberries, 1/2 cup raspberries, ice cubes

Instructions: Place all the ingredients in a blender, blend until smooth according to your desire, pour into a nice glass and garnish with some fresh strawberries as your desire. Enjoy!

Visitation Reminders:

As of October 2022, per licensing that we are still required to follow the visitation guidelines.

*Families and friends are still advised to schedule your visits, limit to one hour maximum of 4 people.

*Make sure to check your temperature and sign in.

*Visitors are only allowed in the sunroom, back patio and residents room. Please be aware that NO visitors are allowed in the common area such as dining room and lobby.

*Keep the MASK ON during your visits.

Thank you for your patience and understanding.

Know Dementia, Know Alzheimer's

It's that time of the year again! The time when we get together, walk together, and remind the world of the importance of acknowledging the existence of Alzheimer's disease and dementia. By doing so, decreasing the stigma that goes with the disease.

Join our team on this year's Walk to End Alzheimer's this October 15th as we raise funds for this important cause that is very dear to our hearts. It's free to register! We are encouraging people to raise funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward method of prevention, treatment and ultimately, a cure for this disease.

Go to the website, act.alz.org/siliconvalley2022 to register. You can support by donating to our team **Crescent Oaks Memory Care** or by joining to the walk at the Excite Ballpark, The San Jose Giants Stadium. Call us at Crescent Oaks Memory Care (408)730-4004 or email us for information regarding the walk. Together, we can end Alzheimer's disease.





.....
Join Us as We
WALK TO END

ALZHEIMER'S

Crescent Oaks Memory Care



CRESCENT OAKS
Memory Care

147 Crescent Ave.
Sunnyvale, CA 94087
(408) 730-4004