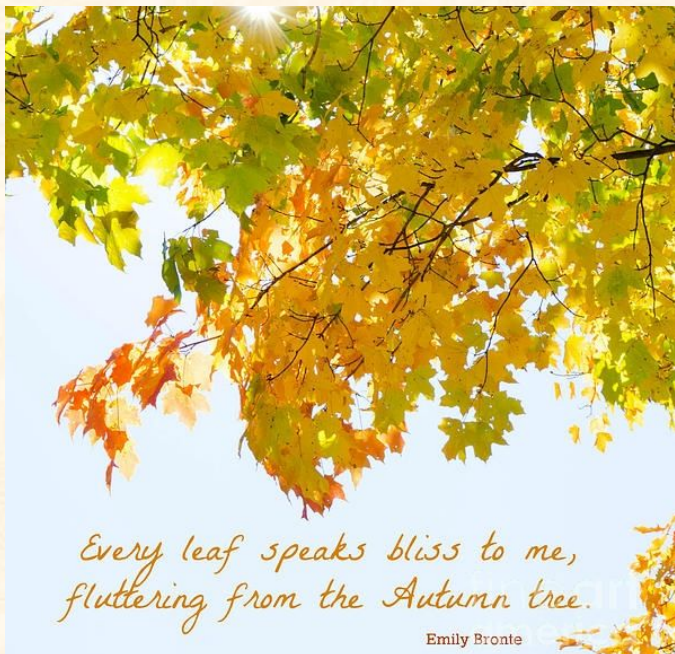




# CRESCENT OAKS

## Memory Care

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



*Every leaf speaks bliss to me,  
fluttering from the Autumn tree.*

Emily Bronte

### CRESCENT OAKS LEADERSHIP TEAM:

Executive Director .....	Grace Tapia
Director of Resident Development .....	Amanda Lee
Care Coordinator .....	Riakkya Sainz
Activities Director .....	Geraldine Sabado
Newsletter/Calendar Author ..	Geraldine Sabado
Dining Services Director .....	Alva Lopez
Maintenance Director .....	Derick Martinez

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## September 2021

### Hello, Autumn!

Greetings, family and friends of Crescent Oaks Memory Care! It's September, but there's still warm weather left to be enjoyed. September is the start of the Autumn season and known as Harvest month. The first day of fall is typically on September 22. This month, we have many fun celebrations planned. Labor Day with live music that our residents always enjoy, fun games, and discussion groups for residents to share their stories for Grandparents Day. More fun games, live music, happy hour and surprises to celebrate National Assisted Living Week. Last month we added some new activities in our calendar, such as "Drum to the beat!" which is a hit. We also added a "Residents Council Meeting" where the residents will be able to share their concerns and get answers to their questions. Kindly check our calendar for more new activities and events.



### Compassion, Community, Caring

Covid-19 has been an enormous challenge for all of us. When times got tough, our compassionate and caring staff in our community at Crescent Oaks Memory Care became your loved one's family. And even when things seemed impossible, our essential staff continued to deliver the care and never give up. In celebration of National Assisted Living Week, we recognize our hardworking staff and honor our residents.



## Activities Regulations and Restrictions

Here's the latest update on COVID-19 protocol:

- **Mask Wearing.** All staff are continuously wearing face masks at all times. Residents who are NOT vaccinated are still advised to wear masks while in common areas such as activity room, dining room and lobby.
- **Entertainment** still organized outdoors through our shaded room patio while residents enjoy the live show through our glass sliding doors.
- **In House Activities.** We are continuously sanitizing our activity room and all activity equipment and hand sanitizer is provided throughout activities.
- **Visitation.** Families and friends are still advised to schedule in-house visits, limit to one hour and max of 4 people with proof of vaccine. NO visitors are allowed on the common areas such as dining room and lobby.

Please call or email us for more info regarding the safety guidelines in our community. Keep safe, everyone!



## Welcome to Crescent Oaks!

Our list of new family at Crescent Oaks Memory Care community residents continues!

- James Richard Barnette
- Margaret Vison
- William P.

It is with great pleasure that we welcome you to our community. We look forward to having you and your loved ones as a part of our family. Welcome home!

## New Team Member!

Let us all welcome our new Marketing Director/ Residents Development Director, **Amanda Lee**, and our new Residents Care Coordinator, **Riakya Sainz**. Welcome and thank you for being our new family and team member in our community!

## HAPPY BIRTHDAY!

Best happy birthday wishes to the following staff and resident;

- 09/9 BILL
- 09/30 ARIELLE
- 09/30 FREDERICK

## Thank You!

Let's wish well our former Marketing Director/ RDD Stephanie. We are grateful for your contributions to our community. Best wishes on your journey to your new career. Thank you!

## Happy Hour Entertainment Schedule:

An hour of live music, dancing and fun with our great performers and volunteers;

- Jerry (Oldies/ Country) 09/3 Friday @ 10:30 AM
- Precious (Oldies/Variety) 09/16 Thursday @ 10:30 AM
- Lee Allen (Piano) 09/21 Tuesday @ 10:30 AM

## Upcoming Special Events and Activities:

• 09/6... "LABOR DAY" Celebrating Labor Day with fun live music with Jerry at 10:30 AM followed by a delicious BBQ lunch. Fun games and trivia in the afternoon served with a yummy snack.

• 09/11... "Patriot Day" ... A two minutes moment of silence in memories of the victims of 9/11 attack.

09/13...Celebrating Grandparents Day!...Baking social and cookie decorating contest in the morning. Afternoon tea social while sharing their stories and memories with their grandchildren.

09/16...Let's celebrate National Assisted Living Week!...Happy hour of live music and entertainment with Precious at 10:30 AM. Afternoon activities filled with trivia, fun games, yummy snack and "Rolling cart raffle surprise" for our beloved residents and hardworking staff!



## Photographs and Memories

Do you have stories of your loved ones here in our community that you would like to share and feature in our next newsletter? It could be family photographs, happy moments, photos of them with their friends, their profession, their pets, best cooking recipe, their favorite activities, stories of how they are as a parent or sibling, or any inspiring memories with them. Sharing photos and stories will also help us with our reminiscing activities. Stop by or share with us via email to our Activity Director at [Geraldine@crescentoaksmc.com](mailto:Geraldine@crescentoaksmc.com).

## Last Month on Candid Camera!



Ladies busy helping with folding our newsletter to mail for their family!



Arts & Crafts are always fun!

## Alzheimer's Around the World

September 21st every year is **World Alzheimer's Day** around the world. Alongside health care professionals who provide care and support, researchers continue to search for a cure for those living with Alzheimer's disease. You can step in and help. The Alzheimer's Association sponsors hundreds of Walk to End Alzheimer's fundraising events throughout the country. To find one near you, or make a donation, go to [Act.Alz.org](http://Act.Alz.org) or join our team!

SEPTEMBER 21 is  
**World  
Alzheimer's Day**



## Dementia and Body Temperature

Have you ever thought about people living with dementia how their body temperature may affect their cognitive performance? A French study found that people with Alzheimer's disease were less able to maintain their body temperature. Thermo-regulation is the process that allows the body to maintain its core internal temperature. A study noted lack of thermo-regulation can affect sleep cycles. This may be one reason people with dementia have disturbed sleep. Providing time to rest between activities and hydration can help them stay comfortable.

## Team Member Spotlight



**Amanda Lee**

Let's welcome our new Marketing Director, Amanda! We are thrilled to have you in our community as our new family member here at Crescent Oaks Memory Care! Here's a little bit about Amanda:

Amanda was born in Vietnam on August 28th. She plays piano and likes instrumental and rock music. Some of her favorite foods are ice cream, donuts, and apple pie. She likes the colors lavender and pink. Some of her interests include travelling, arts, music, reading and staying active. Her pet peeves are unkindness, rudeness, littering, and her own bad handwriting. Amanda describes her personality as warm, friendly, easygoing, active, energetic, adventurous and humble.

Welcome to Crescent Oaks Team!



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