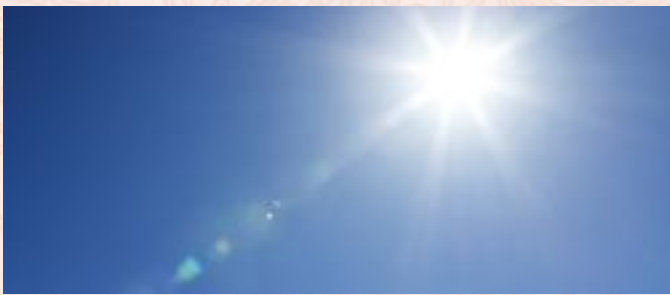




CRESCENT OAKS

Memory Care

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



CRESCENT OAKS LEADERSHIP TEAM:

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Director of
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Activities Director Geraldine Sabado
Newsletter/Calendar Author ... Geraldine Sabado
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July 2021

Hello Summer!

July brings warm temperatures and bright sunny days. Now that we are into the warmer weather, we are navigating the waters of life. Beaches, swimming pools and hydrating fluids and fruits are all in this season. Residents in our community at Crescent Oaks Memory Care are taking advantage of the fresh air and morning sunshine by walking and strolling with staff outside the facility on the sidewalk and the back patio. In June, we were able to do many fun outdoor activities on our back patio and will continue to do so this beautiful summer season.

July is Ice Cream month, which means serving up yummy ice cream in unique ways for each ice cream social that is scheduled on the calendar. One event will be to "Decorate / Create your own Ice Cream" where residents will get a chance to add whatever toppings they want to their own ice cream. July is also "Wheelchair Beautification Month". Residents and staff will be teaming up to decorate their wheelchairs and walkers and show off their creativity. Prizes await for the "Best Decorated Mobility Device". The following day will be a Hallway Parade of their colorful and beautiful mobile devices.

America, The Beautiful!

*"Oh beautiful for spacious skies,
For amber waves of grain.*

*For purple mountain majesties, Above the fruited plain!
America, America! God shed his grace on thee.
And crown thy good with brotherhood,
from sea to shining sea."*



Welcome to Crescent Oaks!

We are very excited to welcome into our community new friends, neighbors and family.

Gordon Taft served in the Marine Corps, served in the Korean War, and lived in Japan for several decades. He was also an English teacher. He loves jazz music, singing, sports, scenic drives, and walking.

Bruce Myers was the Assistant Superintendent of the Sewer Department in the City of Santa Clara. Some of his interests are fishing, working in the yard, helping his neighbors, sports, movies, reading, watching TV, walking his dog, telling jokes, and he loves to socialize.

We look forward to seeing you participating in our activities and enjoy socializing with your new friends. Welcome!

Entertainment Schedule:

Happy Hour of live music and fun entertainment with our great performers;

- Jerry (Oldies/ Country)
7/2, Friday
- Precious (Variety)
7/8, Thursday
- Marian (Flutist)
7/16, Friday
- Lee Allen (Piano)
7/20, Tuesday
- Sudithi (Violin)
7/26, Monday

Upcoming Events and Activities

- 7/2, Friday
"Celebration of July 4th!"
Happy hour of live music and fun time with Jerry followed by delicious BBQ lunch. Patriotic Trivia, Ice Cream Social and watching red, white, and blue concert via YouTube on big screen

- 7/4, Sunday
"Chill with the Ice Cream"
Residents will be watching a fireworks display and patriotic concert via YouTube on big screen TV while enjoying their yummy Ice Cream

- 7/22, Thursday
"Wheelchair / Walker Decorating Day"

July is Wheelchair Beautification Month, so we encourage the residents to team up with the staff to decorate their mobility device

- 7/23, Friday
"Hallway Parade of Decorated Wheels and Walkers!" Prizes / Goodies will be awarded for the Best Decorated Mobility Device.

****Please refer to our calendar for more activities*

HAPPY BIRTHDAY!

Let's all wish the happiest birthday to our July celebrants:

Rubi 7/6
Monica 7/18



Community News!

COVID-19 Update and Reminders:

As some states start to reopen, as well as some of the health care communities, people will have to weigh the risk versus the benefit of getting out more in public, along with their own tolerance for uncertainty. Health experts still advise to continue following health and safety guidelines to ensure the safety and well being of our loved ones. For our community at Crescent Oaks Memory Care, our priority is the health and safety of our residents. Our staff team is continuously wearing face masks, monitoring temperature, hand washing and hand sanitizing and maintaining distance. We are keeping the same protocols in receiving visitors and other health care providers coming in to the facility until further notice. The Activity Dept's entertainment performers are in the shaded patio room while providing music for the residents to enjoy. We thank and appreciate all the family and friends of our beloved residents for your patience and understanding with our safety protocols while you visit your loved one in our community. Let us all continue to follow these orders from the health experts and our licensing partners for the health, safety, and well being of your loved one and everyone else.

Recipe of the Month:

Watermelon Feta Salad With Blueberries and Cucumber



Here's a mouth watering, easy to make snack. Perfect to hydrate yourself in the summer heat.

Ingredients:

Watermelon (diced)
Cucumber (diced)
Blueberries
Feta cheese (diced)
Apple cider vinegar (3 Tbsp)
Honey (3 Tbsp)
Olive oil (3 Tbsp)

Salt (pinch)
Basil (optional)

Instructions:

- In a large bowl, toss to combine the watermelon, cucumber, blueberries, feta cheese. Set aside.
- In a small bowl, whisk together the vinegar, honey, olive oil, and salt for the dressing.
- Pour the dressing over the salad and toss to coat.
- Add some basil (optional)



Resident Spotlight



John Nelson Farwell

John grew up in Mountain View, CA, as a Christian. He's been married for 36 years to Kim and has three children, Kelsey, Dorey & Jason. He graduated from San Jose State as an Aeronautical Engineer. He attended the USAF and became a Pilot. He was in the Air Force during the Gulf War on active duty for 10 years and with the Air National Guard for 8 years. John flew Boeing 737s, 757s, 767s and 777s for over 20 years. He was also an active member in ALPA (Airline Pilot Association) and used to volunteer in the local elementary school district in Los Altos, where he received a Community Volunteer Award.

As active as he was, some of his passions are skiing and sky diving. He also loves music like rock n' roll and soft rock. Some of his favorite foods are peanut butter & jelly sandwiches, Italian food, ice cream, fruit and other sweets.

HEALTH CORNER

Hydrate for Immunity

We've heard that an apple a day keeps the doctor away. But water is vital to the health of every cell in our body and contributes to a strong immune system. Drinking water helps deliver oxygen to our organs and muscles so they can function at their best.

There are so many ways to hydrate your body if you cannot drink enough water. Nutrition experts say you can double your hydration by snacking on fruits with high water content such as watermelon, apple, cucumber, and more.



Here's to the Ladies that Lunch!



Our remodeled salon is now open!





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