



CRESCENT OAKS

Memory Care

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



CRESCENT OAKS LEADERSHIP TEAM:

Executive Director Nancy Rubio
Resident Development Director Mike Duran
Activities Director Geraldine Sabado
Newsletter/Calendar Author ... Geraldine Sabado
Dining Services Director Alva Lopez

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Social Media: Facebook/Instagram/LinkedIn
License # 435202705

OFFICE HOURS:

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

VISITING HOURS:

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



May 2022

Celebrating Heroes

Welcome to May! This month is filled with annual observances and celebrations. We are honoring and recognizing the braveness of all military men and women, firefighters, nurses, and of mothers. Here at Crescent Oaks, we are finding special ways to celebrate and express our gratitude to all the mothers in our community. Mother's Day is meant to give due honor to the woman who gave us birth and life. We encourage everyone to show your love and gratitude to your mother in your own special way. Spending time with her, talking on the phone, or even sending her favorite flowers will surely make her feel loved, happy, and special. This Mother's Day, May 8th, if you are planning to visit your loved one, or would like to take them out, please call our community ahead of time. Even though we are continuously practicing social distancing, rest assured that we are doing our best to keep them engaged in activities physically, mentally, and socially. We appreciate you all for your patience and support. Thank you!

We Salute You

This Memorial Day on May 30th, we encourage everyone to take a moment of silence for one minute at 3 o'clock pm in honor of all brave men and women who sacrificed their lives for our country. Our heartfelt gratitude goes out to all our community's veterans for their brave service. Salute!



Photo Gallery: Fun Times at Crescent Oaks



Margie enjoying her birthday celebration!



Springtime Flower arranging



So much fun at balloon volleyball



Easter door hanger Crafts



HAPPY BIRTHDAY!

Best wishes to our May birthday celebrants!

- 05/9 Joseph S.
- 05/14.....Colleen M.
- 05/17..... Karen
- 05/20..... Soledad
- 05/21..... Alva
- 05/27..... Joan W.

Welcome to Crescent Oaks!

Our warmest welcome to our newest family member, **Donald Gordon K.** We are looking forward to getting to know you more as you become more comfortable with your community and new friends. Welcome home!

Upcoming Events:

05/5... CINCO DE MAYO!
Mariachi music and dancing, delicious Mexican lunch, taco social and Loteria Bingo.

05/8.....MOTHER'S DAY!
Mother's Day Luncheon special, Trivia and reminiscing, Afternoon of Glamour photo shoot, champagne and treats for all the Moms in our community.

05/30... MEMORIAL DAY!
Yummy BBQ lunch, fun games and ice cream party while enjoying the Military Band Concert on a big screen.

More Highlights in May:

- 05/7.... Kentucky Derby Day
- 05/12.... Asian Pacific American Heritage Month
- 05/17.... Senior Citizen Day
- * See our calendar for more events and activities



Covid Guidelines Reminders

As the Covid-19 pandemic continues, we are still following recommendations from the Licensee and Santa Clara Health Department as of May 2022. These guidelines may still affect us during family and friends visits in the community. We appreciate your cooperation as we adjust our practices as necessary, and we continue to ask your patience and understanding to help keep our community and your loved one safe.

Here are the guidelines that we need to follow for your visiting plan:

- Please call for your **visit appointment** ahead of time, preferably **24 hours prior**.
- All visitors must show proof of being **fully vaccinated** or proof of **Negative Covid-19 test** result taken within 24 hours prior to visit.
- Temperature check, sign in and sanitized hands.
- We remind you that we have **maximum of one hour** visiting time in a resident's unit, sun room or back patio.

We appreciate your support and cooperation. Thank you.

Gerri's May Recipe

Turon (Banana Fritter)



Here's an Asian inspired easy to make snack that you will surely love.

Ingredients: Banana (plantains or saba), brown sugar, egg roll wrappers, jack fruit (optional), canola oil.

Instructions: Cut banana into half, roll into brown sugar, lay on the wrapper, add sliced pieces of jack fruit, fold on both sides and roll and stick in the end to close. Deep fry and cool a little bit. Add a scoop of ice cream for topping. Enjoy!

Motherly Humor

A boy is sent to bed by his mother. 5 minutes later:

Son: Mom, I'm thirsty. Can you bring me a glass of water?

Mom: No, you had your chance. Go to sleep.

Son: Moomm ...

Mom: What??

Son: I need a glass of water.

Mom: I told you No! If you ask again, I'll come and spank you!

Another 5 minutes later...

Son: Moommmm ...

Mom: Whaaatt!

Son: When you come in to spank me, can you bring a glass of water? :)



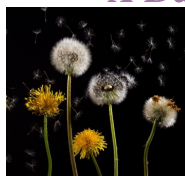
Newsletter Connection

Staff members, residents and their families and friends are welcome to share your good news, family celebrations, memories, photos and ideas that you would like to share through our newsletter with your consent. Everyone is welcome. Call or email the Activity Department for more details, geraldine@crescentoaksmc.com

Hairdresser on Leave

Our hairdresser, Wilma, is out of the country for the months of April and May. You can still book for appointments by contacting Activity Director, Geraldine.

A Dandy Sight



Folklore says the Dandelion's life cycle symbolizes our solar system. The yellow flower resembles the sun, the white puff ball looks like the moon and the scattered seeds are like the stars.

Laugh for Your Health

World laughter day is celebrated the first Sunday of May. Did you know that laughter stimulates both sides of the brain and enhances muscle tension and reduces stress which keeps the brain alert. It also lowers blood pressure and decreases pain.

The History of Mother's Day

Anna Jarvis

The origin of Mother's Day is a story of firm determination from a daughter who loved her mother so much. A woman named Anna Jarvis started a campaign for an official holiday honoring mothers in 1905, the year her own mother died. Anna was very close to her mother and when she passed away, she missed her so much, so she dedicated her life to fulfill her mother's dream to have a recognition day for honoring mothers, taking place the second Sunday of May. Though never a mother herself, Anna is recognized as the "Mother of Mother's Day." Anna chose carnations as the traditional flower for Mother's Day because it was her mother's favorite flower. Pink and red carnations symbolize mothers that are still living, while white carnations symbolize mothers who have passed away along with the purity of a mother's heart. Mother's Day is a special day to express love and gratitude to all mothers and for acknowledging the sacrifices women often make for their children. Happy Mother's Day to all moms in the world!





*Thank you
MOM*

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