

EMPLOYEE OF THE MONTH



Alfred is very dependable, always on time, always ready to work. He never says no and is always a team player. Alfred is a very hard worker. When given a task he makes sure to complete it with no hesitation.
-Amar S.
Resident Care Director

In Loving Memory...



Our beloved resident Joda Monday could best be described as "Sweet and Spicy"! She was a kind lady who looked out for others but could be a little stern and bossy at times. No matter what version of her you got it was a blessing just to know her. She will truly be missed by residents and staff alike.

Spectacular Soda



With its hundreds of uses, bicarbonate of soda certainly deserves its own day on December 30. Baking soda, as it is commonly called, is used for far more than baking. Make homemade toothpaste by mixing baking soda with hydrogen peroxide. Mix a 3-to-1 ratio of baking soda and water to create a gentle exfoliant for your skin or to relieve the itch of insect bites. Add a sprinkle of baking soda to your shampoo to add extra cleaning power. Out of deodorant? Just apply a thin dusting of baking soda under your arms.

Even the ancient Egyptians were wise to the uses of baking soda. They found natural deposits of bicarbonate of soda and used them to create soaps. It's time to put that box of baking soda front and center in the cupboard.

December Birthdays

If you were born from December 1–21, you are a Sagittarius, the Archer. Archers are not only confident but also lucky, so they often find success. Their enthusiasm is infectious, so people often help them achieve their ambitious goals. Those born from December 22–31 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps.

RESIDENT BIRTHDAYS

- Barbara D. 12/2
- Valjean A. 12/11
- Geraldine E. 12/11
- Sita N. 12/13
- Edward C. 12/14
- Sarah Z. 12/14

Fair Oaks Estates

Fair Oaks Estates | 8845 Fair Oaks Blvd 95608 | 916-944-2077 |

Celebrating December

Universal Human Rights Month
Bingo's Birthday Month

National Cookie Day
December 4th

Gingerbread house Day
December 12th

Bill of Rights Day
December 15th

Ugly Christmas Sweater Day
December 20th

Christmas day
December 25th

Thank-You Note Day
December 26th

New Year's Eve
December 31

November Recap

In the month of November our residents had a blast! They had a great Veteran's Day party hosted by Amari Home Health, where they performed a pinning ceremony and handed out certificates. Our residents also went out for lunch, shopped at their "resident store" and had "Show & Tell"! November was a great month!



The Attitude of Gratitude



This is a good time of year to say thank you to seniors by taking time to share a meal, recall a favorite memory, or just give a hug. By showing kindness, we help encourage the attitude of gratitude.

Having worked at an Assisted Living Community for twenty years, I appreciate the daily opportunities to see kindness in action. Our front office staff, Belinda and Heather, go out of their way to make everyone feel welcome, and get to know family members by name.

At Fair Oaks Estates our management team diligently plan for ways to improve and meet the needs of our residents. Caregivers cheerfully attend to residents and enjoy making them feel comfortable and well cared for. Dietary staff go out of the way to serve residents their food preferences or special diets and take pride in giving their best. Maintenance staff are busy making our community safe and clean, and attend to fixing a tv, or hanging a picture to make residents feel more at home.

Working at an Assisted Living can at times mean a loss of a friend or empathy for families dealing with changes. It is also a place where I am blessed every day to work with such an amazing group of people and can contribute a small part to the lives of our seniors.

Rhonda C.
Business Office

Preparing for the cold: Maintenance team winterizes the Community

As the leaves begin to fall and the air gets crisper, the maintenance team springs into action, preparing the entire community for the colder months ahead. We may not be able to control the weather, but we can certainly control how cozy and warm the community feels inside. This month is our official "Winterizing Month," and that means we've got a checklist longer than your holiday gift list.



First, we start with the essentials—checking the heaters, boilers, and thermostats to ensure they're all in top working condition. Nothing is worse than a chilly night when the heater decides to take a vacation, so we make sure everything is running smoothly before the temperature really drops. Next, we focus on pipes insulating them to prevent freezing (and the messy disasters that can follow). We're also checking windows and doors, making sure they're sealed tightly to keep the cold air out and the warm air in. Weather stripping, caulking, and any other needed fixes are all part of the plan.

But we don't stop there! We also prepare the outdoor areas, ensuring that walkways are clear, drains are functional, and the grounds are ready for any winter weather that might come our way.

So, as you grab your favorite blanket and settle in for the winter, remember that behind the scenes, the maintenance team has already rolled up their sleeves to ensure that Fair Oaks Estates stays warm, comfortable, and safe through the colder season. Winter may be coming, but we've got it covered!

-Enes J.
Maintenance Supervisor

When Pen Stains were a part of the Uniform

Ever wonder why our caregivers seem attached to those tablets on the walls? They aren't scrolling through cat videos, I promise! These tablets have replaced the old binders

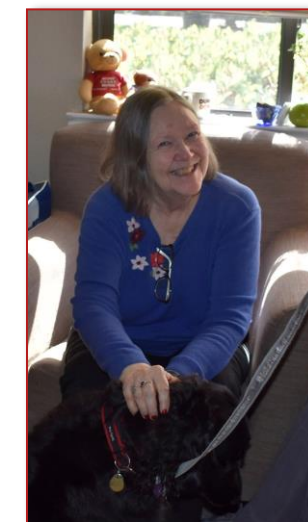


and clipboard routines, making it easier and quicker to keep up with your daily care, like a high-tech to-do list just for you. Caregivers use the tablets to track important stuff like helping you get ready in the morning, from brushing teeth to picking out your favorite sweater. With everything documented on the tablet, they just tap, and it's saved. Mealtimes and hydration are a big part of care too, so every sip, snack, and spoonful get logged. It's like a high-tech food journal, but way more efficient, helping caregivers keep track of how well you're eating without needing a pen and paper. When it comes to staying social, tablets let caregivers record who joined in for activities, whether it was Bingo, book club, or gardening. This way, they know who's having fun and can encourage everyone to stay involved in the community without a clipboard in sight. Most importantly, these tablets make documenting information easy. If there's any change in your care or preferences, every caregiver is in the loop instantly. Way faster than flipping through papers. So, if you see a caregiver tapping on a tablet, don't worry, they're not distracted. They're making sure you get the best care with the help of a little modern tech!

December Outings



- Tuesday, December 3rd- **Scenic drive**
- Tuesday, December 10th- **Target Outing**
- Tuesday, December 17th- **Walmart Outing**
- Friday, December 20th- **Scenic drive (Christmas lights)**
- Tuesday, December 24th- **Lunch outing**
- Tuesday, December 31st- **Scenic drive**



Resident of the Month

Barbara Q. is our resident of the month for the month of December. Barbara was born January 27th, 1947, in Minneapolis, Minnesota. Barbara's favorite color is blue, and her favorite snack is popcorn. Barbara worked as a Registered

Nurse for over 30 years until her retirement. Barbara's favorite activities here at Fair Oaks Estates are culinary workshop, Trivia and word games! Barbara can be described as a kind, friendly, people person.