

January 2024

Fair Oaks Estates

Fair Oaks Estates | Fair Oaks Blvd Carmichael, CA 95608 | 916-944-2077

Celebrating January

Get Organized Month

Mentoring Month

Volunteer Blood Donor
Month

New Year's Day
January 1st

Spaghetti Day
January 4th

Bittersweet Chocolate Day
January 10th

Pharmacist Day
January 12th

Martin Luther King Jr. Day
January 15th

Compliment Day
January 24th

Blueberry Pancake Day
January 28th

Sundance Film Festival
January 28–February 3

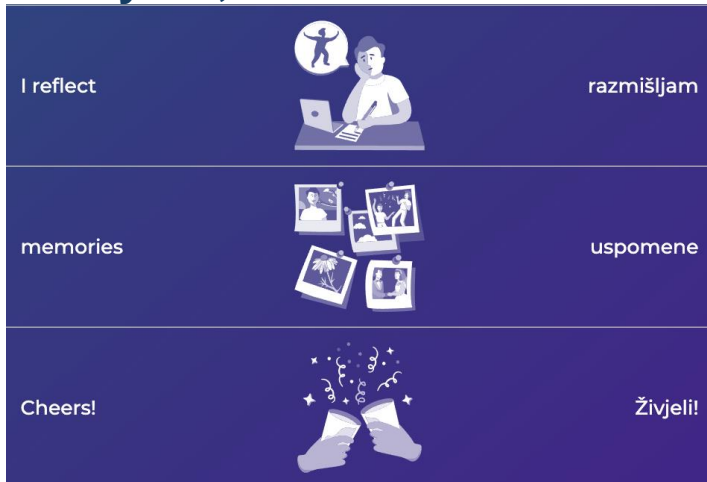
Backward Day
January 31st

Christmas 2024 Recap

We ended the year with a big Christmas bash this year hosted by Santa and Mrs. Claus, dancing and lots of LOVE! We had raffles, gifts, music with Evening Star Band, and lots of great food! Looking forward to 2025 and all it holds for our residents!



New year, Fresh Start!



As we welcome a new year, the maintenance team is already hard at work ensuring that Fair Oaks Estates continues to feel as fresh and welcoming as ever. We know that a clean and well-maintained environment is essential to the comfort and happiness of our residents, and we've planned out a whole year of care and upkeep. From deep cleaning carpets to giving outdoor spaces a facelift, our goal is to ensure that our community remains a wonderful place to live, all year long!

"Bonne Année!" (French) "Feliz Año Nuevo!" (Spanish) "Xin Nian Kuai Le" (Mandarin) "Sretna Nova godina!" (Bosnian)

**-Enes J.
Maintenance Director**

Snow Angel

Wilson Bentley was a young farmer in Vermont when he snapped the first photograph of a snowflake on January 15, 1885. He was not a scientist or photographer, but after his parents gave him a microscope at age 15, he became fascinated with the natural world. Taking photographs of snowflakes was not easy. After all, their crystals melt at the slightest hint of warmth. Bentley had to invent his own equipment, rigging together a microscope and camera, to capture his ephemeral subjects. He would stand in the cold for hours, waiting for the perfect flake and then transfer it under the lens using a feather as a tool. Until his death in 1931, Bentley photographed 5,000 different snowflakes and was the first to argue that no two snowflakes were alike. Some scientists attempted to replicate Bentley's work to no avail. They even accused him of fraud. But Bentley's images were more than scientific research; they were artistic masterpieces, secret glimpses into nature's wonderful geometry, and they fascinated the public. Bentley died doing what he loved, struck down by pneumonia he contracted after working in blizzard conditions near his family farm.

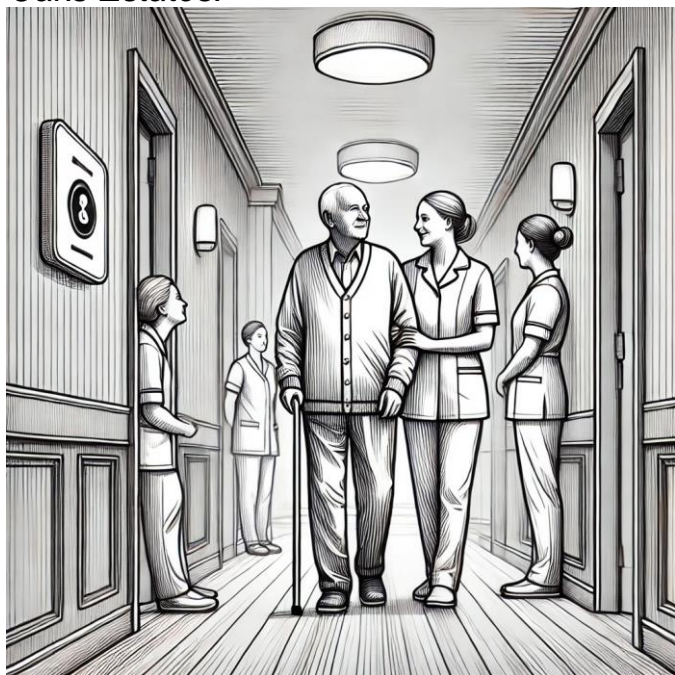
Better Health, Step by Step



The American Lung Association wants you to Take the Stairs on January 13, hoping that this holiday encourages you to get exercise one step at a time. Stair climbing strengthens your leg muscles, improves balance, burns fat, and increases blood flow and heart rate, which help lower blood pressure and boost good cholesterol. You don't need to climb 100 flights of stairs to enjoy the benefits. A sustained workout of 20 minutes, or even taking a couple of flights up and down, is often enough to experience some health benefits. For more ambitious athletes, there are plenty of exotic staircases to challenge your stamina. Lion Rock in Sri Lanka is home to a 1,500-year-old-palace carved into a rock with 1,200 steps that allow you to reach the 660-foot peak.

Scrubs, Smiles, and Zero Stethoscopes: The Art of Caregiving at Fair Oaks Estates

Our caregivers provide compassionate, non-medical support tailored to our residents' needs. They assist with daily activities, meals, companionship, and ensuring a safe, comfortable environment. While they wear scrubs to reflect their professionalism, they don't carry stethoscopes because their role is not medical. This distinction helps maintain a warm, home-like atmosphere, ensuring residents feel cared for without the clinical tone of a hospital setting. Instead of medical tasks, caregivers focus on personal connection and attentive care, which are central to their role. When medical attention is needed, caregivers promptly alert skilled healthcare professionals and collaborate closely with families to ensure residents receive the appropriate care. Their most valuable tools aren't medical instruments but their compassion, attentiveness, and dedication to making each day brighter for our residents. That's the heart of care at Fair Oaks Estates.



Ploughs on Parade

In England, January 11 is Plough Monday, a holiday that marked the return to working in the fields after the Twelve Days of Christmas. As early as the 15th century, the holiday was celebrated by pulling a plough through the streets and requesting donations for “plough lights,” candles that were burned in the local church as a blessing for those tilling the fields. In some villages, funds were gathered for local churches that kept a “common” plough, one that could be lent out to locals who could not afford to own one. The parade of the plough through the village streets was full of merry pageantry. Several musicians, a man dressed up like a farm animal known as the “Fool,” and either a woman or a man dressed as a woman known as “the Bessie,” accompanied the plough on its rounds. In many instances, these paraders would perform the “Fool Plough Dance” in return for donations. The end of the day brought a meal of plough pudding, a savory boiled suet pudding containing meat and onions. Plough Monday is still celebrated each January at Maldon in Essex.

Basketball for All



On January 27, 1927, the Harlem Globetrotters basketball team played their first game in Hinkley, Illinois. It was an era when Black players were not allowed to play on professional teams. Abe Saperstein, a Chicago sports booking agent, was impressed with the talent of a team known as the

Savoy Big Five, so named because they played in Chicago's Savoy Ballroom. He recruited them to play on a new team, the New York Harlem Globetrotters, named after the neighborhood that was the center of African American culture at the time. The team competed throughout the country, even beating the Minneapolis Lakers, the best team in the NBA, in 1948. The Globetrotters never joined the NBA but instead became one of the world's most beloved and talented basketball teams, delighting crowds with their play and playful on-court antics.

Employee of the Month



Sherise has been a great team player and leader to our care team. She has a calming effect on residents and families, she always knows just what to say. She remains levelheaded while working under pressure and is always on time and ready to work. Sherise, we appreciate you very much!

- **Amar S.**

Resident Care Director

January Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are responsible masters of self-control and considered some of the hardest workers in the zodiac. They are practical planners and leaders who value experience and expertise. Those born from January 20–31 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom to reach their greatest potential.

In Loving Memory...



Our beloved resident Sylvia Bennett has transitioned. Sylvia was the type of lady to tell you whatever was on her mind, she was always very blunt. She also had a sweet, sincere side, and she loved pets. She spent most of her time relaxing in her favorite chair while talking to her friends in the lobby. Sylvia loved getting her nails painted bright red! She will be missed by family, staff and residents alike.