



5300 Hageman Road • Bakersfield, CA 93308 • (661) 218-8330

June 2020

Residents & Families

To Our Residents and Families, a special thanks to our wonderful residents and families for sticking with the plan that we've had to practice during this unusual time. We have had to adapt to a new way of living and thinking. I believe it has changed many of us for the better. Most of us are rushing for the next event or activity, and never slowing down to look at what really matters. Stopping to smell the roses is actually happening. Appreciating what the Good Lord has provided, such as the clouds, sky, birds chirping or the sound of the wind blowing. Sitting down with your family and listening to the days events of each family member while eating a new recipe that you learned on Pinterest. This virus has kept families away from one another, but also has taught us that we need each other. It has taught us that a simple hug or handshake will mean more than it ever has before. Simple things that we have taken for granted will be cherished more often. As we continue to follow the guidelines of this terrible virus, let us not forget the lessons it has taught us. We would like to thank each and every one of you for your support to our community and staff. We appreciate your understanding and support during this time. May we all lift one another up not only now, but always. May God give us the patience that we need in awaiting for our doors to open and to get back to some of our normal. As a staff we can't wait for you all to be reunited again with your loved ones. Until then we will continue to keep you connected the best way we know how. We love our residents and show them every day, but we will never be able to take your place.

All Our Love,
The Palms At San Lauren



MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Katrina Brewer	Resident Care Coordinator
Ericka Aguirre	Memory Care Coordinator
Alysia Beene	Marketing Director
Theresa Hernandez	Dining Services Director
Ericka Aguirre	Activity Director (MC)
Emmalin Cisneros	Activity Director (AL)
Sonia Ortega	Medical Records
Timoteo Soe	Maintenance Director
License	#157208915

Office Hours

Mon–Fri 7:30 a.m.–5:00 p.m.

Sat–Sun 8:30 a.m.–5:00 p.m.

After Hour Assistance is available when needed. Please feel free to call (661) 477-2141, and you will be connected with a staff member that can assist you.



What's New?

Learning Your Electronics 101

New class will be starting Monday June.01.2020 @ 2:30

Learning Your Electronics 101

FaceTime, iPhone, iPad, Zoom: what does all this mean? As you know we are in an age of electronics, and they control so many things around us these days. They also can keep us connected to our loved ones, if we know how to use them properly. Some of us might feel lost at times with all the new forms of communication. Well, we are never too old to learn. Our Activity Directors have organized a new class that will help you with all our new gadgets. Classes will start in June and meet weekly. We will start our first class with phones, and move on to tablets, iPads, laptops and applications that you can apply to your electronics. If you have any questions or would like to add something new to the class, please feel free to contact the Activity Directors. We welcome any requests. Please bring your gadgets with you that day. We are excited to get you connected and informed.



Ways To Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

Make it part of your daily routine. Dietitians recommend drinking water at several specific points during the day: after you wake up, with meals, before and after exercise, and when taking medication.

Pick a cup and fill 'er up! An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

Sip through a straw. Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

Find your favorite flavor. If you don't like plain water or simply want some variety, enhance the flavor with a few fresh berries, some sliced fruit, a splash of juice, or sprigs of fresh herbs such as spearmint.

Simple Ways To Stay Positive

Explore these activities while social distancing.

Connect with others. Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

Play games. Crosswords, word searches, and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

Turn to entertainment. Spend some time getting lost in your favorite TV shows, movies, books and music.

Create. Sketching, coloring, and crafting are some creative outlets that will keep your hands and mind busy.

Have a laugh. Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

Write. Jot down what's on your mind, whether it's a fond memory, goal or poem.

Stretch. Doing gentle stretches daily can help lift your mood and boost your energy. Meditate each day, close your eyes and focus on relaxed breathing.



Cooking Class at the Palms at San Lauren

Cooking!!! Something we all either love or like someone else to do for us. Here at The Palms most of us enjoy cooking, so we will be starting a New Cooking Class. We will gear it for the summer season of cooking. Easy meals that are light and refreshing. We will include local produce that our great city provides. We hope that those of you who like to cook and those of you who like to eat will join us this month. We are so very excited to bring this together for our residents. The aroma of food is always sure to bring people together. Of course, social distancing will still be required;

it will not keep us away from enjoying good food. Any of our residents or family members who have a recipe they would like to share, please feel free to bring it to our Activity Directors' attention. We would love to share it in our next Newsletter.



Cooking Class
Thursday Mornings @ 10:30am
in AL Activity Room.
SEE YOU THERE!!!

Wit & Wisdom

"There shall be eternal summer
in the grateful heart."
—Celia Thaxter

"I have only to break into the
tightness of a strawberry,
and I see summer."
—Toni Morrison

"And so with the sunshine and
the great bursts of leaves
growing on the trees ...
I had that familiar conviction
that life was beginning over
again with the summer."
—F. Scott Fitzgerald

"If summer had one defining
scent, it'd definitely be the
smell of barbecue."
—Katie Lee

"Summer is singing with joy,
and the beaches are inviting you
with dancing waves."
—Debasish Mridha

"Oh sun! Fervid sun! You
welcome me with summer.
Drench me in your rays."
—Richelle E. Goodrich

"In the summer, the days
were long, stretching into each
other ... this collection of weeks
when anything was possible."
—Sarah Dessen

"Summer's lease hath
all too short a date."
—William Shakespeare

Happy Birthday SHOUT OUTS!!!!

6/04 Patricia M.
6/06 Marian W.
6/06 Sally B.
6/06 Shirley L.
6/07 Bonnie B.
6/12 Shirley L.
6/12 Ellic J.
6/21 Elaine H.
6/21 Susan Y.
-Birthday Party for the month
of June is on 6/26/2020 @ 3pm
in AL Activity room.



JUNE UPCOMING EVENTS AND ACTIVITIES

Learning Your Electronics 101
Mondays @ 2:30pm
Cooking Class Every
Thursday @ 10:30am
Happy Hr. Every
Friday @ 3:00pm
Father's BBQ Lunch
6/19/2020 12pm in the Dining
Room.

- All activity groups will be in
AL Activity room.

* As a reminder, Social
Distancing Rules will apply. We
encourage all our staff and
residents to wash your hands
often. This will help keep you,
and those around you, safe and
healthy.



Music To Get Married To

Music is a mainstay of many wedding celebrations. Here's a playlist of top-requested songs that have been the soundtrack to saying "I do."

Year	Song	Artist
1936	"The Way You Look Tonight"	Fred Astaire
1946	"Oh! What It Seemed To Be"	Frank Sinatra
1955	"Only You (and You Alone)"	The Platters
1960	"At Last"	Etta James
1971	"Wedding Song (There Is Love)"	Peter, Paul and Mary
1989	"Have I Told You Lately"	Van Morrison
1993	"I Swear"	John Michael Montgomery
2000	"This I Promise You"	'N Sync
2013	"All of Me"	John Legend



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