



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



MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Emily Conrad	Resident Care Coordinator
Ericka Aguirre	Memory Care Coordinator
Alysia Beene	Marketing Director
Ann Hauser	Marketing Director
Theresa Hernandez	Dining Service Director
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 Hours Assistance: Please call
661-477-1241. A staff member can assist you.



September 2020

Message From Administrator



Staying positive and helping one another out is key to running a successful life. I often say to my staff, "I want you to come in and do better than you did yesterday." I firmly believe that setting personal goals and meeting them makes you successful personally and professionally. The Palms at San Lauren's hope is that you keep you, and your families, happy and healthy. We are working hard to keep your loved ones safe. My staff and I will continue to educate ourselves so that we may provide the best care for our residents. Our community at The Palms is always striving to be better than we were the day before.

VETERAN SOCIAL

On a hot July morning, our Veterans at The Palms at San Lauren were greeted with the beautiful sound of the National Anthem played by Bakersfield's own Mike Raney. As the trumpet played there was a feeling of pride and honor that swept over the small crowd. Honoring these men and women is not only something we take seriously, but feel is our duty for their sacrifices to this great Nation.

While the trumpet played requests from Veterans, coffee and donuts were served for our early morning social. Although social distancing is a must, it did not take away from the gathering of our heroes.

May we all see heroes in our Veterans, and honor them every day. It takes no time to thank a Veteran for their service and I guarantee it makes all the difference in their day. The Palms at San Lauren would like to thank all our Veterans for their service and honor to this Great Nation, the United States Of America.

As we express our gratitude, we must never forget the highest appreciation is not to utter words, but to live by them.- John Fitzgerald Kennedy



LIVE ENTERTAINMENT VIA ZOOM



Sing for Seniors Welcome to The Palms

Walking down the hall at The Palms, I hear a beautiful sound of angelic voices singing. I step into our activities room and a small group of residents is listening to "Sing for Seniors," a group of talented artists joined together to perform for seniors via Zoom. The group brings everything from Broadway Musicals, to Disney movies, favorites to seniors all over. The artists can interact with the seniors and hear the applause at the end of each performance.

Our residents at The Palms are introduced to so many different ways of interacting during this unusual time. Technology has brought them to know Zoom for doctors' appointments, connect with loved ones, and now for entertainment. Thank You, Sing For Seniors. You are Amazing!

Employee Spotlight



We are proud to introduce you to part of our Med-Tech Dream Team! Although only three of many more Med-Techs, these are our newest members. Eager to learn and join the team, these three have gone above and beyond to make The Palms a wonderful place to live. Starting in the med room can be stressful, but they took it on, and have excelled. Pilar Gastelum, Ricardo Ramos and Larry Mazariegos, we welcome you on the Med-Tech Dream Team.

We are very proud of all our staff at The Palms. Those who go above and beyond will always be recognized and appreciated. Working together and helping one another out is key to offering the best care we can offer. So to all our staff, thank you for your hard work and dedication to making our community a wonderful place to live.

Memory Care Neighborhood

Life Stations

The Palms at San Lauren is proud to introduce "Life Stations" to our Memory Care. Life Stations are stations that our residents can visit, and participate in. They are specifically designed for Dementia residents, for activity and engagement. These stations replicate things that we see in everyday life. Our first station is the Baby Station, and was a big hit. Our resident Mary Wong took to sorting baby clothes and

hanging cute outfits for our new station. Man Cave, Let's Get Dressed Up, and Classy Kitchen are a few more stations we would like to bring to our Memory Care residents in the near future. We all have such different life experiences and we would like to be able to bring some life experiences back to our wonderful residents. We would appreciate any ideas you might have for your loved one, so that we might be able to touch a little bit of what they enjoyed. Our goal is to enrich the lives of our residents, and celebrate their joys.



Alzheimer's Walk

The Palms at San Lauren is a big supporter on finding a cure to end Alzheimer's. Our staff at The Palms joins in on the walk for a cure. This year's walk will take place on October 17, 2020. It will be different on how we go about walking, but the reason is still the same. Although we will not gather in large groups, we can still walk in small groups, and do our part to fight this nasty disease.

We as a community believe that one day there will be a cure. This disease has touched so many lives that walking for this cause means so much to so many. If you have been affected or know someone with this,

please reach out to the Alzheimer's Association and please join us, so that someday we might be able to find a cure.



Wit & Wisdom

"Every generation is going to keep changing, and you just have to embrace the change."

—Wyclef Jean

"We need to remember across generations that there is as much to learn as there is to teach."

—Gloria Steinem

"I always think about the next generation and creating a different blueprint for them. ... We don't all have to take the same coordinates to get to the same destination."

—Janelle Monáe

"You can take as much as you can from the generation that has preceded you, but then it's up to you to make something new."

—Jackson Browne

"If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself."

—Charles M. Schulz

"The thing that makes my generation the greatest is our ability to hang out. We're spectacular at it."

—Lewis Black

"Hopefully, generations after us will continue to protect, preserve, and look after this wonderful land."

—Wilford Brimley



The Funny Papers

Newspaper readers often turn to the comic strips for daily laughs. Which funnies have been your favorites over the years?

<u>Decade</u>	<u>Comic Strip Debuts</u>
1930s	"Blondie," "Dick Tracy," "Flash Gordon"
1940s	"Brenda Starr, Reporter," "Gordo," "Buz Sawyer"
1950s	"Peanuts," "Beetle Bailey," "Dennis the Menace"
1960s	"The Family Circus," "The Wizard of Id"
1970s	"Garfield," "For Better or for Worse," "Cathy"
1980s	"The Far Side," "Calvin and Hobbes," "Dilbert"
1990s	"Baby Blues," "Over the Hedge," "Get Fuzzy"
2000s	"Pooch Cafe," "Baldo," "Pearls Before Swine"



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