



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

November 2020



MANAGEMENT TEAM

| | |
|-------------------|---------------------------|
| Douglas G. Rice | Executive Director |
| Ann Hauser | Assistant Administrator |
| Emily Conrad | Resident Care Coordinator |
| Ericka Aguirre | Memory Care Coordinator |
| Alysia Beene | Marketing Director |
| Theresa Hernandez | Dining Service Director |
| Emmalin Cisneros | Activity Director (AL) |
| Ericka Aguirre | Activity Director (MC) |
| Sonia Ortega | Medical Records |
| Tim 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.



Message From Assistant Administrator

Hello everyone, it has been a blessing to be able to be here with the residents at The Palms. I have always believed that it's an honor to care for your loved ones. During this crazy year, I can say that I am so proud of the team here at The Palms. We are constantly trying our hardest to bring happiness and safety to this community. I know this has been tough, but remember we are doing everything we can to adjust to the new normal.

To all the families, I know you miss your loved ones, and can't wait until you can hug and kiss them again. Please know that they are in good hands. We are going to push through this year, and get to you all as soon as we can.

The holidays are going to be just as exciting with delicious meals and fun celebrations. Smiles are all we ask for in return. Remember, we are all in this together!
-Ann Hauser



Christmas Message

As the leaves start to change, there's a crisp feeling in the air reminding us that the Holidays are not too far away. The Christmas cheer will be here before we know it. Our Activity Directors are ahead of the game and preparing for the festivities.

As we all know, our lives have had to change this past year. To be safe, we are all wearing masks and social distancing. Life, as we know it, is completely different.

Looking toward this Holiday season, it will be different from the way we were able to celebrate last year. Our Palms Resident Christmas Party will be following our social distancing guidelines. We will celebrate with all our staff and residents, and make new memories with change. Our goal to keep our residents and staff as safe as we possibly can. The Christmas Carols will still be sung the same, and the lights shining off the Christmas tree will still shine as brightly as they ever did. Our Christmas menu will consist of all the holiday goodies we are accustomed to. Our tree will be decorated with the help of your loved one. Candy canes, stockings and love will be a must for our celebration.

There has been so much that has changed, but one thing that won't change is the Spirit Of Christmas. That is a feeling deep inside that we all need to hold on to.



An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal. A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage. Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you." Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Veterans Day



Honor, pride, courage, and love ... These are some words that come to mind when I think about our American Veterans. November is the month of giving thanks, but also celebrating our American Heroes. Let us not forget the sacrifices these men and women endured so that we are still able to live in the home of the brave and land of the free.

The Palms at San Lauren believes in honoring those that have served, are currently serving and that gave the ultimate sacrifice.

This year, we will start off the day with a Heroes Breakfast, while the National Anthem is played by Mike Raney. The Honor Flight of Bakersfield has arranged to put The Palms on the route of their parade. The cars will be honoring our Veterans at 8 a.m. You are welcome to join the parade and show our Heroes your support. Decorate your vehicles, honk and cheer for our American Heroes.

The Palms at San Lauren would like to thank all our servicemen and -women for their service to The United States of America.



Thanksgiving Memories

Thanksgiving is always such a wonderful time to reflect back on what we all are thankful for. As a child I will always remember the smell of the turkey roasting and the sound of my dad yelling at the football game on, watching the Macy's Thanksgiving Day parade and waiting to dive into the pumpkin pie. I thought it would be nice to hear from a few residents and their memories of Thanksgivings.

Bonnie Bowman recalls one Thanksgiving when she prepared a large feast for her family, along with pumpkin pie. She served everyone a slice, including herself. One by one, family

members started to spit it out. Bonnie realized it was bitter and she forgot to add sugar to her pie. Laughing, Bonnie told me she never forgot the sugar again.

Grady Jolly has fond memories of the women preparing the big feast every year, having a good time in the kitchen, while the men gathered around the television cheering for the football game. His favorite part of the meal was the ham and turkey.

Thanksgiving is a time to be thankful for the people and for what the good Lord has given us. The Palms is grateful for all our residents, families and staff. Happy Thanksgiving from The Palms at San Lauren.

Welcome to the Palms

Home is where love resides, where memories are created, friends are always welcome and laughter never ends.

A big Palms shout out to our new residents! Welcome to our community.

Kendra C.
Gerald H.
Pat S.
Kathryn S.



Upcoming Special Events

- *Mondays and Thursdays
Scenic drives 10:30am
- *Friday Afternoons 2pm The Palms Happy Hr. music entertainment in the front entrance and lobby area.
- * 11/3 Election day
- * 11/11 Veterans Day
Breakfast and Honor Flight Car Show Parade starts at 8am in AL activity room
- * 11/20 Celebrating November birthdays 2pm
- * 11/24 Chef's Chat/Resident council meeting 2:30pm
- * 11/25 Pie in sky
Thanksgiving Celebration 6pm
- * 11/30 Inside outing lunch 12pm

Treats by Marian Welch



Almond Bark Cookies

1 1/4 (1pkg.) Chocolate Almond Bark
1 cup Salted Peanuts
1 cup Caption Crunch Cereal
1 cup Rice Krispies
1 cup Small Marshmallows
Melt almond bark as directed in a large bowl, add dry ingredients in order given. Pour melted bark on top and stir in. Once all ingredients are mixed, drop by teaspoonful sizes on wax paper to cool.





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