



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



MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Ann Hauser	Assistant Administrator
Emily Conrad	Resident 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 7:30am-5:00pm
SAT-SUN 8:30am-5:00pm
After Hours Assistance: Please call
661-477-1241 A staff member can assist you.



December 2020

Holiday Greeting

The Holiday Season is upon us. As we put away our Thanksgiving memories for 2020, may we all remember we have made it through some tough times, together. Although life as we know it has somewhat changed, the sun still rises and sets the same every day. We have adapted and we will overcome. The air is crisp, and the sounds of Christmas are around us. The stores are stocked up for the excited shoppers to fill their carts with seasonal goodness. Children are going over the naughty and nice check list of the year, hoping Santa forgets a thing or two. Parents are preparing for the Christmas rush.

We all have our family traditions that we stick to every year. From decorating the tree to wrapping presents. Although we have had to change a few things around this year, The holidays will still go on. We will still put the lights on the tree, and place our favorite ornament in the perfect place. Jingle Bells will be played at least 1000 times before the New Year arrives. The feeling of happiness will remain the same when you see the eyes of children as they open that first gift.

The Palms At San Lauren is excited as we enter this holiday season! Our commitment is to always put our residents first. We all stand united when it comes to creating a healthy and happy living environment.

As we move toward candy canes and Christmas cards, may you remember what this season is truly about: the love we have for one another, and the spirit that is in each and every one of us. That is something you cannot wrap up and buy.

The Palms At San Lauren believes in making this Season a wonderful experience. We want to wish you a Happy and Healthy Holiday.

Hermine's Story

As we walk into Miss Hermine's room we are greeted by her soft Louisiana accent. She is sitting in her chair, busy on a project. As we walk in, she puts it down to give us her attention. I ask her what she was working on, and she shows us this tiny home she had created out of cereal boxes. Looking at the miniature home we are amazed at her workmanship. Her hobby is building miniature houses which she turns into villages.

Hermine's dad gave her a tiny dinner knife that he bought as a souvenir for her, which started her love for miniatures. Her villages are very detailed and eye catching. Every time you look at the village you will see something you didn't catch the last time you looked. Winning a blue ribbon in Kern County's fair in 2018, Hermine's attention to detail paid off.

Refusing to become a couch potato, Hermine is busy on her next project. We are excited to see what her next village will look like. Thank you, Miss Hermine, for your time and showing us your talent.



The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

What Christmas Means to Me

Happy Holidays! We have made it to an exciting time of year. It's a Wonderful Life is on the screen and cookies are baking as we prepare for Santa's big night.

The spirit of Christmas and what it means may be different from one another. For me, I believe Christmas is a time to share only the very best of you - giving of yourself and touching peoples' hearts. It's a time to love, and a time to reflect on what you are blessed with.

At The Palms we have asked that very same question. "What does Christmas mean to you?"

Med-Tech, Pilar Gastelum, believes that it's a time to be with family.

Resident, Hermine, feels that Christmas is the most wonderful time of the year, to spend with family, food and presents at midnight.

Marketing Director, Alysia Beene, feels that no matter what circumstances we are in, always have an opportunity to lift up others. Even the smallest gestures can make a difference to a person's life.

I think we all believe that Christmas is a wonderful time of year, no matter how you celebrate! The Palms at San Lauren wish you a very blessed and healthy Holiday Season.

New Year's

Happy New Year! We have made it through 2020! Everyone should give themselves a pat on the back. This year has been a struggle. The Covid virus has changed our lives, but we all have learned so much through this difficult time. We have had to try new ways to connect and remain sane. I must say we have made it through 2020 working together, and together we will overcome.

2020 has taught me that you can never be too careful. A hug or a handshake should never be taken for granted. Checking on family and friends, even if it's just a phone call. The simplest

gestures go a long way.

As we move into 2021, I ask you, "What has 2020 taught you?"

2020 has taught Administrator Doug Rice, to be patient and just go with the flow. We will get through this together.

Activities Director, Emily Cisneros, remarked that it has taught us that we should never take anything for granted. Even simple tasks, like going to the grocery store and being able to buy what you need is a gift and should not be taken for granted.

We want to wish you a Happy New Year. May all your unanswered prayers be answered in 2021.

French Toast by Pat Stewart

Ingredients

12-14 slices of bread
4oz whipped cream cheese
1 stick of butter
1/4 cup syrup
1 cup brown sugar
1/2 cup sugar
1 tsp cinnamon
6 eggs
1 tsp vanilla
1 3/4 cups milk

Directions

Preheat oven to 400 degrees. In a large casserole pan add sliced butter, syrup, brown sugar. Place in oven, melt together 5-7 min until caramelized, stirring once. Spread cream cheese on half of the bread slices; place additional slice on top sandwich style. Set aside. In a small bowl combine sugar and cinnamon; set aside. In a mixing bowl scramble eggs, milk and vanilla. When butter mixture is caramelized, remove from oven, put sandwiches in pan, sprinkle with sugar/cinnamon mixture. Pour eggs mixture over sandwiches, cover and refrigerate overnight. In morning preheat oven to 350 degrees. Bake 45 minutes. Serve caramel side up top with syrup, whipped cream and berries.



Upcoming Events

- *Scenic Drives: Mondays 11:00am and Fridays 1:00pm
- *The Palms Happy Hour: every Friday 2:30pm live music entertainment in the front entrance and lobby area.
- *Christmas carolers: throughout the month
- *12/2 - 12/3: Adopt-a-Door Holiday Decor
- *12/4: Sing for Your Senior via Zoom Concert: 2:30pm
- *12/14 - 12/18: Christmas Spirit Week: dress up and participate!
- *12/22 The Palms Christmas Parties: 1:00pm and 2:30pm, dinner- 4:30pm-6:00pm
- *Send a Holiday Candy-Gram to a Friend: money from this

fundraiser will be donated to the Alzheimer's Association. For more information, please see Emily or Ericka in the Activity dept.



HAPPY BIRTHDAY

12/5 Armida B.
12/8 Kay L.
12/12 William W.
12/16 Harvey K.
12/19 Patsy H.
12/28 Colleen S.
12/30 Clarence Y.



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