



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.



## January 2021

### Moving Forward in 2021

Welcome 2021. We all have made it through 2020, and I know we are glad to say our good-byes. Although we are still in a pandemic, I believe in staying positive. Ringing in this new year, my hope is that we are much more educated and have a better understanding of how to fight this virus.

Our lives have changed drastically, but that does not mean we are defeated. We have learned what truly matters to us, and what we really need to survive. Which really boils down to being quite simple. Family and friends mean comfort and security; a hug or a handshake means so much; sitting down to eat dinner with your family is a very special time.

To be honest, we all get so busy and forget about what really matters. In this age of cell phones and computers, putting them down to really listen to a person is what counts. We can always replace THINGS, but we will never be able to replace TIME!

So as we begin 2021, let us start off by being positive, remaining calm, and thanking the good Lord for what he has provided for us thus far. Continue to wear our masks, wash our hands, exercise, and get plenty of sleep. These are the keys to staying healthy.

The Palms At San Lauren wants to wish you and your families blessings for this new year. May you always remember we are doing everything possible to remain a happy, healthy place to call home.





### Blankets of Love

I'd like to introduce you to Patricia Stewart, a resident at The Palms. Although fairly new to our community, she has made an impact on staff and residents. Pat has a special talent which is crocheting, and she is very good at it, too!

Mrs. Stewart learned to crochet in her late 20s from a co-worker. She would go to her home in the evenings to learn her art. Pat wrote everything down and practiced until she mastered it.

Pat started crocheting neck scarves for the Senior Center in Tehachapi, California, and before long she was making blankets for rescue dogs.

Pat enjoys crocheting for her children and grandchildren. She has been hard at work to blanket our Memory Care residents as well as giving our four-legged friends warmth. We appreciate you, Pat, and thank you.

### The Palms Blanket Drive

Baby, it's cold outside! January is here and most of us received warm, cozy blankets last month for Christmas to cuddle up in. Unfortunately, there are many that go without. The Palms at San Lauren would like to help with that problem. Our residents have decided they would like to reach out to the Foster Care here in Bakersfield and warm these children up ... blanket them in love.

We will be collecting blankets this January for children of the Jamison Center. Blankets can be crocheted, bought, or slightly used. We will gather them up for the whole month of January and bring them to the Center at the end of the month.

Our residents believe this is one way to help our community. What better way is there to warm a child during the cold seasons?

If you would like to donate, please contact The Palms and ask for Ericka Aguirre or Emily Cisneros. Help us with Blankets of Love.



### Feel-Good Films

Begin the new year on a bright note by enjoying one of these movies that are favorites for their uplifting stories.

*"The Wizard of Oz" (1939)*. Called one of history's greatest films, this Technicolor musical fantasy has stood the test of time for its tale about friendship, courage and longing for home.

*"Hoosiers" (1986)*. A small town high school basketball coach defies the odds and guides his team to the state finals. This underdog story has been named one of the best sports films.

*"The Shawshank Redemption" (1994)*. With its plot about a man wrongly imprisoned and message of never losing hope, this drama remains a top-rated pick decades after its release.

*"Apollo 13" (1995)*. "Failure is not an option." That's a line from this true story of NASA's against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.

*"Ray" (2004)*. A portrait of Ray Charles, this biopic shows how the music legend overcame tragedy and blindness to revolutionize American music.

*"Up" (2009)*. In this animated hit, 78-year-old Carl carries out an unusual plan to fulfill a promise to his late wife by taking flight for a South American paradise. But a young stowaway steers his adventure off course.

## All About You Happy Hour

Friday YAY! The week is ending, bring on the weekend. Happy Hour is a great way to start off the weekend. The Palms offers a Happy Hour every Friday, which includes music, snacks and beverages. What a great way to get out and see your fellow neighbors.

This year we will be asking our four-legged friends to join us for our pet friendly "Yappy Hour". We can't forget our loyal loved ones. We will be offering pet friendly goodies so that they can join in on the fun. We hope to see you every Friday for an afternoon of fun!

## Welcome to the Palms



A big Palms shout out to our new residents! Welcome to our community, where memories are created, friends are always welcome, and the laughter never ends.

Joyce D.  
Ron D.  
Sandy F.  
Mary M.  
Jerry M.

## Goodwill Donation Box

It's a New Year, and you know what that means—time to declutter. We all have things we are stepping over or don't fit, and we would like to help with that problem. This month we will be helping residents declutter and give to Goodwill.

Starting off the New Year with a clean apartment always makes you feel good. So, beginning in January, for residents who need assistance, we will make an appointment with you and get to work. Ericka & Emily will swing by your apartment and give you more information as the time gets near. Call if you have questions.

## UPCOMING SPECIAL EVENTS AND ACTIVITY GROUPS

\*Scenic Drives Mondays @ 11:00am and Fridays @ 1:00pm  
\*The Palms Happy Hr. 2:30pm every Friday: Live music in front entrance and lobby area.  
\*The Palms Blanket Drive will take place throughout the month of January. Bring blankets to Emily or Erika in the Activities Department.

\*Goodwill Donation box: in front lobby till 2/22/2021

\*01/08 2:30pm: Sing For Your Senior Zoom concert

\*01/22 12:00pm: Inside Outing Lunch

\*01/26 2:30pm: Chef's Chat and Residents' Council

## Maintenance Workers Month

When you enter our beautiful community, everything is in its place. The floors are shined and the windows are clear. The bathrooms are spotless, the water is running and the temperature is just right. We often forget about who's behind the scenes of these luxury buildings, and why they remain that way. The Maintenance Department works behind the scenes to keep our building running smoothly every day.

We would like to give Tim Soe and his Maintenance Department a Shout Out! They work very hard, and we all appreciate what they do. From our computer wires to our residents' light fixtures, they do it all.

This month is Maintenance Workers Month! We would like to thank all of them for everything they do. So, when you see Tim or any of his team, would you be so kind as to let them know they are doing a great job?





5300 Hageman Road  
Bakersfield, CA 93308