



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

February 2021



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.

Staying Positive

We have made it through the first month of 2021. I hope that you are sticking to any resolutions you made for the new year. We all know sometimes those are broken, and that’s okay. As long as we know what we need to do to better our lives is the point. Getting back up and attempting again is what truly matters.

Although this past year was hard on everyone, I hope we all can agree that staying positive can surely help you as well as others. A simple “Hello” to a stranger, or a “Have a good Day”, can go a long way to someone. We can’t possibly know what a person is going through, but simple words can make a difference to someone going through a difficult time.

Staying positive is key to a healthy mind, body and soul. Drinking plenty of water, exercise, and getting plenty of rest is good for the body. Keeping our minds healthy can be challenging while we are social distancing. There are plenty of ways that technology has helped us through this difficult time. FaceTime, Zoom, and a simple phone call keeps us all connected. It’s important to check in with family and friends, even if it’s just a simple “Hello” or “I miss you”.

Another way of staying connected is to write a letter to a loved one. There is nothing like opening a letter that someone took the time out of their day to personally write. The Palms would like to challenge you to take out a pen and paper and write a letter to someone special. During this month of LOVE, let’s all spread the positivity and love. We guarantee the letter you write will brighten up someone’s day.

CHINESE
New Year
 YEAR OF THE OX



Love Birds of the Palms

This month the feeling of Love fills the air. There are so many stories of love that fill our community. Love is a feeling that all of us know. Whether it is holding your child for the first time, young love, or being married for 60 years. Love is something we all feel or have felt, ... something that makes the world turn! With love, we all matter!

Love knows no boundaries, which brings me to the Dorrells. Recently, Ron and Joyce Dorrell took up residence at The Palms. Although married for 65 years and having 3 children, Ron and Joyce moved into separate apartments. Due to Ron's medical circumstances, he resides in our Memory Care Community and Joyce resides in our Assisted Living Community, where both have settled in quite nicely.

After being together since their early 20s and now living apart, that has not stopped them from the love they still share. Joyce, knowing the love of her life is close, visits Ron every day. They often sit outside of my office and talk. She checks him from head to toe, and is sure to ask the wifely questions, such as "How are you, have you eaten, and you need to rest."

The love that still remains after 65 years isn't lost by a wall. May we all be so lucky to have a love like they share.



Rosy Words

The flower of love, the rose is admired for its beauty and pleasing fragrance, and has grown to be part of our everyday language. Take your pick of these familiar phrases:

Stop and smell the roses. This popular proverb is a descriptive way of telling someone to relax, slow down and enjoy life. The expression gained ground in the 1960s after pro golfer Walter Hagen was quoted as saying, "Don't hurry. Don't worry. And be sure to smell the flowers along the way."

Everything's coming up roses. Lyricist Stephen Sondheim made these words famous when he wrote a song with that title for the 1959 Broadway musical "Gypsy," and its star, Ethel Merman, made it a show-stopping number. Sondheim was likely inspired by the similar saying "come up smelling like a rose," already in use, to convey that things are going well.

Rose-colored glasses. An optimistic person is often described as wearing rose-colored glasses, implying that they only see the beauty and goodness in situations and overlook the negative. The concept dates back to at least the 1840s.

Broccoli Cheddar Soup

It's still winter season. Here's a yummy soup recipe that our residents voted was their favorite to enjoy on cold days.



Ingredients

- 1/4 cup chopped onion
- 1/4 cup butter
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cup milk
- 3/4 cup chicken broth
- 1 cup cooked or frozen broccoli
- 1/2 cup shredded cheddar cheese

Direction

Step 1. In a small saucepan, sauté onions in butter until tender. Stir in the flour, salt and pepper until blended. Gradually add milk and chicken broth. Bring to a boil; stir until thickens about 2 minutes.

Step 2. Add broccoli. Cook and stir until heated through. Remove from heat and slowly stir in shredded cheese until melted.

Step 3. Pour in bowl, wait to cool and enjoy!!!

The Palms at San Lauren COVID-19 Clinic

The Palms at San Lauren offered the COVID-19 vaccination on January 13, 2021. We offered the vaccination to staff and residents, which was a stress reliever for most.

Staff and residents lined up and took action for their health. We are thankful to our management team for working hard to bring this to our community.

We all must keep in mind that washing our hands, social distancing and wearing our masks is still something we are obligated to do. Stay safe and healthy.

Caregiver Appreciation

Caregivers are true heroes! They are front-and-center and provide excellent care for our residents. They have all worked long hours and fought hard to keep our residents safe during this pandemic. They have seen the worst and enjoy the best moments when caring for our seniors.

This month we would like to thank our caregivers for all their hard work and dedication. Throughout this virus they have been spread thin, and still come to work ready to tackle the day. They all deserve more than a "Thank You", but just letting them know they are appreciated goes a long way.



In Memoriam

The Palms At San Lauren is sad to announce the passing of our friend Tommy Dunlap. Tommy was the first resident to stroll down the halls of our beautiful new community. He was proud to hold that title and let everyone know it. He was very loved by all who came to know him. You first had to pass his test, and, if you did, you were welcomed with open arms. Most staff called him "PaPa" which was very fitting, because we all respected him as one.

Tommy was born April 17, 1932. He grew up in Wasco, California, where he married his late wife of 56 years. They had 5 children and numerous grandchildren. Tommy was a fan of the 49ers and Giants. He loved sports and made sure to watch games with his friend Don Johnson.

Tommy's voice will be missed throughout our hallways. We would like to offer our deepest condolences to the Dunlap Family. May he rest in peace.

Featured Photos



Taking a stroll around The Palms At San Lauren, residents and staff are still smiling. United we are strong, and together we will get through this!

UPCOMING SPECIAL EVENTS AND ACTIVITY GROUPS

- *Scenic Drives every Monday 11:00am and Friday 1pm
- 2/07 Super Bowl Sunday, 3:30, in our Theater
- 2/12 Valentine's Day Party, 2:30pm
- 2/15 Chinese New Year Party, 2:30pm
- 2/16 Mardi Gras Fun, 2:30pm
- 2/22 Fast Food Fun, 12pm
- 2/23 Resident Council TBD

GOT ACTIVITY IDEAS???

Send your ideas to:
emily@thepalmsatsanlauren.com
erika@thepalmsatsanlauren.com
Or call us at 661-218-8330.



Happy Valentine's Day

HAVE A SWEET HOLIDAY FILLED WITH LOVE!



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