



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 and a staff member will assist you.

REMEMBER TO FORWARD YOUR CLOCKS 1 HOUR SUNDAY 3/14/2021

March 2021



St. Patrick's Day

St. Patrick's Day is celebrated every year on March 17th. On this day leprechauns, shamrocks and green beer are seen all around the local restaurants and bars. Wearing green attire in hopes you don't get pinched is something we all look forward to every year. I'm sure most of us have participated in the celebration of this day, but do we know why? Who was St. Patrick and why was he so important?

St. Patrick is the patron saint of Ireland. His real name was Maewyn Succat. Maewyn was not Irish but Welsh. He was brought to Ireland as a slave where his master taught him about Christianity. He escaped and returned back to Wales, where he studied in a monastery for a number of years until he became a bishop. He later returned to Ireland to teach the Irish slaves about Christianity. He was known for using a three leaf clover to explain the Holy Trinity. That is one reason the clover is iconic, and linked to St. Patrick, and St. Patrick's Day activities.

St. Patrick has been credited for driving all the snakes out of Ireland, as well as bringing Christianity to Ireland. He is recognized as The Patron Saint of Ireland, and the National Apostle to Ireland's people.

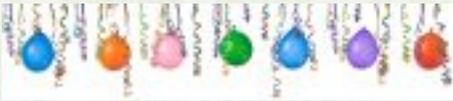
Welcome Home!

The Palms of San Lauren welcomes Wilmalee H. and Patsy D. to our community. We look forward to getting to know you as you join in with all the fun activities we offer!

HAPPY BIRTHDAY SHOUTS OUT TO

3/24 Anthony B

3/27 Doren G.



The Palms Walking Group

The Palms has started a new group that meets every day. Since the weather is starting to change, a good way to get our body moving is to walk, and enjoy what the weather has to offer. We meet in the afternoons for a brisk walk around our community. The conversations are always interesting as well as the company. Directors, Emily and Ericka, will be adding a morning walk when the weather warms up a bit more. Come join us in a little exercise, and a laugh or two.



With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants.

Clover All Over

The Palms would like to honor all our employees that make this community run smoothly every day, from our kitchen staff, caregivers, med-techs to our maintenance department. It takes all departments working together to run a well oiled machine. Our residents count on each and every one of you.

The first Friday in March is Employee Appreciation Day. We would like to take advantage of this day by giving a big shout out to the whole staff at The Palms At San Lauren. Not only do we appreciate all your efforts today, but every day!

Employee Appreciation Day

In honor of Employee Appreciation Day, The Palms is throwing a "Clover All Over Day". What does that mean? It means that we will be hiding four leaf clovers throughout the building for three days straight. Clovers can be anywhere. Under a couch, behind a picture or even on top of the mustard bottle. On the third day Activities Directors will tally each employee's clovers and they will win a nice gift card.

Get ready! It begins on the 10th of March and ends on the 12th. May the luck of the Irish be with you!

Finding Friendship

Friendship comes to us all at one time or another, as a child, young adult, or at The Palms at San Lauren Memory Care. I have had the great opportunity to witness the friendship of Louise Lavin and Beverley Torgerson. These two ladies, for us define the word "Best Friends".

In June of 2020, Beverley joined our family at The Palms. Louise, with her big heart and wonderful smile, welcomed Beverley with open arms. Louise was happy to walk Beverley around, and show her about daily life. As Beverley settled in, their friendship grew. They found out they had a lot in

common. You will always see this duo together. Whether it be walking, talking, dining or simply relaxing on the couch. These two are the best of friends!

Soul mates come in the form of friends too, it's not just about romance. Sometimes it's your best friend who makes you feel whole, and who understands you the most when the world doesn't understand you at all.

-Sylvester McNutt III-



Featured Photo

Super Bowl Fun



Upcoming Special Events and Activity Groups

*Scenic Drives, every Monday, 11:00am, and Friday, 1:00pm

*The Palms Happy Hr., Fridays, 2:30pm

3/08 International Women's Day Social, 2:30pm, Library

3/17 St. Patrick's Day Party, 2:30pm

3/24 Celebrate Anything Day, 2:30pm

3/30 Virtual Vacation Day, Hawaiian Theme, 1:30pm

3/30 Chef's Chat/Resident Council, 2:30pm

Please look at our monthly activity calendar for daily activities. Special events flyers will be posted for more info.

Deepest Sympathies

Our heartfelt condolences go out to the families and friends of

Mary W.

Harvey K.

Evelyn H.

Shirley L.

Nina G.

Colleen S.

We will very much miss our wonderful friends here at The Palms At San Lauren.





march

.....wordsearch

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|------------|----------|
| Bird | Mist |
| Fresh | Parade |
| Gold | Rainbow |
| Green | Rain |
| Ireland | Shamrock |
| Leprechaun | Spring |
| Lucky | Violet |
| March | Wind |

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