



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

April 2021

Administrator's Message

Hello to all, I'd like to wish you a Happy Spring. As we all know, we have been through a rough year. Here, at The Palms at San Lauren, we are looking to the future with positivity. Our first priority is keeping our residents and staff healthy. We have recently opened up our visiting room for family visits, with procedures in place for safety reasons.

We, as a community, are excited to welcome the new season and all that it brings us. I ask that you continue to wear your masks, wash your hands, and social distance. We all must do our part for our families and fellow man.

The Palms would like to wish you and your families a Happy Easter.

Doug Rice



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 Assisted Living

661-477-1073 Memory Care

and a staff member will assist you.

"To live a life fulfilled reflect on the things you have with gratitude."

-Jaren Davis

Family Visits

The Palms at San Lauren is proud to announce that the Family Visits Room has opened as of March 3, 2021. We continue to follow the guidance from the Centers for Disease Control and Prevention, and other health and government officials. We are focused on prevention, as we continue to execute our infectious disease protocols, to promote everyone's safety. Our **Visitors' Policy** is as follows:

- * Only 2 visitors are allowed in to see a resident;
 - * All visitors must be screened;
 - * All visitors must wear masks;
 - * All visitors must be escorted by staff;
 - * All visitors are not allowed to walk around community;
 - * All visits must be scheduled;
 - * Hours are 10 a.m.-4 p.m.
- Maximum length of visit is 30 minutes, to allow room to be disinfected for next visit.
- * Area will be disinfected after each visit.

We hope that families and friends will take this opportunity to visit their loved one. It means a great deal to them. We are happy that we may be able to offer this back to our community.



The Palms 2nd Anniversary

This April 16th, The Palms At San Lauren will celebrate our 2nd year as a new community to Bakersfield. Due to COVID we were unable to celebrate our 1st year as we would have liked to. As a new community we have experienced all the growing pains as expected. We have all banded together to fight against this deadly virus. Although we all have seen the worst, it has only made us stronger as a team. Through all this we all keep a positive attitude for the future. With that being said, we are planning a 2-year anniversary BBQ with games, raffles and music, keeping in mind we will follow the guidelines of social distancing.

Meet Our New Residents' Council President

The Palms would like to introduce you to our new Residents' Council President, Pat S. Congratulations, Pat! We know you will represent our residents well.



Chili Cook-Off

Spring is upon us. The weather is warming up and the sounds of summer are near. Before long, the smell of the BBQ will hit the warm air. Families will soon be gathering outside to enjoy the season.

We, at The Palms, would like to take part in the celebration of the beautiful weather by throwing our first Chili Cook-Off. It will take place in the parking lot at The Palms at San Lauren.

We are asking anyone who would like to show off their chili cooking talent to join us and enter our competition. We will have a 1st place prize, 2nd place prize and a 3rd place prize.

The day will also be filled with music, friends, family and laughter. We are calling on all family and friends to join us for this fun-filled day.

Please contact Activities Directors, Ericka or Emily, to sign up for our 1st Chili Cook-Off.

The event takes place on April 23, 2021, at 1:00 p.m. All competitors can arrive by 10:00 a.m. to start their chili. We will have a team of judges to judge every entry.

We are looking forward to this event and hope that you will join us for a great time!



Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible.

Head turns. Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

Shoulder rolls. Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place. Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts. This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls. These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Employee Spotlight

As we celebrated Employee Appreciation Day on March 5, 2021, we would like to introduce you to our RCC, Emily Conrad. Emily joined The Palms in August of 2020. She fit in with The Palms Directors, staff and residents right away. Confident and passionate, she takes on her role very seriously.

In the past, Emily has worked for Dignity and Delano Hospitals. Coming from another senior community, she is a registered nurse and very well rounded when working with seniors. Emily is married to an active member of the United States Army. They are both proud parents of a very energetic one-year-old, Ace.

When asked about how she felt about The Palms, she replied, "I love that it feels like a tight-knit community! Everyone helps one another out, and no one is better than the other."



UPCOMING SPECIAL EVENTS AND ACTIVITY GROUPS

*Scenic Drives every Monday, 11am & Friday, 1pm

*The Palms Happy Hour: Get Down Fridays, 2:30pm
4/02 Easter BBQ Fun

12:00pm
4/03 Easter Family Parade

4:00pm
4/09 Veterans' Breakfast

8:30am
4/16 The Palms 2nd Anniversary BBQ

4/23 The Palms Chili Cook-Off, 1:00pm

Special events flyers will be posted for more information.

With Sympathy

Our heartfelt condolences go out to the wonderful family and friends of

Betty A.
Roberta M.
Wilmalee H.
Donald J.

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



It's Spring!

Best wishes for a bright and happy season.



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