



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

## June 2021

### Administrator's Message

Hello all,

We have made it through half of 2021, which seems to be promising for all. We have made so many changes in our lives, and most of us take nothing for granted anymore. We have seen the worst, but out of that we have also seen great stories of triumph. We have banded together, and are slowly gaining victory on this deadly disease.

The Palms At San Lauren has always taken the necessary precautions to keep our residents and staff happy and healthy. Our building is opening up slowly to insure that we are Covid-free. Our community has been vaccinated as well as tested to provide a safe environment to live and work.

We are excited to return to some normalcy. Our Activity Directors will be adding new projects and adventures to our daily lives at The Palms.

The Palms would like to wish all the fathers a happy and healthy Father's Day. May you and your family continue to remain positive, healthy, and safe.

*Doug Rice*



### MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Ann Hauser	Assistant Administrator
Emily Conrad	Resident Care Coordinator
Alysia Beene	Director of Resident Development
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.



## Welcome Home!

The Palms of San Lauren would like to welcome our new friends **Ken J., Doug F. and Chuck W.** to our community, where memories are created and the laughter never ends. We look forward to getting to know you as you join our daily activities and special events.

Life is better  
with friends :)



## CHEF'S Creation

We are happy to announce a new social event at the Palms, "Chef's Creation." Every third Wednesday of the month at 2pm, in AL dining room, our Chef Maria will be teaching us how to make a delicious meal from around the world.

Our residents are super excited about our next dish!



## Father's Day

Looking back to when I was four years old, he was so tall! Wow, he's so strong! How does he know so much? I think he's so handsome. I wanna be just like him when I grow up. Do any of these statements ring a bell? Whether he was your hero, or protector, he's your dad.

Although all grown up with kids of my own, he's still everything he was to me as a young girl. My dad still checks to see if I'm feeling good or that my truck is running. The love of a father never ends. At times, it may seem they haven't allowed you to grow up, but they will always have the need to be a father to you, no matter what age you are.

From new fathers to seasoned, we all have one. They have taught us to tie shoes, fly a kite, or help with history homework, and we have learned from them. The lessons of fathers have been handed down from generation to generation, and passed on for men to carry on.

As we celebrate the father in your present life or one that has passed, may we remember what they meant to us. The wisdom, strength, and love he gave to you that made you who you are today.

The Palms would like to honor and celebrate all fathers this Father's Day. May you enjoy the day and every day with the love of your children and family.

## Donation

The Palms at San Lauren is a community made up of people from all different walks of life. We like to celebrate our differences, but one thing that is the same, our residents and families are very giving. The families that have walked in and out of our doors have always supported us and their loved ones 100 percent. From Easter goodies, to the Young family delivering food every month from local eateries so that each resident may have a special treat, our families are blessings. We are blessed every day to be able to offer care to such wonderful people.

Our Memory Care was touched by the Houghton family. Evelyn Houghton was a resident here at the Palms until her passing in January 2021. She was a wonderful woman, who enjoyed her fellow friends here at The Palms.

In honor of their mom, Evelyn, the Houghton family generously gave a sizable contribution to our Memory Care community. We are all elated. We will be creating a "Wall Of Love" in her honor, which will pay tribute to all those that have stepped into The Palms Memory Care and touched our hearts.

We want to thank the Houghton family for allowing us to have the honor of caring for Evelyn during the last years of her life.

## Hydration Stations to Beat the Heat

While many of us love summer weather, the heat in Bakersfield often reaches into the 100s. Extreme heat is particularly dangerous for those 65 and older.

Beat the heat this month by drinking plenty of fluids, eating fruits with high water content and avoiding the outdoors during the high temperatures.

Here at The Palms, we are prepared for the scorching heat! There will be different hydration stations put out daily throughout the community. We will be serving fresh iced tea, fruit water, lemonade, and ice cold water. Please remember to

stay hydrated during these hot summer months.



Bees do have a smell, you know, and if they don't they should, for their feet are dusted with spices from a million flowers.

- Ray Bradbury

## Flying Colors

On Flag Day, June 14, U.S. flags will fly proudly all over America. The U.S. flag has also flown in far corners of the world and beyond. It flew for the first time over a foreign fort at Fort Derne in Libya (1805). Robert Peary planted the flag at the North Pole (1909), and Barry Bishop did likewise on the summit of Mount Everest (1963). The U.S. flag also was placed on the moon by Neil Armstrong (1969).



## Upcoming Special Events and Activities

- AL Scenic Drives every Monday, 11am
- MC Scenic Drives every Friday, 1:30pm
- The Palms Happy Hr. every Friday, 2:30pm
- 6/11 and 6/25 Park Picnic, 11am
- 6/16 Chef's Demonstration 2pm
- 6/18 Father's Day BBQ, 11:30am-1pm
- 6/29 Chef's Chat/Residents' Council, 2:30pm

Special Event flyers will be posted in the AL Activity room and dining room with more details.

## Come Out and Join the Fun!!

Day by day we have seen our county open up to some normalcy, and with the new COVID guidelines, we can now enjoy group activities with less restrictions. So come out and socialize with your neighbors, learn a new game, join movie days with yummy popcorn, and enjoy our scenic drive outings. Please see our monthly activity calendars for scheduled group activities and special events.

## The Palms Chili Cook Off



## The Palms 2ND Year Anniversary





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