



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	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.

"LAND OF THE FREE HOME OF THE BRAVE."

July 2021

## Administrator's Message

Hello to all. I hope that everyone has had a great start to their summer. As you know, Bakersfield summers can be brutal. Remember to stay hydrated. We have hydration stations in our building to encourage everyone to stay safe.

Our community is growing, and we are thrilled to welcome all of our new residents and families. We work hard to be the best community for seniors. We are always looking for new ways to improve and meet the needs of our residents. To our families, we are always willing to hear new ideas and concerns. We are here to not only provide the best care for your loved one, but we want you to feel comfortable knowing they are safe. We take our care very seriously. If you have any questions, please feel free to call our office so that we may address any concerns.

As we enter into July, we will be celebrating our freedoms with a 4th of July BBQ. If you would like to join us, please call our front office so that we can add you to our day.

May God bless your family and the summer.

Doug Rice



## Welcome Home!

The Palms of San Lauren would like to say Welcome Home to our new friends Michael & Nancy, Patricia M, Earlene D, Alysce S, Kenneth & Glenda, and William H.

We look forward to getting to know you as you join our daily group activities and special events where we will share lots of laughs and create memories.



## Beauty Salon

We are excited to announce that our beauty salon is open. Stop by and say hello to our new beautician, Jacqueline.

For more information on services, prices or to make appointment, please go to the front desk and ask our Receptionist. Checks can be made to Jacqueline Garza, due at appointment time.



## Happy Independence Day

As we dust off the BBQ pit, skim the pool, ice the drinks, and prepare the fireworks for your 4th of July celebration, may we remember the reason why we celebrate.

The 4th of July is known as the day the Declaration of Independence was signed. It was the birth of our nation that got their independence from the British Empire. With that being said, it's actually America's birthday.

We live in the best country in the world. We stand proud of the red, white, and blue. As Americans, those colors stand for our freedoms and what it took to maintain them. We honor those that fought, and are still fighting for the American dream.

As we gather around to light up our skies this 4th of July, may we remember how lucky we are to live in the Land of the Free and the Home of the Brave.

"We're blessed with the opportunity to stand for something—for liberty and fairness. And these are things worth fighting for, worth devoting our lives to."

-Ronald Reagan

Happy 4th of July to our fellow Americans.



## Rock My World

Rocks, what does a rock mean to you? For most of us it's just a "Rock", it doesn't mean very much. Well, the Palms would like to change that.

We would like for you to want to find our rock, and it have meaning. In the month of July our assisted living and memory care community will be hand painting a plain rock with a message from their hearts.

We will be planting them around Bakersfield, and taking a picture of where they might be. Our seniors will be a mystery until you find the rock and post a picture of you holding their message of love and tag our Facebook page, or e-mail to ericka@thepalmsatsanlauren.com

Our seniors have been indoors for a quite a while now, so now that we are able to go out into the community, this will be something they can look forward to. We would love for you to join us and connect with one of our wonderful seniors. We think they all are pretty special, and you might think the same. We hope that when you find our rock, you keep it and always remember you "Rocked Someone's World".



## Welcome Back Shopping Outings

The Palms is happy to announce we are bringing two shopping days a month to our community. Our bus will be taking those who sign up twice a month. Those days will be the 1st and 3rd Monday of every month at 11 a.m.

Activity Director Emily will be happy to take suggestions as to the stores you want to visit. Please feel free to contact her with your suggestions.

We are slowly getting back to normal. What better way to start than to go shopping.

## Garden Donations

The Palms will be starting a new adventure. We are planning on a raised garden. We believe that putting our hands in the soil and getting a little dirty would be soothing to our souls.

Directors Ericka and Emily would like to ask for donations of any type of gardening supplies. We are starting out with nothing, so anything helps.

Since some of our residents are in wheelchairs, we are looking for someone to build us one for wheelchair access. If you can help, please call The Palms 661-218-8330 and ask for Ericka or Emily.



## Movie Days

- 7/1 Sandlot
- 7/5 Runaway Bride
- 7/8 Night At The Museum
- 7/12 Red Dawn
- 7/15 True Grit
- 7/19 Marley & Me
- 7/22 The Big Wedding
- 7/26 The Longest Yard  
"1974 film"
- 7/29 Seraphim Falls

**Showing days Mondays and Thursdays @ 2:30 p.m. in our theater room.**

## Upcoming Special Events and Activities

- Assisted Living Outings every Monday, 11 a.m.
- Memory Care Outing every Friday, 1 p.m.
- The Palms Happy Hr. every Friday, 2:30 p.m.
- 7/2 Independence Day BBQ 11:30-1 p.m.
- 7/9 Veteran's Breakfast 8am
- 7/15 Men's Social Group
- 7/21 Chef's Demonstration 2-3 p.m. Hawaiian Theme
- 7/27 Chef's Chat/Resident Council 2:30 p.m.
- 7/28 Omelet Brunch Station 10 a.m.-1 p.m.

**Check activity calendars for other daily group activities.**

## Watermelon Slush

Hot summer days are here and we voted that watermelon slush is our favorite fresh drink. You won't believe that this yummy drink comes together in just 5 minutes with only 3 ingredients. How cool is that?

### INGREDIENTS:

- 5 cups cold diced seedless watermelon
- 2 tablespoon sugar
- juice of 1 lime, optional

### DIRECTIONS:

- Combine watermelon, sugar, lime juice and 1 cup of ice cubes in blender until smooth.
- Serve immediately.



**Find the Palms at San Lauren on Social Media**



HAPPY  
*Independence*  
DAY



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