



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
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.

**Change Is in the Air**

September has become the "other January," signaling a fresh start as summer winds down and fall arrives. The shift in nature can also inspire you to turn over a new leaf. Use the change in seasons to kick off a healthy habit or hobby or to switch up an aspect of your routine.

**September 2021**



**Administrator's Message: Boost Your Mood With Good Posture**

Hello to all. We are happy to welcome Fall. The weather will be changing, and I'm sure we all are happy about that. We have made it through another hot one this year. As we change seasons may we not forget we are still fighting against this terrible virus.

The Palms will continue to follow strict guidelines, to ensure the safety of our residents and staff. Wash your hands, wear you mask and continue to social distance. We can never be too careful.

Remaining healthy and positive works wonders for your mental health. Sit up for a lift. Studies show that good posture may put you in a good mood. Scientists say there's a brain-body link called embodied cognition, and the way you carry yourself connects to your mindset. -Doug Rice

## Welcome Home!

Life is better  
with friends :)



Wow, we have a few new amazing friends here at The Palms. We would love to say, WELCOME HOME to:

Karen D.  
Robert M.  
Judith K.  
George & Donna R.  
Joanne K.

## Upcoming Special Events and Activities

- Assisted Living Outing every Monday 11am
- Memory Care Outing every Friday 1pm
- 9/3 Veterans Luncheon Hodels 11am
- 9/10 Grandparents Day Park Picnic 10:30
- 9/13-17 Assisted Living week (Flyers will be posted)
- 9/24 Kern County Fair 11am (please sign up in AL)
- 9/28 Resident Council/Chef's Chat 2:30pm

## Deepest Sympathy

Our heartfelt condolences go out to the family and friends of **Lawrence T.** We here at The Palms at San Lauren will miss our dear friend.

## Grandparents Day

What do you think about when you think about your grandparents? Whether they are still living, or have passed, we all have them. We may have fond memories or still be making them.

As I sit back and think about my grandparents, I can only feel happiness. I miss every single one of them and wish I could spend one more day with each one of them. They are some of the parts that make me the person I am today. I was loved by them and also disciplined by them. They taught me many things, and I've never forgotten those lessons. I see them during certain parts of day, or a smell takes me back to my grandma's kitchen. My life was blessed to have these wonderful role models in my life. I will always miss those special times with them and miss them every day.

Working at The Palms we are all blessed with many residents who are grandparents. We would like to celebrate them all for **"National Grandparents Day."** **This year on September 10, 2021 we will be heading out to the park for a picnic.** We are hoping you can join us. Bring your picnic lunch & lawn chair for a nice day to celebrate our Grandparents. If you have any questions please call Directors Ericka or Emily for more details @ (661)218-8330. We hope you will join us for a nice afternoon with some great people.

## Autumn Beginnings

The leaves are slowly changing colors, the sounds of children are filling the schools, and once again football season is here. We are putting that bathing suit and suntan lotion away for the winter and pulling out our blankets to prepare for that wonderful time of year.....Fall.

School has started and the children are back to a normal routine. The memories of curling up to a warm fire and a good movie are close to being a reality again.

The Palms loves to celebrate the changing of the seasons. We are excited to celebrate Halloween this year in hopes that we can remain Covid free. We would like to be able to see the costumes of all our children, grandchildren and great-grandchildren.

We are remaining positive for a healthy, happy Fall season. It is all up to each and every one of us to continue to wash our hands, and wear a mask, so that we can continue to fight this terrible virus.

We hope that you had an adventurous and memorable summer. May you fill your fall memories with family, love, and health.





## Assisted Living Week

The Palm at San Lauren would like to honor our staff for handling a tough year. We have depended on our courageous staff to battle this virus. They all have done an amazing job.

This year we will be honoring them starting on the 13th of September thru the 17th. Every day we will have something to celebrate all their efforts in keeping our community a healthy place to live and work. Friday September the 17th will be our big bang luncheon.

The Palms will be hosting a lunch with music and great food. We are so proud of the hard work each and every

employee has set out to provide our residents.

Our management team would like to thank all the staff at The Palms at San Lauren for your dedication and love you bring to The Palms.

## Kern County Fair 2021

It's that time again. KERN COUNTY FAIR is here.

Can you already smell all the yummy delicious food?

The Palms would like to make an outing to this year's fair on **Friday September 24th** for senior day; admission is free.

More info coming soon; please sign up with activity directors Emily or Ericka.

## It's Always a Good Time

### Baking and Paint Night



### Puppy Love



### National Lazy Day



## Remembering 9/11

As Alan Jackson's song says, "Where were you when the world stopped turning?" All of us that were old enough to remember when America was attacked on our soil, will never forget where they were when those two towers fell right before our eyes.

That was a day of horror for every American. Tears, anger, confusion and worry were some emotions felt after the attacks.

As I remember, prayers were said and people banded together to help each other during this time. Race, politics, and social status were not things to fight about. Compassion and love

were what helped our nation get through this terrible time.

May we never forget those lessons we learned during this time in history. May we continue to teach our children that we live in the best country in the world.

We would like to remember those that were personally affected by this terrible time in history. Honor those that survived, the brave that became heroes and Americans that perished that unforgettable day.

As the song goes, "Faith, hope, and love are some good things he gave us, and the greatest is Love."



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