



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

## June 2022

### Welcoming Message

Hello, everyone!

We can't believe summer is already here! Please make sure you're wearing sunscreen when you go outside, drinking enough fluids, and coming inside to cool off when feeling too hot. We do hope you get to step outside this month and enjoy what June has to offer: Wishing everyone a wonderful month.

### Happiness Helper: Talk to a Friend

Chat with a friend to catch up, and your brain and body will benefit from conversation. Talking with a good friend can boost your body's levels of brain chemicals that stir feelings of happiness and lower the stress hormone that can weaken your immune system. Here at The Palms, we try our best to provide a good community atmosphere for building friendships, providing activities, and a sense of purpose each day.



### MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Emily Conrad	Resident Care Coordinator Director of Resident Development Outreach Director
Christina Pallares	Dining Service Director
Emmalin Cisneros	Activity Director (AL)
Sam Sanchez	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.







### Welcome Home!

We are happy to welcome the following new residents to The Palms at San Lauren:

- Robert M.
- Velda B.

Don't forget to join our daily group activities and special events.

We are always looking for new, fun activity ideas, different games to play, outing destinations and social clubs to start here at The Palms. Contact Activity Directors Emily or Sam: 661-218-8330.



Congratulations go to our cook, Christina Pallares, on becoming The Palms new Dining Services Director.

### Happy Father's Day

Happy Father's Day to all the wonderful dads out there! Your families are very lucky to have you, and so are we! The Palms hopes you enjoy your very special day. We're Celebrating Dads with a BBQ on 6/17/22, @12pm, in the dining room. Family and friends: please RSVP by calling the front desk 661-218-8330.

Here are some quotes from some famous folks for you to enjoy.

"A father carries pictures where his money used to be."

—Steve Martin

"Daddies don't just love their children every now and then. It's a love without end."

—George Straight



### Spotlight on Alzheimer's

In honor of Alzheimer's Awareness Month, we will be doing some fundraising throughout the month.

- 06/16 Frito Boats \$6
- 06/23 Pizza and Drinks \$3
- 06/30 Ice Cream Bar \$4

We will also have a raffle basket on the last day.

### Hydration Stations



Summer is here—Bakersfield often reaches into the 100s. Extreme heat is dangerous for those 65 and older. The best ways to beat the heat are to stay indoors and, when outside, avoid wearing dark clothing, have a hat handy, and, most importantly, stay hydrated. Remember to drink plenty of fluids & eat fruits with high water content. 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, ice cold water, and fruit slushes.

### Summer Poem

"Summer, Summer is finally here.

Let's give summer a big, fat cheer!

Of this fact, I'm surely clear: Summertime is the best time of the year."





## Beauty Salon

Friendly Reminder: our beauty salon is open every Thursday, 9:30-1:30; appointments must be made ahead of time. Stop by and meet our beautician, Danielle Andrews. For more info on services, prices or to make an appointment, please go to the front desk: ask our receptionist.

## Manicure Mondays

In need of a nice relaxing manicure and hand massage? Stop by the Activity Room every Monday at 2:30 for Manicure Mondays.



## MIND Exercise

Here are a few ways to help strengthen your brain and improve your mood, memory, and mindset:

- Crossword puzzles and board games
- Do some type of physical activity.
- Walk with a friend.
- Positive thinking
- Try setting routines.

We look forward to seeing you for Trivia Tuesdays!



## Upcoming Special Events and Activities

- Assisted Living Outing: Mondays at 11am
- Memory Care Outing: Fridays at 10am
- The Palms Happy Hours: Fridays at 2:30pm
- Bible Studies w/Pastor Anthony: Tuesday at 10am
- 6/2 8am: Veterans' Breakfast: Elks Lodge Outing
- 6/18 12pm: Father's Day BBQ: Main Dining Room
- 6/24 2:30pm: June Birthday Celebration
- 6/28 2:30pm: Chef's Chat/Resident Council Meeting



6/4 Patricia M.  
6/6 Marian M.  
6/6 Sally B.  
6/7 Bonnie B.  
6/12 Ellic J.  
6/12 Jewell B.  
6/13 Pat M.  
6/30 Alysce S.

Please Join us for our June Birthdays Celebration on 6/24/2022, @ 2:30, in the main dining room.



## 3rd Year Anniversary Celebration



## Mother's Day Tea Social



Want to see more pictures from our events? Go "Like" The Palms at San Lauren social media accounts on Facebook and Instagram.

HAPPY  
*Father's Day*



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