



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

May 2022

Welcoming Message

Here at The Palms at San Lauren, we're thrilled to be a hub for activity and a place to plug-in and get involved. We strive to create the perfect place to develop meaningful friendships at our community. May is going to be an exciting month for us all. We are bringing back more of our outdoor activities and events for all of you to enjoy, since the weather is still nice, and the Bakersfield heat hasn't started. We'd like to challenge you all to join at least one activity or event. If you have already done so, invite a friend or two to join you. It's never too late to try something different, to begin again, and to learn something new each day. Finding new things to do is more important than ever. We have been working hard trying to find fun ways for you to engage. Let us help you create a happy and full life!



MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Emily Conrad	Resident Care Coordinator
Lauren Trautwein	Director of Resident Development
	Outreach Director
Wayne Colburn	Maintenance Director
Maria T. Godoy	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.





The Palms at San Lauren would like to welcome the following Residents to our lovely community!

**Homer H.
Neil C.
Robert S.**

We look forward to getting to know you as you join our group activities and special events.

UPCOMING SPECIAL EVENTS & ACTIVITIES

- Assisted Living Outings: Mondays at 11am
- Memory Care Outings: Fridays at 11am
- The Palms Happy Hours: Fridays at 2:30pm
- 5/5 2:30pm- Cinco De Mayo Celebration
- 5/6 1pm- Mother's Day Teatime
- 5/12 8am- Veterans' Breakfast
- 5/27 2:30pm- May Birthday Celebration
- 5/30 12pm- Memorial Brunch
- 5/31 2:30pm- Resident Council

Special events flyers will be posted in AL activity room and on Dining room tables a day or two before the event dates with more details.



We would like to wish a Happy Mother's Day to all the mothers out there! It is definitely not always the easiest job, but it is the most rewarding. There is nothing else in this world like a mother's love. It's made of sacrifice, pain, and deep devotion. Their life is a blessing, and they are loved beyond words. So may you have all the love, health, and happiness that you deserve.



We would like to invite all of our lovely Mothers and friends here at The Palms to join us for our **Mother's Day Teatime May 06, 2022, 1:00pm**. We will be getting together to show some love, share stories, and have a great time.

Any activity ideas or outing suggestions contact Activity Directors Emily or Sam 661-218-8330.

MEMORIAL DAY



This Memorial Day, we remember with gratitude and pride all those who served and died for our country and our freedom. The Palms honors the duty and sacrifice of those who have given their lives for our country. Our gratitude for their service in defense of our freedom is unending. So, in honor of those who have selflessly given and valiantly served our nation we thank You!

On Monday, May 30th, you're invited to join us for a Memorial Day brunch. We hope you'll come and plan to stay to celebrate with us this special day.





Cinco De Mayo

With Cinco De Mayo around the corner, The Palms is excited to celebrate Happy Hour style. We will have live entertainment playing party music while we snack on taco salad, Flan, margaritas and horchata.

Don't forget to dress for the occasion!

**Thursday, May 5, 2022 at 2:30pm
Dining Room**



WANNA GO TO PROM?

"Alzheimer's Disease Association of Kern County" is hosting **The heart never forgets SENIOR PROM 2022 Friday May 20th, 2022, 4pm-7pm.** Sign up with activity directors Emily and Sam. This year's theme is '40s, '50s and '60s, so put on your dancing shoes for an unforgettable night.

Look for Our Tasty Creation Class!



Pineapple Salsa Recipe

Ingredients

- Whole pineapple (to use as a bowl) or canned pineapple chunks will do.
- 1cup diced pineapple
- 1cup diced bell peppers
- 1cup diced Roma tomatoes
- 1/3cup chopped cilantro
- 1/4cup minced red onion
- 4tbsp lime juice
- 1/4tsp black pepper
- 1/8tsp salt

Instructions

1. To make the pineapple, cut 1/3 of the pineapple off, leaving the larger piece of the pineapple. Make a cut around the outer edge, make cuts across the middle, then scoop out the pineapple, place in a separate bowl.

2. Dice enough pineapple chunks for 1cup and save the rest for another use.

3. In a bowl, mix together all the diced ingredients.

4. If using the pineapple as a bowl, transfer mixed salsa inside pineapple and store in the fridge for an hour.

With Sympathy



GOODBYES

Are not forever nor are they the end.

They simply mean we'll miss you until we meet again.

The Dorrells

Importance of Daily Exercises

You've heard it time and time again: physical activity and exercising daily is good for you, and you should try to make them part of your daily routine. Join activity exercise groups. Look at monthly activity calendars for days and times. Hope to see you soon!

Here are 5 Benefits of daily exercise:

- Prevent Disease
- Improve Mental Health
- Decreased Risk of Falls
- Social Engagement
- Improve Cognitive Function

Signs of a Stroke

ACT

F | **A** | **S** | **T**

FACE
DROOPING

ARM
WEAKNESS

SPEECH
DIFFICULTY

TIME
TO CALL 911

NATIONAL
Stroke
Awareness
Month

Stroke.org



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