



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



#### MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Emily Conrad	Resident Care Coordinator
Tiffany Subriar	Director of Resident Development
Christina Pallares	Outreach Director
Emmalin Cisneros	Dining Service Director
Sam Sanchez	Activity Director (AL)
Sonia Ortega	Activity Director (MC)
Jairo Duenas	Medical Records
	Maintenance Director

#### OFFICE HOURS

MON-FRI 7:30am-5:00pm

SAT-SUN 8:30am-5:00pm

#### After Hours Assistance:

Please call the numbers listed below and a staff member will assist you:

661-477-1241 Assisted Living

661-477-1073 Memory Care

December 2022

#### Spread Cheer Throughout the Year

Kind words and deeds can warm the hearts of others and they're good for the giver, too. Research shows that being helpful and generous can boost both physical and mental health, in addition to having a positive effect on the recipient.

Cultivating kind habits just takes a little extra attention in your daily life. For example, if you see something that reminds you of someone, take a moment to reach out to them. Send a quick message letting them know they crossed your mind and made you smile. If possible, pay them a visit. These simple gestures may just make their day.

Sincere compliments can also have a huge impact on a person's mood. If you like somebody's clothes, shoes, car, a joke they told, anything- tell them! Whether a stranger or someone close to you, your words will hold meaning.



#### Brainteaser

I can be cracked, I can be made, I can be told, I can be played. What am I?

*Answer: A joke.*

## Community News



### Happy Birthday to the Following Residents!

- Kay L. -12/8
- Judy K. -12/11
- George R. -12/11
- William H. -12/18
- Glenita F. -12/19
- Holly W.-12/29
- Fred S.-12/30
- Clarence Y.-12/30
- Velda B.- 12/31

We are always looking for new & fun activity ideas, social clubs or outing destinations to start here at The Palms. Suggestion box is located in AL activity room, or contact Activity Directors Sam or Emily: 661-218-8330.



Congratulations go to our Housekeeper, Sandy Christie, on becoming The Palms' new Transportation Driver.

## December Events

We have many upcoming festive and fun seasonal events. Be on the lookout for them!

- **Breakfast With Santa:** Join us on **Saturday, December 3rd**, from 8am-10am to have breakfast with Santa himself! Family and friends, pick up your tickets today!
- **Pure Cheerful Life:** Come on out **Monday, December 12th, at 6pm**. Holiday performance by the children from Pure Cheerful Life.
- **Veterans Band:** Don't miss our Veterans Holiday Celebration with the Veterans Family Band on **December 16th, 2:30pm**. Help us continue to honor our veterans all year round.
- **Girl Scouts:** The Girl Scouts will be joining us on **December 17th**. Come and enjoy some time with us and help us by engaging in these wonderful acts of service and kindness.
- **The Palms Holiday Party:** **Tuesday, December 20th**, we will be having our Annual Holiday Party! Enjoy this day with family and friends and celebrate with us here at The Palms.



## Toys for Tots

The Palms at San Lauren is a designated location for Toys for Tots. This program is to collect new unwrapped toys and distribute those toys to the less fortunate children at Christmas. **Pick up is December 11th, 2022.** While Toys for Tots coordinators organize, coordinate, and manage the campaign, the ultimate success depends on the support of the local community and the generosity of the people who donate toys. Please help us to be a part of this great cause!



## Holiday Caroling Party

There's nothing we love more than spending the holidays with friends and family, especially when there's music involved! Help us spread holiday cheer! We will be getting together with staff and visitors for the ultimate caroling party. Eggnog, pastries, hot chocolate, and a caroling song list will be provided; all you have to do is show up and sing your heart out!! **12/21/22 @2pm**



## Evening Outing

We are excited to announce The Palms will be boarding the bus for an evening of holiday lights, on December the 13th and 15th at 5:30pm. Don't forget to wear your warm winter clothing and bring a blanket as it will be cold outside. Remember seating is limited; please sign up with Activity Directors Emily or Sam.



## Four Weeks of Holiday Movies

Join us for theater Thursdays, when we will be featuring holiday movies and holiday song videos with yummy hot cocoa and fresh baked cookies.

- 12/1 - White Christmas "1954"
- 12/8 - The Polar Express
- 12/15 - Santa Clause
- 12/22 - Elf



## New Year's Eve Bash

Wow 2022 went by so fast! The Palms plans to make this

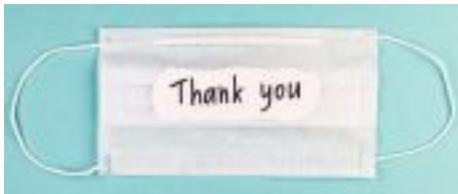
New Year's Party one to remember. Let's ring in the new year together with lots of laughs, music, food and drinks. Join us on Friday, December 30, 2022, at 2:30pm in the main dining room.

Special Music Performance by  
"The Flying Marinos"

## Say No to Germs

Flu and cold season is here, follow these steps to protect yourself from getting sick:

- When feeling sick stay home
- Wash your hands often
- Cough and sneeze into your elbow
- Wear a face mask when out in public
- Maintain at least 6ft distance from other people
- Don't touch your face



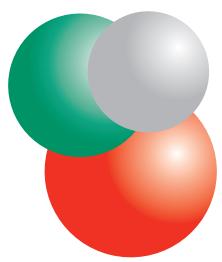
## Fun Facts About the Holiday Season

- Visa credit cards are used about 6,000 times every minute during the holiday season.
- The tallest holiday tree ever displayed was measuring 221 feet tall.
- The U.S postal service delivered an estimated 910 million packages in addition to almost 15 billion pieces of mail in the 2019 holiday season.

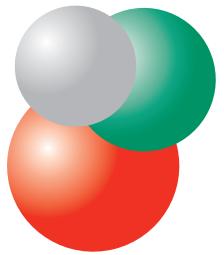
## Thank You Veterans



It was wonderful honoring our Veterans this past Veterans Day.



# Greetings of the Season



**Happy Holidays!** Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!



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