



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

January 2023



MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Emily Conrad	Resident Care Coordinator
Tiffany Subriar	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
Jairo Duenas	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

Happy New Year!

So many blessings to reflect upon and so many things to look forward to as we start the New Year here at The Palms.

Although always a welcome time of togetherness, gratitude, reflection and feasting, holiday festivities seem to make the final few days of the year blur by all the more quickly.

December was full of love and happiness. We made crafts, had many events, we baked, drank lots of hot chocolate, and had tons of fun. We had a great time and enjoyed having all of our wonderful volunteers who came by to celebrate with us throughout the month. It was tremendous and a lovely time was had by all.

With a New Year comes new hopes, new ideas, and new opportunities to make our lives the best they can be. Wishing you strength and determination to achieve what you truly desire in your life. Happy New Year!



Community News

Happy Birthday to the Following Residents!

- CL M.- 1/2
- Esther B- 1/2
- Alfreda E- 1/7
- Rubicina A.- 1/12
- Estey S. -1/20
- Doug H.- 1/21



Welcome Home!

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

- Ann L.
- Jack Z.
- Geri T.
- Kriston B.
- Loren H.

Join our Meet & Greet Happy Hour, 1/13/2023 @ 2:30pm

AL Monday Outings @ 11am

- 1/2: Fast Food Pick Up
- 1/9: Walmart Shopping
- 1/16: Mossmans Café
- 1/23: Dollar Tree Shopping
- 1/30: Scenic Drive

Please remember to sign up for weekly outing, reminder only 2 wheelchairs during shopping outings.

Memory Care Friday Outings at 10am

- 1/6: Donut Drive
- 1/13: Fast Food Pickup
- 1/20: Holdel's BBQ
- 1/27: Scenic Drive

Thank You From The Palms for a Wonderful December

On behalf of everyone at The Palms, we would like to extend our appreciation for the amazing work done by each and every employee, volunteer, entertainer, and family and friends that made this month so special. Your participation is so important to us, and we appreciate it more than you know.

December was our busiest month, and we couldn't have done it without you. We would also like to take this time to thank all of our volunteers and families for helping us throughout the holiday season! Thank you for your donations, time, and participation.

Music filled our halls all month long with performances by Steve Woods, Flying Marino's, Mr. Richard G, and a host of happy carolers! They really helped to brighten the season. Santa visited to the delight of everyone big and small. We celebrated the warmth of the season together, with family and friends. How lucky we are.

Thank You!

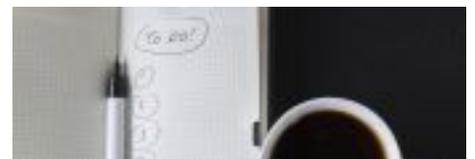
Resident Spotlight



Sonny Y. was born and raised in Bakersfield, CA. He served in the U.S. Air Force. Married in '66 and had two sons. He loved playing golf. He played for 35 years and won many trophies. Now he enjoys spending time with friends, socializing, and doing activities.

Residents/Staff New Year Resolutions for 2023

- Sonny Y: "Staying busy & reading books"
- Midi O: "Peace on Earth & winning BINGOS"
- Charles S: "Exercise daily"
- Tosha A: "Staying true to myself"
- Emmalin C: "Starting online classes"
- Sam S: "Work on my time management"



Fresh Start: Decluttering Donation Box

Out with the old, in with the new they say! Most people believe cleaning and decluttering is the best way to step into the new year. It ensures a fresh new start. To help with that, there will be a box from **Jan 1st- Feb 1st, 2023**, located in Activity room where you can drop off household and clothing items. The Activity staff will donate or drop items to a local Goodwill or shelter.



Immunity Builder

Of course, a cold refreshing, fruit smoothie tastes great on a warm day- but don't count them out in the cold months. Immunity boosting smoothies are great to make during cold/flu seasons, join "Smoothie Making", 1/11 & 1/25 at 10am in the Activity Room.



Astrology

Capricorn Horoscope for December 22nd- January 19th:

Nothing will dampen your happiness and good mood as the sky plots your happiness and achievements. You will spend the moments of a month that promises to be fulfilled with your family and friends. Organize outings and friendly meals that will help you strengthen your relationships with them.



With Sympathy



Our condolences go out to the family and friends of our beloved friends,

Sally B.
Sanchiko R.
Rose B.
George R.
Patricia M.

We will truly miss our friends here at The Palms at San Lauren. **"Gone from our sight, but never from our hearts."**

1, 2, 3, Cheese!



Holiday Cheer!



Big shout OUT to our volunteers.

To see all the fun, make sure to like and follow our social media pages!

Fun Facts!

- 45% of Americans make New Year Resolutions; #1 is to lose weight, #2 Save money, #3 Quite smoking.
- The 1st New Year celebration dates back 4,000 years.
- Around 1 million people gather in New York Times Square to watch the ball drop at midnight.



5300 Hageman Road
Bakersfield, CA 93308