



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

May 2023

Dear Residents

May is a lovely month. The first of May has been celebrated for centuries as a time of renewal and optimism. We cannot believe we have already flown by the first 4 months of the year, and, boy, have they been great so far! We continue to be thankful for the opportunity to love and care for your loved one and encourage visitation as often as possible.

We will be planning some special events this month and we have a plethora of new faces around the community, so we encourage you to come join us to meet new people and make new friends. It's exciting to see how The Palms family continues to grow. It's also very nice to see family members and friends in our building and see more resident activity throughout the community. Speaking of activities, please check the calendar for the complete list of activities.

The Walk to End Alzheimer's fundraising season is among us, and we plan on having lots of opportunities to raise the funds in a fun way. Many great things are happening in the community, so let's dive in!



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



HELLO, SPRING

Wishing you a beautiful, spring season filled with peace, love & joy!



Neighborhood News

Upcoming Events

- 5/4 1:30pm: May The 4th Be With You Social
- 5/5 2:30: Cinco de Mayo Celebration
- 5/5 3pm: Enchiladas Contest
- 5/13 10:00am: Mother's Day Brunch
- 5/19 2:30pm: May Birthday Celebration
- 5/25 1pm: Honoring Memorial Day Pinning
- 5/30 2:30pm: Resident Council & Chef Chat



Happy Birthday to the Following Residents!

- Loretta B. 5/7
- Wilma T. 5/13
- Mary F. 5/17
- Rosalie B. 5/26

Celebrating May Birthdays
5/19/2023 at 2:30pm
in AL Activity Room.

Enchilada Contest

Attention: All staff, residents, friends and family enter your delicious enchilada dish in this year's "Enchilada Contest."

Special Guest judges TBD.
Join the fun 5/5/23 at 3pm.
Location: Dining Room

The Timeless Tradition of Mother's Day

As we prepare to celebrate, honor, and appreciate that special person in our lives on Mother's Day, it may not look or feel the way it has been in the past. However, this timeless tradition of showing gratitude doesn't go away: it just evolves.

From simple acts of kindness, virtual or social activity, or just taking some time to relax or destress, this Mother's Day can be filled with appreciation, self care, and lots of love! With that being said, please come out and help us celebrate this special day with us! We will be having a Mother's Day Brunch, with entertainment, an omelet bar, fresh fruit, and mimosas!



Mother's Day Brunch
Saturday, May 13th, 2023
at 10:00am
Location: Dining Room
Live Performance by
Mr. Steve Woods

Memorial Day

Memorial Day is a time for us to reflect on all of those who gave everything with such an unselfish heart. We are so thankful for them and their families who made the ultimate sacrifice. Although Memorial Day weekend calls for us to rejoice, we must also remember its purpose: to honor those who died while serving in the U.S. military. It is because of their service that we can enjoy what the summer has to offer. Well, if you want to celebrate your U.S. pride, then show your stars and stripes at our Memorial Day Pinning Ceremony. Join us to honor and remember the soldiers, sailors, airmen and women, and Marines who are no longer with us and Thank those who are still standing strong.



Honoring Memorial Day
Thursday, May 25th, 2023
at 1pm
Location: Front Entrance
Parking Lot
Special Guests: Local Veterans,
Local Cadet Corps and
JR ROTC



Cinco de Mayo

The Palms is excited to Celebrate Cinco de Mayo Happy Hour Style. We will be playing party music while we enjoy Loteria "Spanish Bingo," yummy margaritas, an enchilada contest and much more.

Don't forget to dress for the occasion!

Friday, May 5th, at 2:30pm

Location: Dining Room



May 19 5pm-8pm

The Heart Never Forgets: Senior Prom 2023

This year's Senior Prom is a '50s & '60s theme, so let's put on our dancing shoes and get ready for an eventful night. For more info, contact Activity directors, Sam or Emily: 661-218-8330.

Always a Great Time at The Palms



Teamwork makes the dream work!



Every-bunny was excited about The Palms' Easter Luncheon.

With Sympathy



Our condolences go out to the family and friends of our beloved friend, France. "Goodbyes are not forever nor are they the end. They simply mean we'll miss you until we meet again."

Thank you for your Service, Ms. Edward.



Out & About

AL Monday Outings: 11am

- 5/1- Lunch: Rancho Grande
- 5/8- Shopping: Jo-Ann Fabric
- 5/15- Lunch: Olive Garden
- 5/19- ADAKC Senior Prom
- 5/22- Scenic Drive

Please remember to sign up for weekly outings: seating is limited.

Memory Care Friday Outings: 10am

- 5/5- Scenic Drive
- 5/12- Lunch Bunch
- 5/19- ADAKC Senior Prom
- 5/26- Scenic Drive



1, 2, 3: say cheese!



Eat a variety of fruits and vegetables



Drink plenty of water



Exercise 20 minutes a day



Get enough sleep



See your health care provider regularly



May is

Family Wellness Month



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