



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

August 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



As we move into the hotter days in the summer, we have some exciting events and activities planned for our residents. From game nights to movie screenings, there's something for everyone to enjoy. As always, we want to hear from our residents! At The Palms we are always looking for ways to improve and make our community even better. August is also a great month to enjoy the great outdoors, but do so with care; wear your sunscreen and drink plenty of water! There's no shortage of ways to soak up the sun and enjoy the beautiful weather and there's no better time get outside and explore our community. We also have plenty of fun indoor activities for everyone to enjoy. Arts and crafts and music therapy are some of our favorites! Whatever your interests, we have something for everyone. So sit back, relax, and let's dive into this month's newsletter!



Community News

Save the Dates:

- 8/3- Dinner Outing: "Hodel's Buffet"
- 8/4- Happy Hour: New Residents' Meet & Greet
- 8/4- Watermelon Eating Contest
- 8/11- Celebrating August Birthdays
- 8/17- Passport Destination Event: "China"
- 8/19- Bingo Night Walk to End Alzheimer's Fundraiser
- 8/25- Men's Social with Doug
- 8/29- Chef's Chat & Residents Council Meeting

Special events flyers can be found posted by the AL Activity Room and on dining room tables the day before the event.

Happy Birthday to the Following Residents!

- Margie D. - 8/11
- Leland Y. - 8/13
- Sandy D. - 8/29

Celebrating August Birthdays August 11th at 2:30pm in the Dining Room

with performance by Steve Woods



Friends & Family Bingo Night Fundraiser

Join us for a night of fun and fundraising at our *3rd Annual Bingo Night Fundraiser* to support Alzheimer's awareness! Alzheimer's is a disease that affects millions of people all around the world, and our bingo night is a chance to help raise awareness and funds for research and support services. *The event will take place on August 19th at 6:30 in the dining room.* We welcome families, residents, and friends to come out and enjoy a night of bingo, prizes, and most importantly community. We would like to encourage everyone to help us raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a CURE. All proceeds from the event will go toward Alzheimer's research. We hope to see you there!



Health & Wellness

Here we leave you with a couple tips to try and practice for a healthier lifestyle.

- **Stay active:** Regular exercise can help maintain strength, flexibility, and balance.
- **Eat a balanced diet:** A healthy diet can help you maintain your energy levels, manage chronic conditions, and support your overall health.
- **Stay hydrated:** Dehydration can be a serious health risk, so it's important to drink plenty of water and other fluids throughout the day.
- **Get enough sleep:** Adequate sleep is important for everyone's physical and mental health.
- **Stay socially engaged:** Social isolation can have negative effects on our health and wellbeing. Try to participate in group activities, attend social events, or connect with friends and family members.
- **Manage stress:** Chronic stress can have negative effects on our health, so it's important to find healthy ways to manage stress, such as meditation, deep breathing, or relaxation techniques.

Dinner Outing

Join us for a fun and exciting night out for dinner! We're planning to take the group out to a nearby restaurant to enjoy delicious food "buffet style" and great company. This is a great opportunity to invite your family and friends to meet us at

Hodels' Country Dining
5917 Knudsen dr. Bakersfield
August 3rd, 2023, at

5:30-7:30pm

Bus leaves at 5pm

\$17 per person + Drink

Sign-Up in AL Activity Room with Emily or call 661-218-8330
"Hope to see you there."

Opportunities to Give Back

Adults aged 60 and up have a lifetime of experience to share. Give back to the community by sharing your time, talents and wisdom through volunteering. The Palms at San Lauren is partnering up with our friends from Bristol Hospice of Bakersfield to get a group together and volunteer in our community. Please join us for a meeting about this amazing program.

Topic: Volunteering

Date: August 9th, 2023

Time: 1:30pm

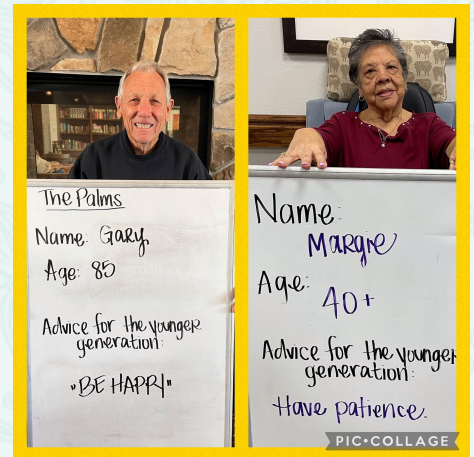
Location: Activity Room

Special Guest: Erik Maldonado
"Bristol Hospice"

Candid Corner



Shout to our amazing Dining & Housekeeping Staff



Wiser Wednesdays!

With Sympathy



Our Deepest Condolences to the family and friends of our dearest friends,

Vivian M.
Margaret P.
Louis B.

We will truly miss our friends here at The Palms at San Lauren.
"Even though they may be gone, Their memory will always live on."



Out & About

AL Monday Outings @ 11am

- 8/3- Dinner: Hodels Dining
- 8/7- Shopping: Walmart
- 8/14-Lunch: Rusty Pizza
- 8/21-Lunch: Mossman's Cafe'

Sign-ups required for weekly outings as seating is limited.

Memory Care Friday Outings @ 10am

- 8/3- Hodels Dining
- 8/11- Donut Drive
- 8/18- Scenic Drive
- 8/25- Picnic at Riverwalk



Fun in the Sun!



August

Word Search

- Beach
- Bike
- Garden
- Hot
- Hot dogs
- Park
- Picnic
- Pool
- Popsicle
- Sand
- Summer
- Sun
- Swimsuit
- Travel
- Vacation
- Watermelon

W	Y	R	D	V	M	T	H	L	R	F	F	O	Q	C
A	X	W	X	F	V	X	O	S	E	W	Y	V	E	R
T	B	E	A	C	H	O	T	P	A	R	P	K	S	G
E	L	C	I	S	P	O	P	I	C	N	I	C	G	Z
R	H	O	P	T	G	K	T	N	U	B	D	D	W	F
M	G	K	R	A	P	R	S	D	N	U	Q	T	V	H
E	M	V	R	D	A	P	N	U	O	K	B	O	H	M
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O	E	S	E	O	R	W	S	W	I	M	S	U	I	T
N	V	L	L	N	J	D	L	J	C	T	E	U	E	B
I	T	S	L	S	I	A	Z	F	C	G	A	R	T	Y
A	V	H	I	M	A	A	E	A	Z	I	X	C	N	B
H	R	V	V	Z	B	D	F	R	E	J	V	Y	A	N
C	A	D	L	A	T	V	E	Y	W	F	I	T	K	V



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