



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

October 2023

Celebrating Autumn, Community, And Togetherness

Hello October! A month of vibrant leaves, crisp air, and pumpkins at every corner. It's a time for cozy sweaters and warm drinks, a season that brings us closer together. This month, we're excited to bring you a variety of activities, from our annual Trunk or Treat event to visiting the pumpkin patch, there's something for everyone.

And let's not forget our walk for Alzheimer's this month too. We want to say how incredibly grateful we are for all those who joined our Alzheimer's fundraisers we've had throughout the year. Your participation truly makes a difference! It's a chance to have fun while supporting a great cause. So, let's embrace the spirit of October together and let's make this month unforgettable! Take a peek inside for more details!



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





Welcome Home!

We are happy to welcome our newest friends:

- Wilma & Rod
- Meredith H.
- Shirley S.
- Arlene M.

*Meet & Greet Happy Hour,
October 6th at 2:30pm
Location: Activity Room*

Upcoming Events

- 10/6 - Happy Hour: Residents' Meet & Greet
- 10/8 - Sunday Night Football Social
- 10/13- Celebration: October Birthdays
- 10/19 - Movie Night
- 10/20 - Community Passport Event
- 10/21 - Outing: End Alzheimer's Walk
- 10/24 - Chef's Chat & Residents' Council
- 10/27 - 2nd Annual Halloween Block Party
- 10/31 - Halloween Boo Bash

Friendly Reminder:

RSVPing is super important because it helps the host plan and prepare everything accordingly to ensure a smooth event. Any questions or to RSVP on upcoming events please call 661-218-8330, 8:30am-5pm, Activity Directors Sam or Emily.



Halloween Block Party

Get ready for a spook-tacular time at our Halloween Block Party! It's one of the highlights of the year!

We're hosting our Annual Trunk-or-Treat event with our neighbors at Kern Transitional, where our community members will decorate their car trunks with creative themes and fill them with treats. It's a sight to behold, a parade of cars turned into mini Halloween displays. Kids can safely "trick or treat" from car to car, enjoying the festive decorations and yummy candies. It's a fun, safe, and exciting way to celebrate Halloween. But it's not just about the candy. It's about the smiles, the laughter, and the memories we create. A time when our community comes together to celebrate the spooky season. Can't wait to see you there!

Date: October 27th, 2023

Time: 5:00-8:30

*Location: 5300 Hageman
The Palms Side Parking Lot*

End Alzheimer's Walk

Every year, the Alzheimer's walk holds a special place in our hearts here at The Palms. It's a time when our communities and families come together for a meaningful event that symbolizes our collective fight against this disease. It's a journey of solidarity, hope, and love. We'll be stepping forward together, each stride a statement of our commitment to support those affected by Alzheimer's.

It's a time to remember, to honor, and to show we care. We're not just raising funds, but also showing our love and support for those affected. It's a powerful reminder that no one is alone in this journey. We'll also be raising funds that are crucial for research and support services. So let's walk hand in hand, step by step, together, toward a world without Alzheimer's.

*Saturday, October 21, 2023
Opening Ceremony starts at 9am,
Walks begins at 9:30am
Location: The Park at River
Walk 11298 Stockdale Hwy.*



Improve Your Hand Strength

Research shows that hand strength is often an indicator of overall well-being. Improving grip power can help you maintain independence and lower your risk of injury. Try this simple exercise: Extend your palm and touch your thumb to each finger, one at a time, to make an "O." Hold and squeeze each "O" for 15 seconds. Repeat three sets. *Daily exercise classes are on monthly calendars with dates and times.*



Pet of the Month



Meet our furry friend, Foxy. She is friendly, energetic, and a bundle of joy! She always brings smiles to our residents and staff. Foxy enjoys playing outside with her friend BJ, dancing to music, and most of all watching golf with her owner Lee.

1, 2, 3-CHEESE!



Assisted Living Week 2023 "Disney Day"



3rd Annual Bingo Night Fundraiser

With Sympathy



Out & About



AL Monday Outing 11am

- 10/2 - Shopping: Walmart
- 10/9 - Lunch: Skillet Diner
- 10/16 - Spencer's Café
- 10/23 - Shopping: Walmart
- 10/30 - Scenic Drive

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

Memory Care Friday Outing 10am

- 10/6 - Scenic Drive
- 10/13 - Pumpkin Patch
- 10/20 - Donut Drive
- 10/21 - End Alzheimer's Walk
- 10/27 - Lunch Bunch

Our Deepest Condolences to the family and friends of:
Rosalie B, Jerry B, Teresa J, and Ray A.

They will be greatly missed here at The Palms at San Lauren.

Rest in peace, our dear friends.

"Gone from our sight, but never from our hearts."



National Relaxation Day "Beauty Shop & Margaritas"



HELLO
OCTOBER



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