

## EMPLOYEE OF THE MONTH



“Angeline always has a smile on her face. She is very helpful, often working in both Memory care and Assisted living. She has a very bubbly, energetic personality that our residents love! Angeline I am thankful to have you on our team!!!”

- *Hina*  
Memory Care Director

### In Loving Memory...

Norma G.

1/1925-3/2024

Norma was such a kind lady, with a loving spirit, she will truly be missed by both our staff and residents!



Keith W.

9/1922-3/2024

There was never a dull moment when Keith was present, he was truly unforgettable!



Edmonde T.

1/1926-3/2024

Edmonde had a quiet demeanor, but her smile was loud and sweet, she will be missed greatly!



### April Birthdays

In astrology, those born from April 1–19 are Aries’ Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries’ charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus’ Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

#### RESIDENTS

Josephine W. 4/2	Amar S. 4/17
Carol W. 4/4	Dayzia L. 4/30
Natalie N. 4/6	
Realynn S. 4/7	
Noreen R. 4/7	
Frances D. 4/10	
Patrick M. 4/21	
Katherine P. 4/21	
Rita H. 4/23	
Timothy P. 4/25	

#### STAFF

April 2024

# Fair Oaks Estates

Fair Oaks Estates | 8845 Fair Oaks Blvd Carmichael, CA 95608 | 916-944-2077



### Celebrating April

Jazz Appreciation Month

Humor Month

Kite Month

April Fools’ Day

April 1

National Chocolate Mousse

Day

April 3

National Living Donor day

April 11

Scrabble Day

April 13

Earth Day

April 22

Sky Awareness Week

April 23–29

Gathering of Nations

Pow Wow

April 27–29

Arbor Day

April 28

### Evolution of Dance

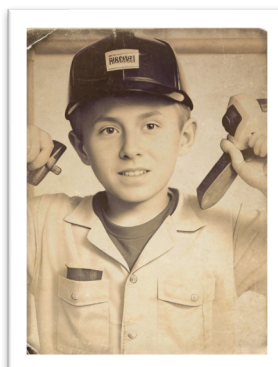
April 29 is International Dancing Day, a day that will be greeted with enthusiasm by those who love to dance and perhaps with dread by those with two left feet. The date commemorates the birthday of Jean-Georges Noverre, the French dancer who is credited with creating ballet during the 18th century. While ballet might be considered the ultimate expression of modern dance, dancing has been a part of humanity since the prehistoric era.

Dancing is a pastime of every human society on Earth. Its ubiquity has led scientists to ask whether dancing is more than just an entertaining diversion. Does dancing play a role in our survival as a species? Neuroscientists have mapped the regions of the brain that are activated when we dance. Unsurprisingly, various parts of our brains associated with locomotion and coordination are involved. Perhaps more surprisingly, dance activates areas associated with emotions, memory, and social interaction. This has led evolutionary scientists to suggest that dancing has long played a vital role in social cohesion and group dynamics.

In the 1800s, sociologist Émile Durkheim coined the term “collective effervescence,” the feeling that an individual is a part of something larger than themselves. Amongst our prehistoric ancestors, dancing may very well have been a source of collective effervescence. Anthropologists assert that groups that danced well together formed lasting bonds and alliances. Dancing could even have been a show of power or influence. Group dancing also imparts psychological benefits. When we dance, our brains release endorphins. These feel-good chemicals boost our moods and create a stronger sense of social bonding. A society that dances together is quite likely to be considered stronger than one that does not dance. In this way, dancing could have been advantageous to a society’s survival. The next time you hit the dance floor, your survival may not depend on it, but you are participating in a ritual that has been performed by humans since the dawn of civilization.

### Honoring Legacy

Several decades earlier in Bosnia, there was a young boy named Enes whose grandfather had a magical tool shed. Every summer, Enes would spend hours watching in awe as his grandfather fixed broken things with ease using tools that seemed to have a special touch. The accomplished man would also tell Enes stories of his youth and the importance of helping others.



As Enes grew older, he realized the impact his grandfather's work had on their community. The distinguished folks in the village would often visit the tool shed for repairs, but they left not just with fixed belongings,

but also with smiles on their faces and gratitude in their hearts. Enes saw how his grandfather's work brought joy and comfort to those in need.

Inspired by his grandfather's kindness and the magic of the tool shed, Enes dreamt of becoming a maintenance manager in America. He wanted to carry on his grandfather's legacy of helping others and making a difference in people's lives. Enes believed that by using his skills and compassion, he could bring happiness and relief to those who needed it most.

And so, with determination in his heart and the memory of his grandfather's magical tool shed guiding him, Enes set off on a journey to pursue his dream of spreading joy and care to the elderly in a faraway land.

-Enes J.  
Maintenance Director

### Poetry Corner

Haiku is a form of traditional Japanese poetry that consists of three unrhyming lines of five, seven, and five syllables. The short poems are often void of any figurative language, instead imparting feeling and thoughtfulness with plain concrete language and imagery. Try your hand at penning one of these poems on April 17, International Haiku Day.

Haiku began in 13th-century Japan, not as their own poems, but as *hokku*, which are the opening lines of *renga*, expansive oral poems spoken by multiple poets. It wasn't until the 16th century that hokku became a form all its own, and not until 100 years later the poet Matsuo Basho elevated it as an art form. It was Masaoka Shiki, poet of the late 19th century, who first called the poems *haiku*. Perhaps the most famous haiku was written by Basho:

old pond  
frog leaps in  
water's sound

### April Outings

- Tuesday, April 2<sup>nd</sup>- Shopping outing
- Tuesday, April 9<sup>th</sup>- Scenic drive
- Tuesday, April 16<sup>th</sup>- Lunch outing
- Tuesday, April, 23<sup>rd</sup>-Scenic drive



### Sandi's Salon



Sandi Wooner provides hair salon services at Fair Oaks Estates every Tuesday morning. Sandi has served our residents for over 15 years

and has been a small business owner in the Carmichael area for over 56 years! Sandi enjoys working at Fair Oaks Estates because "I am here to serve the residents and put a smile on their face.

They enjoy a little pampering." Here is what some of our residents have to say about Sandi's Salon: Ottilee B. says, "Sandi is a perfectionist, which I really appreciate!" and Antica O.(pictured) says "Sandi makes me feel so relaxed while she's doing my hair".

To make an appointment, contact our receptionist who will complete a service request. Families or residents may pay automatically using a Safeguard account or be billed directly.

-Rhonda C.  
Business Office Manager

### Stay Safe and Secure!

As members of our community, ensuring our safety and security is a shared responsibility. One aspect of this is preventing incidents of wandering and monitoring movements within our facility, which is where door sensors play a vital role. Door sensors are devices strategically placed on doors that alert caregivers and staff whenever a door is opened or closed. These sensors are specifically designed to keep us safe and secure, especially when it comes to preventing incidents of wandering. When a door sensor is triggered, an immediate alarm can be heard and our alarm company is notified. Door sensors offer more than just security. They provide peace of mind to all of us and our loved ones, knowing that we are being monitored and kept safe at all times. Additionally, these sensors help staff members track our movements, ensuring that we are receiving the care and attention we need. In conclusion, door sensors are essential tools in enhancing the safety and security of our community. Let's continue to work together to prioritize safety and peace of mind for all of us here at the facility. Stay safe and secure!



### Resident Spotlight

Wayne Titus is 70 years old. He has been a resident here at Fair Oaks estates for some time.

Wayne loves photography and practiced it for over 20 years. Wayne's favorite food is any kind of steak. His favorite travel destination is Hawaii, specifically the island of Maui. He is a very social resident here with a very distinct voice! Wayne's favorite activities include culinary workshops and watching movies!

## What's Happening at Fair Oaks...



Our Resident's had a blast at our annual St. Patrick's Day party! We had good food, dancing, festive decorations, and great music by one of their favorite entertainers, Nat Brown!

## What's Happening at Fair Oaks...

Here at Fair Oaks Estates, we just love animals! We provide “Pet Therapy” twice a month for our residents and staff! Our Pet Therapy schedule is as follows:

- Pet Therapy w/ Micah the Comfort dog every 1st Friday.
- Pet Therapy with Madison every 3<sup>rd</sup> Monday.

