

Fair Oaks Estates

Fair Oaks Estates • 8845 Fair Oaks Blvd. • (916) 944-2077

Employee of the Month



Brandon always has such a positive attitude. He makes sure the residents are happy and goes out of his way to fulfill special requests. He genuinely loves his job! Brandon is an asset to our dietary team!

-Michelle Olson
Dining Director

Save the date!

Thursday, May 2nd, 2024 we will be hosting an **Alzheimer's/Dementia support group** hosted by **Arias Hospice from 3:00pm-4:00pm**. This event is open to families and residents. We will be discussing what is **Alzheimer's disease** and offering resources for help needed. Refreshments will be served as well. Please **RSVP with the Front office no later than Tuesday, April 30th**.

-Hina
Memory Care director

Get on your Good Foot!



Thursday, May 2nd, 2024 @ 9:00am the podiatrist will be in the building available for any resident that may need a foot exam. Our podiatrist is in the building every 3 months. If you would like to sign up or need more information, please check in with our receptionist at the front desk.

-F.O.E. Care team

May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way, but they expect to be rewarded! Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have an energetic and fun-loving side that is the life of the party but also a deep and emotional side that needs love and nurturing.

RESIDENTS	STAFF
David C. 5/3	Michelle O. 5/3
Jonnie A. 5/13	Angelina K. 5/6
Sylvia P. 5/24	Monique M. 5/13
Karen F. 5/31	Jill I. 5/13
Victor I. 5/31	Rhonda C. 5/16
	Alexander L. 5/16
	Cordia D. 5/20



Celebrating May

Physical Fitness & Sports Month

Older Americans Month

Photography Month

Strawberry Month

Teacher Appreciation Day
May 7th

Mother's Day
May 12th

Armed Forces Day
May 18th

Memorial Day: U.S.
May 27th

Senior health & Fitness Day
May 29th

Road Trip to the Odd and Awesome

May 5–11 is Travel and Tourism Week, and while you could spend all seven days visiting popular destinations such as Niagara Falls, Mount Rushmore, or the Grand Canyon, you could also pile into the car and take the path less traveled to see some of America's odd and awesome roadside attractions.

In Houston, Texas, you'll find the home of John Milkovisch. Back in 1968, he grew tired of mowing the lawn, so he decided to landscape his yard entirely in brick, marbles, concrete, rock, and wood. He didn't stop there: Milkovisch continued to cover his house entirely in siding made from aluminum beer cans. For the next 18 years, he used an estimated 50,000 beer cans to both insulate and decorate his home. The "Beer Can House" is not just a monument to the power of recycling, but it is an artistic center complete with guided tours and a gift shop.

If you're interested in giant-sized sculptures, options abound along America's highways. Thirty-foot-tall dinosaurs loom above Interstate 10 south of Palm Springs, California. An 80-foot-long blue whale rests in a lagoon along Route 66 in Catoosa, Oklahoma. Two giant milk bottles are all that remain of the Benewah Dairy Company of Spokane, Washington. The Longaberger Basket Company of Newark, Ohio, spent \$30 million to build its headquarters in the shape of a seven-story picnic basket with two 150-ton handles. (The Longaberger Company has since vacated the property but the unique building still remains.)

For those with an itch to see the exotic, you can find a replica of the Leaning Tower of Pisa in Niles, Illinois, but it's only half as tall and half as leaning. A small-scale replica of China's Forbidden City exists in Katy, Texas, complete with a miniature army of 6,000 tiny terra-cotta soldiers. You need travel no farther than Lake Havasu City, Arizona, to see the London Bridge. Oil baron Robert McCulloch moved all the pieces of the "fallen down" London Bridge to Arizona and put them together again as a ploy to draw tourists, which it has for almost 50 years.

Just A Drill



Ensuring the safety and well-being of our residents is our top priority. That's why we conduct monthly fire drills without fail. Here's why: **Emergency Preparedness:** Fire drills are essential for preparing residents, staff, and caregivers to respond effectively in the event of a fire or other emergency. Regular practice ensures that everyone knows what to do and where to go, minimizing confusion and panic during a real emergency. **Familiarization with Procedures:** Through monthly drills, residents and staff become familiar with evacuation routes, assembly points, and emergency procedures. This familiarity helps to streamline the evacuation process and ensures that everyone can evacuate safely and efficiently if necessary. **Assessing Response Time:** Fire drills provide an opportunity to evaluate the response time of staff and emergency systems. By monitoring how quickly residents are evacuated and how efficiently staff respond to alarms, we can identify any areas that may need improvement and take corrective action as needed. **Building Confidence:** Regular fire drills instill confidence in residents, staff, and caregivers, reassuring them that they are well-prepared to handle emergencies. Knowing that they have practiced evacuation procedures gives everyone peace of mind and helps to reduce anxiety in the event of a real emergency. **Compliance with Regulations:** Conducting monthly fire drills is often a regulatory requirement for assisted living communities. By adhering to these regulations, we demonstrate our commitment to maintaining a safe and secure environment for all residents and staff. In summary, monthly fire drills are essential for emergency preparedness, familiarizing residents with procedures, assessing response time, building confidence, and ensuring compliance with regulations. These drills play a crucial role in safeguarding the well-being of our community members and providing peace of mind to the residents and their families.

-Enes J.

Maintenance Director

May Outings!



- **Tuesday, May 7th, 2024- Shopping outing**
- **Tuesday, May 14th, 2024- Scenic drive**
- **Tuesday, May 21st, 2024- Lunch outing**
- **Tuesday, May 28th, 2024- Scenic drive**

Our Convenient Beauty Services!

A new era of beauty convenience has dawned. Residents can now enjoy the luxury of booking in-house beauty services with just a few clicks or taps on their devices, arranging at our front desk, asking a caregiver or family member. For our dedicated beauty professionals, the transition to online booking means improved organization and efficiency. Appointment management becomes smoother, allowing for better allocation of time and resources. Schedules remain optimized and residents stay satisfied. Updated prices for available services are provided online. We understand the importance of self-care and convenience. With our in-house beauty services now available online, indulging in well desired treatments has never been easier. So why wait? Elevate your beauty routine today with our hassle-free online booking system. Simply visit the following link: <https://form.jotform.com/Fairoaksestatesinc/beauty-salon-request> or scan QR code.



Resident Spotlight



Henrietta Markley is our resident of the month for May! She was born August 19th, 1948. She is 75 years old. Henrietta was born in Martinsville, Virginia. She is an Air Force veteran, having served proudly for 4 years. Henrietta retired from McClellan Air Force base after working there for several years. Her favorite food is pepperoni pizza, and her favorite color is red. Her favorite activity here at Fair Oaks Estates is going on outings.

NEW ACTIVITY ALERT!!!!



We started a new activity this month: Sewing Circle! Our resident Otilee made a pillowcase from scrap fabric and our volunteer Jordana is doing needlepoint!