



The Fair Oaks News

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services

Please check our website or call for updated information about our visitation policy.

Awareness & Prevention – Taking Care of Your Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Preventing mental illness and promoting good mental health involves actions to create living conditions and environments that support mental health and allow people to adopt and maintain

healthy lifestyles. These include a range of actions to increase the chances of more people experiencing better mental health, such as:

- Early childhood interventions (for example, home visits for pregnant women and programs that help young children build social and emotional skills).
- Social support for elderly persons.

- Programs targeted to people affected by disasters or other traumatic events.
- Mental health interventions at work (for example, stress prevention programs).
- Violence prevention strategies (for example, reducing violence in the community and the home).

Source: cdc.gov

Letter from Administrator

Pardon our Dust: At the end of September, Fair Oaks started a remodel project on the Mighty Oak side of the building. This was the original Fair Oaks' building and is over 40 years old so it is time for some updates.

Construction begins first on the west hallway. Bathrooms will be completely remodeled and the rooms and hallway will get facelifts with fresh new paint, lighting, linens and new carpeting in the hallway. We are excited to give our residents' home an updated and fresh new look.

We thank you for your patience during our construction process.

Fair Oaks

Health Care Center

471 W. Terra Cotta Avenue
Crystal Lake, IL 60014
815.455.0550

Nicole Lopez, Administrator

Like Us On Facebook

As a non-profit 501c3 community, we thank you for supporting our mission of service to seniors through tax-deductible donations of cash or useful items.

Please call our office.



**WISCONSIN
ILLINOIS**
SENIOR HOUSING INC.

FairOaksHealthCare.org

WE ACCEPT CREDIT CARDS





Happy Birthday!

Best wishes to our residents and staff celebrating birthdays this month.

Residents

Jim G.	Oct. 24th
Lois Z.	Oct. 31st

Staff

Peter R. (Maintenance)	Oct. 1st
Maria L. (Dietary)	Oct. 5th
Lisa M. (RN)	Oct. 10th
Mariann C. (Reception)	Oct. 21st
Nancy S. (CNA)	Oct. 21st
Lori T. (Business Manager)	Oct. 21st
Larry S. (CNA)	Oct. 25th

Staff Anniversaries

Lori T. (Business Manager)	10 years
Amanda F. (Medical Records)	8 years
Melody S. (CNA)	6 years
Chrissy R. (Admissions/Marketing)	5 years
Enrique R. (CNA)	5 years
Rosa G. (CNA)	4 years
Kathy W. (Activities)	2 years
Dianne B. (CNA)	1 year
Autumn Z. (COTA)	1 year

Restorative Therapy Highlight

Let's take a moment to highlight an incredible staff member who is dedicated to helping our long term residents remain active and grow stronger.

Rose (CNA/RNA) has been part of the Fair Oaks' team for almost 4 years. Restorative is a never-ending challenge for resident to gain and maintain strength. It can be hard and sometimes frustrating. Rose can always make the residents smile and remind them of the benefit of their hard work.

In an interview with Rose, when asked what restorative means to her, she stated, "I enjoy watching individuals grow. To watch residents arrive here unable to stand up out of their wheelchair to being able to walk down the hallway is my inspiration. I look forward to doing group exercises again where we can have a little party, listen to music, and celebrate our hard work by working hard."

Also congratulations to James N. (pictured) for all his hard work.



Manicures are back!

Here at Fair Oaks we are trying to discover a new normal while still enjoying the freedom and luxuries before COVID. Through the dedication of our Activity Director and close supervision from our Director of Nursing, manicures have been added back to the activity calendar.

To keep everyone healthy, no supplies are reused between each resident. Residents are assigned individual nail polish bottles based on their color preferences. Nail polish has even been added to our Bingo prizes so the color options are endless.

Outdoor Karaoke

We are thankful that the FAB4 by Assure Home Healthcare rocks out in our backyard.



Housekeeping is kind of a big deal

Our housekeeping and laundry teams work hard to keep us clean and safe. To show our appreciation, residents made beautiful keychains as gifts and as reminders of the teams' dedication.



WISH List:

Colored Markers Needed

During this time our Activities Department is specifically looking for colored markers to help our residents in their creative expressions. Please contact our Activity Director, Kelsey, at (815)455-0550 for specific details or any questions.

You can also donate online safely and easily and notate the purpose of your donation at bit.ly/fo-give.

Join Our Team

To learn more about the available positions listed below, visit bit.ly/wishjobs and search "Fair Oaks" under Division. You can apply online there also.

Activities: Mondays AM & Thursdays PM availability

CNA: Full-time, part-time; PM shift, night shift & PRN

Dietary: Part-time with opportunity to pick up additional hours

Housekeeping: Full-time, PM

Your Fair Oaks Staff

It is our goal to make your stay at Fair Oaks as comfortable and pleasant as possible. If you have any questions or concerns please let us know. We are all here to help in any way we can.

Nicole	Administrator
Cari	Director of Nursing
Angela	Asst. Director of Nursing
Robin	Social Services
Samantha	Social Services Asst.
Lori	Business Office Manager
Lavetta	Dietary Manager
Tracy	CNA Supervisor
Peter	Maintenance Supervisor
Tiffany	Housekeeping/Laundry
Chrissy	Admissions
Kelsey	Activities
Steve	Therapy
Patti	HR Manager

Our office hours vary but you can find one of us here Monday thru Friday between the hours of 7am and 5:30. Most of us do not regularly work weekends but you will find us here on occasion and we are only a phone call away in an emergency.

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Language is always evolving and new words are being created every day. This is why the Dictionary gets a new edition with the new words printed every few years! Taking the time to learn new words is a fun way to increase your verbal and mental flexibility.

Boost Your Vocabulary

When you encounter a new word that you would like to add to your vocabulary use these tips to help you retain it:

1. Write out a definition of it in your own words, and write one or more sentences using the new word in context.
2. Visualize the word in its printed form.
3. Say the word out loud, and spell it out loud.
4. Say a sentence out loud that uses the new word.
5. Make up an image in your mind that will help you remember the word.

If you are committed to expanding your vocabulary, how many new words should you try to learn in a day? It's up to you. Just two new words a day will add up to more than 7,000 words in ten years!

Once you have learned a lot of new words, should you work them into your conversation every chance you get?

Having a big vocabulary, and knowing how to communicate effectively are two different things. You should try to tailor the vocabulary you use to the context in which you are writing or speaking. For example, if you are speaking to a group of high schoolers you may want to use different words than if you are speaking to a group of scientists. Practice often, and you will be sure to discover where your new words fit best.

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