

NOVEMBER
2020

Medicare
5-Star Rated



Overall For
Exceptional
Care

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.

Join Our Team

To see full job descriptions and apply online, visit bit.ly/wishjobs. Current job openings:

Activities: Mondays AM & Thursdays PM availability

CNA: Full-time and part-time PM shift, night shift and PRN

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

Housekeeping: Full-time PM

Staff Fun

Our receptionist, Jenny, has taken PPE to a whole new level. We are serious about infection control at Fair Oaks and she found a fun and safe way to take staff temperature checks.



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

5-star Google Review



"Not only was I fortunate enough to be administrator at Fair Oaks for 17 years, I was a rehab patient after my retirement. I was treated with such caring and professionalism. I know I left (the facility) in good hands with Nicole, the (current) administrator. At Fair Oaks the residents/patients always come first." – Joyce S.

3 YEARS RUNNING!



**Voted one
of the best in
Senior Housing
in McHenry County!**



Happy Birthday!

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

Residents

Magdalena S. Nov. 23rd

Ants T. Nov. 26th

Staff

Kristen E. (Dietary) Nov. 3rd

Erin S. (Activities) Nov. 5th

Holly F. (RN) Nov. 8th

Rose C.
(CNA/Restorative) Nov. 14th

Char R.
(Housekeeping) Nov. 23rd

Melody S. (CNA) Nov. 30th

Tiffany S. (Housekeeping
Supervisor) Nov. 30th

Staff Anniversaries

Tracy T. (CNA) 22 years

Saul C. (Cook) 6 years

National Physical Therapy Month

Every October we celebrate National Physical Therapy Month, an annual opportunity to raise awareness about the benefits of physical therapy. Last month we highlighted our own amazing PT Staff at Fair Oaks:

Ramon J. has been practicing physical therapy for over 17 years and has been part of the Fair Oak's family for over seven years. Ramon says the opportunity to help others who are in a vulnerable place is what drives his passion. If you walk down our main hallway, you most likely will hear Ramon playing the guitar to help encourage residents and bring a smile to all passersby.

Pat E. has been working as a fabulous physical therapy assistant for over 21 years and has been part of Fair Oaks for over six years. Knowing that "needles weren't her thing" but still having a desire to work in healthcare and help others, she discovered her love of physical therapy. Her favorite activity is working on balancing exercises with residents. Pat's passion is evident in her smile and her positive demeanor with patients.

Steve S. has been practicing physical therapy for over 25 years and has leads our department as Director of Therapy. Steve found his way into the world of PT through his own personal healing experience and that is why he has such empathy with his patients. Steve is also outspoken about his appreciation for his team. In an interview he discussed how accomplished his team is and the cohesiveness of his team is what makes the PT department so strong. He is thankful that his team has made such a positive impact in hundreds of our residents' lives



Dog Days of Summer Employee Photo Contest

Staff was asked to submit their favorite furry friend's photos to brighten up our walls. Residents voted for their favorite. Congratulations to Lavetta, our Dietary Manager, and her teacup yorkie, Bella Rue!



Therapy Success Story

Ramona D. came to Fair Oaks for short term rehabilitation.

While therapy can be a challenging step, Ramona always came with her bright personality filled with positivity. She said her drive to get back to her family was her greatest motivator. Ramona is ecstatic that her hard work payed off and she went from little to no movement on her left side to being able to lift weights and use the peddle bike.

While most residents will discuss their specific favorite therapeutic exercise, she stated she now understands how every exercise is designed to strengthen and stimulate in a different way and all that you have accomplished!



Nothing can keep us from voting

Our activities team was hard at work making sure our long term residents can participate in this year's election on November 3rd, pandemic or not. To keep everyone safe and healthy, all ballots will be delivered by mail and residents will be given the option to fill out their ballots in their room or in a sanitized private room. Short term residents also have the option to vote this way.

McHenry County Clerk Office released this statement, "Any qualified voter who has been admitted to a hospital, nursing home or rehabilitation center due to an illness or physical injury not more than 14 days before an election is entitled to personal delivery of a Vote by Mail ballot in the hospital, nursing home or rehabilitation center. *An Application for Ballot for Qualified Voter Admitted to Hospital, Nursing Home or Rehabilitation Center Not More Than 14 Days Before an Election form* must be completed by the voter and admitting physician, then delivered to the Election Division office by a relative of the voter or a registered voter of the same precinct as voter to receive a Vote by Mail ballot."

If you are a short term resident (or family member) that is interested in voting, please contact Kelsey, Activity Director, for more information.

WISH LIST

Glue Sticks Needed

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

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.

Newsletter Production by PorterOneDesign.com

Fresh flowers brighten the soul

Rutgers University recently conducted a 10-month behavioral study that explored the link between flowers and life satisfaction. Their findings show that flowers are a natural moderator of moods and have strong positive effects on emotional health. According to the Rutgers researchers, the presence of flowers provides the following benefits:



- Flowers have immediate impact on happiness. All study participants, in every age group, expressed excitement when receiving flowers. Reactions included surprise, genuine happiness and gratitude.
- Flowers have a long term positive effect on moods. Study participants reported feeling less depressed, anxious and agitated after receiving flowers. They also demonstrated greater sense of life satisfaction.
- Flowers create intimate connections. Giving and receiving flowers creates positive contact between family and friends.

In the study, subjects received deliveries of flowers and other gifts such as fruit and candles. While most deliveries received a positive response, the highest response rate occurred with flowers. Studies showed that the positive feelings lasted two to three days. With this new information, you better believe we took some time to cut, arrange and smell the flowers.



DONATE SAFELY AND EASILY ONLINE:
FairOaksHealthcare.org/Donate



This season shop at smile.amazon.com and Amazon will donate to our facility. Just login and choose **Wisconsin Illinois Senior Housing Inc.** as your charity of choice. Visit amzn.to/2lwBS5n.

amazonsmile