



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.

Eight Things to Know about the U.S. COVID-19 Vaccination Program

1. The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible. The CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

2. COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed. Depending on the specific vaccine you get, a second shot 3-4 weeks after your first shot is needed to get

the most protection the vaccine has to offer against this serious disease. Learn more about the benefits of getting vaccinated.

3. CDC is making recommendations for who should be offered COVID-19 vaccine first when supplies are limited. To help guide

decisions about how to distribute limited initial supplies of COVID-19 vaccine, the CDC and the Advisory Committee on Immunization Practices have published recommendations for which groups should be vaccinated first.

4. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come. The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines.

5. After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.

6. Cost is not an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be

able to charge administration fees for giving the shot.

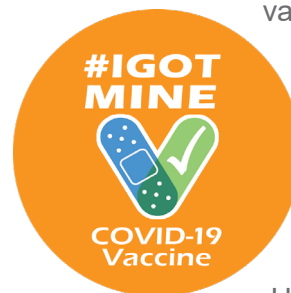
Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the

Health Resources and Services Administration's Provider Relief Fund.

7. The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested. If more COVID-19 vaccines are authorized or approved by FDA, the Advisory Committee on Immunization Practices (ACIP) will quickly hold public meetings to review all available data about each vaccine and make recommendations for their use in the United States.

8. COVID-19 vaccines are one of many important tools to help us stop this pandemic. It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least six feet away from others, avoid crowds, and wash your hands often.

Source: cdc.gov 12/20/2020



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.

We had ourselves a merry little Christmas!

It is clear that 2020 has made a deep impression on all of us and has brought many hardships. What 2020 also gave us was a chance to find gratitude in the simple things and inventive ways of spreading happiness and togetherness. At Fair Oaks we brought the holiday cheer through Victorian Carolers going window to window, door decorating competitions, Santa wearing proper PPE, eating more than enough sweets, hours of window visits, staff wearing their holiday bests, showering each other in gifts, and with a glass of sparkling cider in hand, screaming farewell to 2020 at the top of our lungs, wishing for a new year filled with love and closeness.



Residents

Evelyn S. Feb. 22nd

Staff

Kathryn H. (Activities) Feb. 2nd

Tasha A. (CNA) Feb. 4th

Saul C. (Cook) Feb. 9th

Jenni K. (Secretary & Reception) Feb. 9th

Michelle F. (MDS Coordinator) Feb. 11th

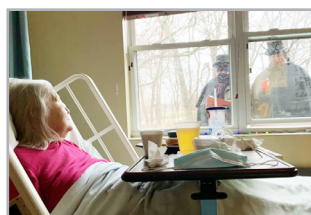
Anna M. (CNA) Feb. 21st

Staff Anniversaries

Bertha B. (CNA) 16 years

Nina H. (Cook) 3 years

Anna M. (CNA) 1 year



Join Our Team

CNA: Full-Time and Part-Time PM Shift and Night Shift and PRN

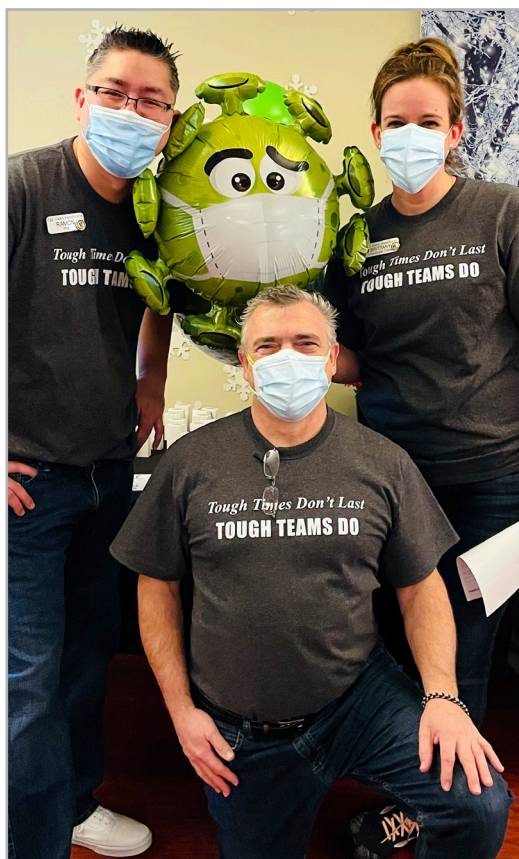
Dietary: Part-Time with opportunity to pick up additional hours

Housekeeping: Full-Time PM



I GOT MINE!

Fair Oaks is currently offering the COVID-19 vaccine to residents and staff during Phase 1a of the vaccine distribution. We're working to help bring an end to the pandemic! #GetVaccinated #IGOTMINE



WISH LIST

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

Therapy Success Story

Richard B. came to Fair Oaks for short term



rehabilitation. While therapy can be a strenuous push to better oneself, Richard came in everyday with a friendly smile and a positive, determined demeanor. Through the hard work of Richard and all the staff members who have helped him along the way, Richard has confidently adapted to using a walker, learned how to better prepare him in day to day activities, and walk with more self-assurance. He states that the staff's professionalism and good communication skills has helped make this stressful time, enjoyable and memorable. We are proud of you, Richard, for all that you have accomplished!

Send a Card to a Friend Day: Feb. 7

Greeting cards are lasting reminders of the relationships in your life, and there may be no better way to remember how much someone meant to you.

When someone sends you a card "just because," you feel good inside. Remember that feeling and return the favor on February 7.

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



Help Heal Your Heart: National Cardiac Rehabilitation Week

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery.

Benefits of Cardiac Rehab:

- Strengthening your heart and body after a heart attack.
- Reducing stress.

- Improving your mood.
- Relieving symptoms of heart problems, such as chest pain.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Increasing your energy and strength.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.

Source: cdc.gov

WORD SEARCH

Find and circle the 10 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

CARDIAC	IMMUNE
EXERCISE	LOVE
FRIEND	REHAB
HEALTH	STRENGTH
HEART	VACCINE

L O V E V H I L M W I I M C Q I O V M W
I G O E L S E Y Y F X M I T M P D D F H
H T R K I U U A F X F E X E R C I S E V
N N N Q I M E J R G R F K W W P A G W K
W C V I A B M C I T N H L B R L Y O R G
N B A S L O Y U E R S M T E E J T P H J
U H Q M S T R E N G T H N O H K A F C E
T F C S Q U L C D E V I S N A B G B D V
K F X U L Z U D I O C O Z P B S V K F D
V W L X R A O T X C A R D I A C R M S B
A H E A L T H H A P Z M U T N I R D J V
U S A I U A J V C U P W B N S A D O G L

WISH Rising Stars Scholarship

Scholarship Applications due March 30th

WISH scholarships are available to current employees and also high school students in WI and IL who are interested in post-acute care.

Read more about the scholarship and how to apply at bit.ly/wish-scholarship



WISH
Rising Stars

DONATE SAFELY AND EASILY ONLINE:

FairOaksHealthcare.org/Donate

