

Medicare
5-Star RatedOverall 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.

Enhance Your Hydration & Signs of Dehydration

Maintaining adequate hydration is an essential component of health at every stage of life, yet can become more challenging as we grow older.

For seniors, proper hydration has been associated with fewer falls, less constipation, better recoveries in orthopedic patients, reduced risk of bladder cancer in men and lower rates of fatal heart disease. Getting enough water in your body will prevent you from getting dehydrated.

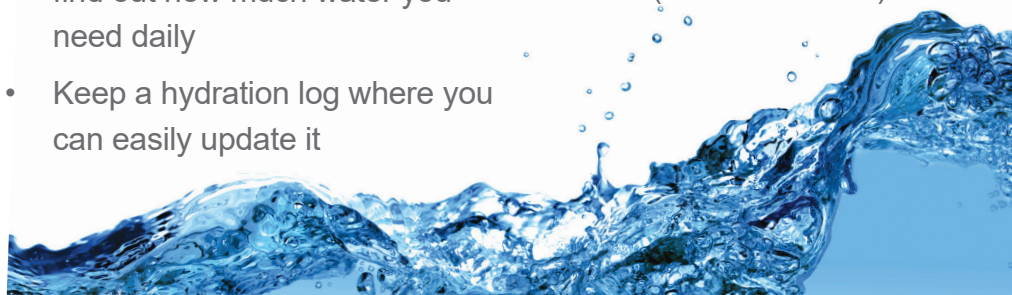
Signs of dehydration include:

- Fatigue
- Dry mouth or lips
- Cramps/constipation
- Headache/dizziness
- Stiff joints/muscle weakness
- Dark/odorous urine

Tips to increase hydration:

- Speak to your physician to find out how much water you need daily
- Keep a hydration log where you can easily update it

- Take sips rather than gulping down water all at once
- Drink steadily throughout the day, especially if you are active or older
- Carry a water bottle with you, so it is readily available
- Infuse water with flavor by using mint, vegetables (cucumber or celery), and/or fruits (citrus or berries)



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

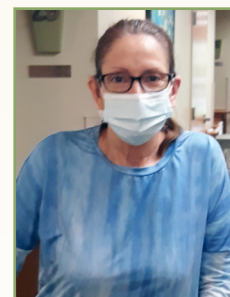
SPECIAL RESIDENT HIGHLIGHT

Our rehab patient, Nadine stated what motivates her for Therapy is **“To live a full active life and to be able to do things with her grandkids.”**

Therapy has helped her, **“to be able to raise and lower my leg into and out of the bed.” To go to the bathroom on her own and get dressed by herself.**

Her favorite therapeutic exercise is, **“right now it’s the stairs, because I’ve been so anxious about it.”**

Is there a favorite experience with therapy? **“Yes, being able to do the stairs, I feel I still need more work on that!”**





Happy Birthday!

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

Residents

Patricia C.	June 24th
Lee S.	June 27th

Staff

Heather R.	June 1st
Cari I.	June 12th
Kelly W.	June 17th
Flora C.	June 27th
Amanda L.	June 29th

Staff Anniversaries

Shannon B.	5/20/19	2 years
CNA		
Caryn W.	5/27/14	7 years
LPN		
Brittany B.	5/01/13	8 years
OT		
Victor R.	5/20/92	29 years
Dietary Aide		

Job Postings

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

Activity Assistant: Full Time

Social Service

Assistant: Full Time

Housekeeping: Part Time

Activity Highlights

On Mother's Day, we had an Afternoon Tea Social with music and gifts for each of our residents who are mothers.

The tea and mini cakes were served on fine china, to create an English atmosphere. Each lady received a small bouquet of flowers and small gift from everyone at Fair Oaks.

Also on the 18th of May the Men's Club had their first meeting to discuss and make some decisions on what their main interests are and where they want to begin.



Judy



Evelyn



Pat



Lois



Nora

WISH LIST

We are always accepting donations throughout the year. Our Activities Department is specifically looking for a Cordless Microphone, it will please the residents to hear our staff when calling Bingo and making announcements. Please contact our Activity Director, Chris, at (815)455-0550, for specific details or any questions!



Facility Highlights

May 10-14 we celebrated National Nursing Home Week and National Nurses Week! This year's theme for Nursing Home Week was "Together Through the Seasons." Each day we had a designated theme, and we planned our meals and activities around those themes. This past year has been very difficult, and it was nice to have some fun and celebrate getting through all these seasons together. We did many special activities to honor our AMAZING nurses as well. They are the backbone of our facility, and we would be lost without them!

June 17-24 National Nursing Assistants Week

Certified Nursing Assistants have a rewarding profession assisting patients and residents with activities of daily living, improving quality of life, and lending a listening ear and companionship. Whether one is recovering from a hospital stay or living in a nursing facility, CNAs are there to make a difference. Show your appreciation for the CNAs who make a difference in your life or the life of your loved one during National Nursing Assistants Week, by giving them a special thank you.

And from all of us here at our facility, a big thank you to all CNAs for everything you do.

Sudoku

5			4		8	6		
		7	1	5			9	3
	8	2	7	9		4	5	1
7	2	3	6	1		5		
	6					7	1	
	5	1					6	2
	3	6				1	8	5
	7	5			1			6
1	9	8		6				4

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
Denise CNA Supervisor
Peter Maintenance Supervisor
Tiffany Housekeeping/Laundry
Chrissy Admissions
Christine 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

June is Men's Health Month

There are common men's health problems that are treatable if caught early enough, but can be permanently debilitating or even fatal if they are not detected until after symptoms make themselves known. Prostate cancer is the most common cancer, excluding skin cancers, in American men. As



Americans continue to live longer lives, the overall impact of prostate cancer is becoming more prevalent. Fortunately, prostate cancer may be easily treated if it is detected early. For this reason, it is very important that men over the age of forty receive annual prostate examinations.

Prostate cancer symptoms may include, but are not limited to:

- Increase in urination frequency, especially at night
- Difficulty in starting urination, with painful or burning sensation
- Painful emission
- Blood in urine
- Pain or stiffness in the back, hips, or upper thighs

If you have one or a combination of any of the symptoms listed above, schedule an appointment with your physician as soon as possible.

Celebrate Fathers on Sunday, June 20

On Father's Day, we celebrate the special guys in our lives. Not just fathers, but all the men who have made a positive impact on our life.

Reach out via phone, text, video chat, or safe visit to your dad or father figure on Sunday, June 20 and let him know what a difference he has made in your life.



DONATE SAFELY AND EASILY ONLINE:

FairOaksHealthcare.org/Donate

