

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.**

## Message from the Administrator

Hello, families! I wanted to write a short note regarding our visitations policies. I first want to thank you all for being so patient with us as we navigate through the ever-changing guidelines over the past year and a half. We have been so excited to have families back into the building and seeing our residents. We have truly missed it. With the state opening more and more, please understand that healthcare, specifically nursing homes, do not go by the same rules and guidelines as the rest of the state. The State of Illinois sets a separate set of guidelines for Nursing Homes that we need to follow. So please be patient with us as we enforce

these guidelines. The people at the front desk or on the phone are just following the policies they were instructed to follow. If there are concerns about our policies, please feel free to reach out to me, directly, at any time. I understand that many restrictions in the general community are being lifted, but COVID-19 is not gone. We still need to take the necessary precautions to keep this virus out of our building and away from our residents. Thank you so much for understanding, and I hope you all stay healthy and are having a lovely summer!

Sincerely,

**Nicole Lopez**

## 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

## Gorgeous Grandma Day

Gorgeous Grandma Day was founded in 1984 by Alice Solomon. Friday, July 23 is the next official Gorgeous Grandma Day, where everyone is encouraged to take a significant woman who is 50 or older for a day out. This is also a good time to remember your loved ones with favorite memories you can share with family members or refresh your memories while looking through a family album. *Source: cncb.com*





## Happy Birthday!

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

### Residents

James N. July 15th

### Staff

Lucy W., PTA July 1st

Yesenia R., CNA July 1st

Laura O., July 9th  
Housekeeper

Michael H. July 20th  
Transport Driver

### Staff Anniversaries

Nicole L. July 1st 4 years  
Administrator

Jeffery L. July 1st 13 years  
Cook

Jennifer V. July 10th 1 year  
RN

Holly F. July 29th 32 years  
RN

## Activity Highlights

We had such a fun time celebrating National Nursing Home Week! The residents and staff really enjoyed our theme days and games. We also celebrated our nurses the same week for National Nurses Week. We love our nurses and all they do for our residents.

Our Activity Special Event was on June 20th Father's Day at 12:00pm

We had a Barbecue of Brats with other delicious side dishes.

We learned some history and trivia all about fathers, along with a small gift from everyone at Fair Oaks.

With summer returning, we are excited to bring back some outdoor entertainment for residents out on our beautiful back patio. Mark Hoffman will be treating us with some fun and up-beat tunes on his keyboard.

Special Resident Highlight: Our residents have enjoyed being outside again and breathing in that fresh air. We have been doing morning exercises on our back patio. We also have enjoyed some lovely socials with delicious lemonade!

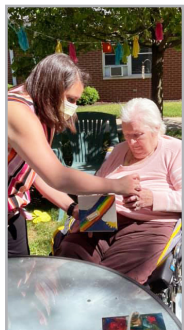
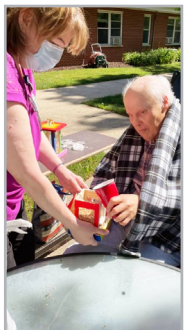
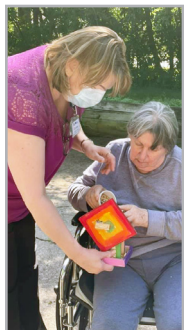
A great big thank you to Girl Scout Troop #1910 for making Fair Oaks a part of one of their community service projects. They used some of their cookie earnings to purchase bird feeders and paint them beautiful bright colors for our residents to enjoy! The residents enjoyed filling them up and have them hung throughout the trees on our property. Everyone loves watching the birds.

## Special Event

With Independence Day approaching, we will be planning a fun social for the 4th for our Residents! We are very lucky to be located so close to the lake, so we are hopeful to be able to see the Crystal Lake Fireworks from our building.







## WISH LIST

We are always accepting donations throughout the year. Our Activities Department is specifically looking for a few Portable CD players. It will please the residents to hear their music of choice in their rooms, specifically if they're not feeling well.

Please contact our Activity Director, Chris, at (815)455-0550 Ex. 24, for specific details or any questions!



## Job Postings

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

**Activities Associate: Full-time Tuesday- Friday Day- shift 9:00 am- 5:30 pm and Saturday Day-shift 8:30 am – 3:00 pm.**



## 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

## July is UV Safety Month: What You Eat Can Protect Your Skin from the Sun

Researchers from Harvard University recently announced that **lutein (LOO-teen)** —a potent antioxidant found in such **dark green, leafy vegetables as spinach and kale** —may **protect the skin from sun damage**.

“Lutein has been widely recognized for its eye health benefits for several years, but, our data is the first of its kind to suggest that lutein may have the potential to act as a preventative agent against UVB-induced skin cancer,” said Salvador Gonzalez, M.D., Ph.D., leader of the Harvard research team. “In addition, because these data suggest that lutein protects the skin against damage caused by exposure to UVB light, it further validates our position that lutein is a critical component to overall skin health.”

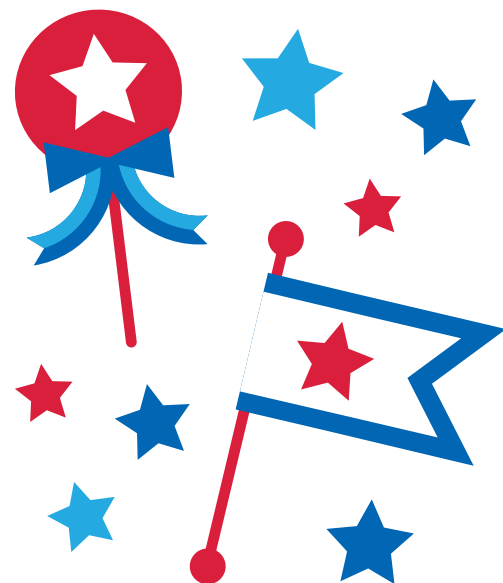
**Lutein is a yellow pigment (the yellow is covered up by chlorophyll in green leaves) found predominantly in vegetables.** As an antioxidant, lutein protects the eyes from the

damaging effects of aging. Lutein also acts as a light filter, protecting against the sun’s harmful rays.

UVA and UVB rays are two types of harmful rays found in sunlight. UVA rays contribute to wrinkling the skin, as well as to the development of skin cancer. UVB rays are the ones that are the primary cause of sunburn and skin cancer. Don’t just protect yourself by eating well! Good sunscreens block both UVA and UVB rays and are critical to skin health.



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



DONATE SAFELY AND EASILY ONLINE:

[FairOaksHealthcare.org/Donate](https://FairOaksHealthcare.org/Donate)

