The Fair Oaks News

OCTOBER
2022

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services

Healthcare Food Service Workers Week is Oct 2-8

During this week we want to take time out to recognize and give a huge 'Thank You' to our awesome dietary staff including our cooks, aides & others who use their talents to create delicious and nutritious meals and snacks for our residents. Dietary and kitchen staff make each day special by creating tasty meals as well as engaging in conversation and companionship which is always a big part of mealtime here in our community.

Fair Oaks
Health Care Center

471 W. Terra Cotta Avenue
Crystal Lake, IL 60014
815.455.0550
Norreen Zaio, Administrator
Lori Tapanien, Business Office Mgr.
Christine Rosa, Activities

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

What is Physical Therapy

Physical Therapists work to restore strength, mobility and promote greater independence, either unassisted or with assistive devices. Licensed physical therapists focus on improvement, coordination, balance, strength and endurance of their patients.

Did you know that physical therapy may be a safe, effective alternative route to treat chronic pain conditions? According to the APTA (American Physical Therapy Association) physical therapy is "the safer way to manage pain," without using potentially harmful and addictive medication.

Physical therapy may require a lot of work, time, and dedication, but with the help of certified physical therapists, people all around the world have seen improvements in their daily lives. Be sure to talk to your physician today to see if physical therapy might be right for you!

National Physical Therapy Month

Inpatient/outpatient physical therapy services available. Contact us to learn how our physical therapists can help you or a loved one today.

CIRCLE THE 10 DIFFERENCES!

Brain Game

How many words can you make from the letters: B – R – A – I – N
Do not include "brain." *Give yourself one point per word. Challenge your friends and family.*

Activities to exercise your brain

We always hear about the health benefits of adding physical exercise into our daily routine, but what about exercising our brains?

Keep your mind sharp by challenging yourself with brain teasers, trivia, and trying new activities. Here are some suggestions for staying sharp: Learn a new language, Read a book about an unfamiliar topic, Start a journal, Try a new hobby, Complete a jigsaw puzzle, Purchase activity books with crosswords, word searches, word jumbles and other paper-pencil games.

Your gift today makes a brighter tomorrow.

Did you know Medicaid doesn't fully cover senior care costs in nursing homes? Help us support seniors when they need it most.

Please give

Donate online: **bit.ly/give2fo**

We're a nonprofit WISH senior care community

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