

The Fair Oaks News

FEBRUARY
2024

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services

Facility News: Attention Employees

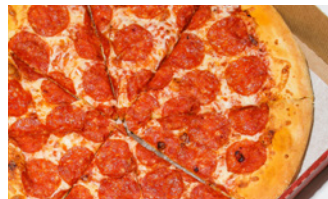
Happy Birthday!

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

Employees

Tasha R.

Feb. 4th



February 9th is National Pizza Day

Fair Oaks will be celebrating their amazing caregivers with PIZZA. Pizza will be serviced at 12pm in the Acorn conference room, come join us.

February 20th is National Love Your Pet Day.

Employees are welcome to bring in their pet on this day to visit with our residents.



WISH List - For Activities:

- CD Players
- Mini Fridge
- Cricut Machine
- Mini Exercise weights
- Ice Cream Machine
- Art Canvases & Thick Paint Brushes
- Board Games
- Headsets
- Bingo Prizes

Help Heal Your Heart with the Cardiac Rehab

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.

Benefits of Cardiac Rehab:

- Strengthening your heart and body after a heart attack.
- Reducing stress.
- Relieving symptoms of heart problems, such as chest pain.
- Improving your mood.
- 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

Fair Oaks

Health Care Center

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Norreen Zaio, Administrator
Lori Tapanien, Business Office Mgr.
Amanda Lacher, 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

Visitation Guidelines

The front door is open 8am - 8pm.

Please be sure to sign in when arriving. You will need to wear a mask when visiting. If experiencing any Flu or Covid-19 like symptoms, please use proper precaution.

Visitation after hours can enter through the doors with the blue awning. Please ring the doorbell and an employee will open it for you.

Activities/Events

February 13 at 10:30am
Resident Council Meeting

February 14th – We will be celebrating Valentine's Day. We'll have Valentine's Day trivia and dessert served at 2pm

February 21st
Catholic Mass at 10am

February 23rd – Entertainment with Robin at 1:30pm

The Joys of Send a Card to a Friend

There is something special about receiving a greeting card. They are thoughtful keepsakes of the relationships in your life. There may be no better way to let a loved one know how much they mean to you or that you're thinking about them than by sending a card.

The best thing about greeting cards is that you can find them for almost any situation you can think of, and for some that you may have never thought of before. Or if you're looking for something fun and creative to do, you can make your own.

Create a card from construction paper, stickers, and markers and add a heartfelt message for your recipient. They're sure to appreciate your handmade efforts. While it is great to get a greeting card for a special occasion, like a birthday, Valentine's Day, or other life event, it is even better when it is a surprise! Remember how good surprise mail makes you feel and return the favor to a special some one.



Word Search

Find and circle the 16 words listed. Find words straight across, up and down, and diagonally. All words are forwards reading only.

CANDY	GROUNDHOG	MITTENS	SWEET
CHOCOLATE	HEART	PINK	VALENTINE
FEBRUARY	JEWELRY	RED	WHITE
FLOWERS	LOVE	ROSES	WINTER

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

Do you know someone who'd be a good addition to our team?

We're hiring! Visit the Careers page on our website or scan the QR code.

