

The Fair Oaks News

JANUARY
2025

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services



Happy Birthday!

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

Residents

1/05

Faith R.

Employees

1/5

Estelita M.

1/6

Ernie L.

1/8

Nidia Y.

1/10

Garrett J.

1/11

Maria F.

1/13

Stephanie A.

1/15

Maricela J.

1/19

Ramon J.

1/21

Veronica M.

1/23

Rachel C.

1/28

Stephanie G.

1/29

Nikki J.

1/31

Nora M.

1/31

Charley E.

Honoring MLK Jr. on January 20

Please join us as we celebrate the life and legacy of Dr. Martin Luther King Jr. on Monday, January 20, 2025. This federal holiday honors Dr. King's remarkable achievements, including his leadership in nonviolent activism and his pivotal role in fighting racial discrimination across the United States. His contributions to equality and justice continue to inspire generations. Looking for meaningful ways to celebrate?

Here are some ideas:

- **Community Service:** Organize a

small act of kindness, like making care packages for those in need.

- **Watch & Reflect:** Watch a video or read excerpts from Dr. King's famous speeches, such as his "I Have a Dream" speech. Afterward, encourage a group discussion about his equality and peace messages and what they mean and apply today.

By participating in these activities, we not only celebrate Dr. King's legacy but also promote the values of unity, equality, and peace that he worked so hard to inspire.

WISH List - For Activities:

- DVD Movies and CD's

Fair Oaks

Health Care Center

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Norreen Zaio, Administrator
Lori Tapanien, Business Office Mgr.
Norma Miranda, 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

Online Review

I was at Fair Oaks for several week after major surgery. The staff were warm and friendly and gave me the good care I needed. The PT and OT were very motivating and gave me confidence that I would do well when I got home. - **Fred N.**

Upcoming Events

01/01 New Year's Memories
01/02 Coffee Donut Gathering
01/09 Crystal Lake
Library W/Kati,
01/10 Happy Hour,
01/15 Soup For The
Soul Social Event


01/15 Mass
01/16 Church Service
01/20 Hawaiian Day
01/21 Music W/Tony
and Birthday Party
01/22 Baking
01/24 Hot Cocoa Bar
01/25 Movie Night,


Discover a New Hobby this January


Did you resolve to try something new this year? January is National Hobby Month—the perfect time to explore hobbies that bring joy, relaxation, and a sense of purpose. Hobbies not only to fill extra time, especially for seniors, but may also positively affect mood and well-being.

Here are some hobby ideas to inspire you:

 **Creative Crafts:** Try sewing, needlepoint, quilting, or painting. Creating something with your hands brings a sense of accomplishment, and your finished pieces can make heartfelt gifts or donations to those in need.

 **Games & Puzzles:** Enjoy crosswords, cards, or jigsaw puzzles to keep your mind sharp. Prefer tech? Online games on tablets and smart phones are great for mental stimulation, especially during National Puzzle Month!

 **Book Clubs:** Reading is a great leisure activity, and joining a group to discuss books can add a social element and spark meaningful conversations.

 **Social Media Fun:** Stay connected with loved ones by sharing updates, photos, and videos via text, email, or on social media. It's an easy way to stay involved and feel connected.

 **Music Appreciation:** Enjoy listening to your favorite tunes on the radio or join a group sing-along. Music is a wonderful way to relax, lift your spirits, and connect with others. Hobbies add meaning and joy to life. Which one will you try this month?

Popcorn Mix-In Ideas

Popcorn is the ultimate easy snack—quick to make, endlessly customizable, and perfect for sharing! Whether you love it plain or loaded with flavors, National Popcorn Day (January 19) is the perfect time to get creative with your kernels.

No-Frills Classic: Drizzle melted butter over freshly popped popcorn and sprinkle with a touch of salt. Sometimes simple is best!

Sweet Treats: Mix in Reese's Pieces, M&Ms, or mini chocolate or white chocolate chips.

Fun and Fruity: Add dried fruits like raisins, cranberries and apricots.

Cheesy Goodness: Sprinkle grated Parmesan or your favorite cheese powder for a savory twist.

Crunchy Nuts: Add roasted peanuts, cashews, or walnuts for texture and flavor.

Spicy Kick: Try cayenne pepper, garlic powder, black pepper, or wasabi peas for heat.

Seasoned Snacks: Enhance with garlic powder, black pepper, Italian herbs, or taco seasoning.

Sticky Sweet: Mix in melted marshmallows or a drizzle of honey, or make kettle corn by adding sugar and salt during popping.

Sweet & Savory: Combine your favorite chocolate and nuts together.

With so many options, popcorn can be as simple or as bold as you like. Mix, match, and enjoy!

