

The Fair Oaks News

FEBRUARY
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

2/03 Charles H.
2/23 Lorraine R.

Employees

2/04 Alejandro R.
2/27 Ala M.

Random Acts of Kindness to Brighten the World

What small act could you do today to brighten someone else's day? While money can be earned and gifts can be bought, time is priceless. Here are a few Random Acts of Kindness:

Share a smile. It's simple but can brighten anyone's day.

Show appreciation. Call, text, or meet a friend to let them know how much they mean to you.

Donate food or household items. Contact a local shelter and find out what items they need and make a donation, if you are able to do so.

Volunteer regularly. Spend time once a week helping at local shelter or community center.

Send flowers or a plant. Brighten someone's space by sending them a bouquet or potted plant.

Donate blankets or pillows. Help animals in need by donating gently used items.

Volunteer at a nursing home. Share your skills: play music, be a companion, or help with crafts.

Write letters or make cards. Brighten someone's day by sending a note.

Share a meal. Invite a friend for a simple lunch or bring food to share with others.

Offer a helping hand. Assist a neighbor with carrying groceries or run an errand for them.

Give compliments freely. Offer genuine compliments to people around you to make them feel good.

Read to someone. Spend time reading a book or article aloud to someone who might appreciate it.

These small acts can not only make someone's day but also bring joy and fulfillment to you. Take today to make a change in someone's world—and yours. A few seconds of kindness can mean the world to someone. Be kind!

Fair Oaks

Health Care Center

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 **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

Upcoming Events

02/03	10:30am Punxsutawney (Drama Club)	02/17	2:30pm President's Trivia
02/03	2:30pm Hot Cocoa Gathering	02/18	10:30am Black History Word Game
02/04	10:30am You Be The Judge	02/19	10:30am Mass
02/05	2:30pm Coffee Klutch	02/20	10:00am Christian Church Service
02/06	10:30am Finishing Lines	02/21	2:30pm Happy Hour
02/11	10:30am Name That Tune	02/24	10:00am Glenn Miller Dance Workout
02/12	10:30am Valentine Craft	02/24	10:30am Love Memories
02/13	10:30am Crystal Lake Library W/Katie	02/25	10:30am Candy Phrases Finish The Line
02/13	2:30pm Manicure	02/25	2:30pm Birthday Party
02/14	10:30am Valentine's Trivia	02/26	2:30pm Coffee/Donut Gathering
02/14	2:30pm Valentine's Party	02/28	10:30am Cranium Crunches
02/16	2:30pm Pokemo	02/28	2:30pm Ramadan Puzzles
02/17	10:30am Family Feud		

Heart-Healthy Living Tips

Staying heart-healthy is a lifestyle, supported by healthy habits and the encouragement of loved ones. These habits can help prevent heart disease, maintain normal blood pressure, cholesterol, and blood sugar, and reduce the risk of heart attacks.

This American Heart Month, share these tips with friends and family:

- **Eat Healthy:** Focus on fresh fruits and vegetables, limit processed foods, and avoid foods high in saturated and trans fats. Choose foods high in fiber to help lower cholesterol and limit salt to lower blood pressure. Also, reduce sugar intake to manage blood sugar levels, and limit or avoid alcohol.



- **Maintain a Healthy Weight:**

Carrying excess weight adds stress on the heart and increases the risk of heart disease.



- **Stay Active:** Aim for at least 2 hours and 30 minutes of moderate exercise per week (e.g., brisk walking or biking). Children should get 1 hour of activity daily.



- **Get Enough Sleep:**

Regular, quality sleep (7-8 hours) supports heart and blood vessel health. Lack of sleep is linked to higher risks of heart disease, high blood pressure, and stroke.



Consult your physician or dietitian before making any changes to your daily routine, exercise, or diet to know what is right for you. Source: cdc.gov

Newsletter Production by PorterOneDesign.com

Word Search

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

BRIGHT	FLOWERS	HEART	RED
CANDY	FRIEND	KINDNESS	SMILE
CARD	HABITS	LOVE	SWEET
FEBRUARY	HEALTHY	PINK	VALENTINE

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

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.

