

# The Fair Oaks News

Where your family becomes part of our family.

MARCH  
2025

Skilled Nursing • Respite Care • Rehabilitation Services



## Happy Birthday!

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

### Residents

3/13	Judith G.
3/20	Marjorie H.
3/25	Josephine H.
3/28	Tekia M.

### Employees

3/02	Thompson C.
3/04	Escobar E.
3/08	Wawrzynczyk P.
3/11	Schutte K.
3/16	Godines G.
3/18	Svigel K.
3/19	Valencia J.
3/20	Santiago C.

## Facility News

Josephine H. Will be turning 97yrs old. She is very excited for a birthday cake and to celebrate with the facility.

### WISH List - For Activities:

- Activities Department would like to raise funds for music materials, such as DVD's and CD's.

## Upcoming Events

03/03	2:00pm - March Paint Numbers	03/15	2:00pm - Bingo
03/04	2:00pm - Mardi Grass	03/17	2:00pm - St. Patrick's Day Celebration
03/07	10:30am - Order of Crows (Drama Club)	03/18	10:30am - Abednego Visit
03/10	2:00pm - Sip & Paint	03/19	10:30am - Mass
03/11	2:00pm - Music with Tony	03/20	10:00am - Lutheran Service
03/12	10:30am - Luck of the Irish Sensory Kit	03/21	2:00pm - Festive Fruit Salad
03/12	2:00pm - Men's Club (Guy Talk)	03/24	2:00pm - Happy Hour
03/13	10:30am - A Wee Bit O' Irish Humor (Irish Way)	03/25	10:30am - Star of the Month (Anthony Quinn)
03/13	2:30pm - Book Club	03/25	2:00pm - Monthly Birthday Celebration
03/13	4:00pm - Manicure	03/26	10:30am - Finish the Song
03/13	6:00pm - Movie Night	03/26	2:00pm - Horse Racing
03/14	2:00pm - Casino Slot	03/27	10:30 - Spelling Bee
		03/31	2:00pm - Coffee/ Donut Gathering

# 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.  
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

## Let's Get Crafty!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for a fun afternoon of arts and crafts.

**Painted Rocks:** All you need are some small flat rocks, acrylic paints, and a paintbrush. Get creative! Smiley faces. Bright, colorful doodles. Uplifting messages.

**Paper Plate Crafts:** Explore various

crafts using paper plates, such as creating sun catchers, masks, or decorative wreaths.








**Easy Origami:** Follow simple online tutorials. Folding paper into various shapes, such as cranes or boats, can be a relaxing and wonderful way to engage fine motor skills and creativity.

**Button Magnets:** Repurpose old buttons to create charming magnets. Select colorful, discarded buttons and glue small magnets to the back.



# Tips for Better Sleep

Healthy sleep habits play a vital role in physical, mental, and emotional well-being. Sleep-related difficulties are common, making it important to practice good sleep habits, such as:

- Soaking up morning sunlight to boost melatonin levels, a hormone essential for sleep. 
- Maintaining a consistent sleep schedule by going to bed and waking up at the same time every day, including weekends. 
- Winding down with a book or a soothing bath. 
- Creating a sleep-friendly environment—keep your bedroom quiet, dark, relaxing, and at a comfortable temperature. 
- Removing electronic devices like TVs, computers, and smartphones from the bedroom. 
- Avoiding large meals, caffeine, and alcohol before bedtime. 
- Staying active throughout the day, as regular movement can help you fall asleep more easily at night. 

If you experience ongoing sleep difficulties that affect how you feel or function during the day, consult your physician. Keeping a sleep journal for at least ten days can provide helpful insights for your visit. In your sleep journal, track:

- When you go to bed.
- When you fall asleep.
- When you wake up.
- When you get out of bed.
- Any naps taken.

Source: cdc.gov



## Lesser-Known Facts about St. Patrick's Day

There have been many legends attributed to St. Patrick throughout the centuries. St. Patrick's Day began as a Holy Day in the Catholic Church, but over the years this religious Catholic saint's day has turned into a more secular celebration of the upcoming spring.

### Here are a few lesser-known facts about St. Patrick's Day:

- The original color associated with St. Patrick was blue. Green became popular because of Ireland's nickname, "The Emerald Isle," and the green in the Irish flag and landscape.
- March 17, the day of celebration, is the day of Patrick's death.
- St. Patrick, the patron saint of the Irish, was not from Ireland.
- Patrick was a missionary in Ireland during the 4th century.
- The shamrock, a symbol of St. Patrick's Day, was a plant with three leaves that Patrick used to demonstrate the Holy Trinity to the Irish.
- Finding a four-leaf clover was considered a sign of great luck in Irish folklore.

Over time it was merged with the use of shamrocks in St. Patrick's Day decor.

- The first St. Paddy's Day parade in America was in 1737, 40 years before the Revolutionary War.
- Since the early 60s, the city of Chicago has dyed the Chicago River green to celebrate. The dye is a vegetable-based coloring that lasts for about five hours.
- New York City hosts the largest St. Patrick's Day parade in the world.
- Until the 1970s, Irish laws mandated that pubs be closed on St. Patrick's Day, since it was a religious holiday. The law was later repealed to promote tourism.
- Astronauts have celebrated St. Patrick's Day on the ISS with specially prepared meals and green-tinted water.

**So on March 17, wear something green, enjoy a green mocktail while you share these interesting facts with friends, and have fun "being Irish" for the day!**



## It's not Valentine's Day, but it's time to show our Administrators some love!

Long-Term Care Administrators are the soul of our senior care communities, leading with dedication and compassion while creating warm, caring and safe homes for seniors.

This March, join us in celebrating them. Share a smile, a kind word of encouragement or a simple "thank you" and let's make their day.