

The Fair Oaks News

AUGUST
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

08/05 Laura C.
08/21 Cathy T.

Employees

08/01 Lenahan E.
08/03 Mendez T.
08/12 Doherty B.
08/14 Osifeso A.
08/15 Burrey H.
08/15 Currie J.
08/17 Rehberg V.
08/18 Arnold S.
08/19 Umbricht K.
08/23 Schweizer Y.
08/24 Freimuth A.
08/28 Valenti C.
08/31 Zaio S.

Upcoming Events

- | | | | |
|-------|---------------------------------|-------|-------------------------------|
| 08/03 | Bingo | 08/19 | Abednego Visit |
| 08/05 | Music W/Tony | 08/20 | Mass |
| 08/06 | Arts & Crafts | 08/20 | Smoothies! |
| 08/08 | Fresh & Fruity Summer Punch | 08/21 | Church Service |
| 08/13 | Coffee & Donuts | 08/22 | Faux Oil Painting |
| 08/14 | Crystal Lake Library W/Katie | 08/25 | Jewelry Making |
| 08/14 | Sip & Paint | 08/26 | Birthday Party! |
| 08/15 | Over the Rainbow Cupcakes | 08/28 | Manicures |
| | | 08/29 | Lunch Buddies! (McDonalds) |

Bee-lieve in the Buzz: World Honey Bee Day – August 17



Every third Saturday in August, we celebrate World Honey Bee Day—a tribute to the hardworking bees that pollinate our food, beautify our gardens, and produce the sweet treat we know as honey.

Honey bees are **generalist pollinators**, meaning they'll visit almost any flowering plant—making them vital to our ecosystems and responsible for over one-third of the food we eat. A single bee can pollinate hundreds of flowers in one trip! Their work also supports wildlife, biodiversity, and healthy natural habitats.

And of course, honey bees give us more than just honey. From beeswax candles to soothing balms, their contributions go far beyond the hive.

Help the Hive:

- Plant bee-friendly flowers like lavender, sunflowers, coneflowers, and mint.
- Skip the chemicals and choose natural gardening methods.
- Provide water in a shallow dish with stones for landing.
- Support local beekeepers by using locally-sourced honey in your favorite drinks and recipes.

However, you choose to celebrate, take a moment to thank the bees—and maybe enjoy a drizzle of honey while you're at it.



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

Sip into Summer – Root Beer Float Day, August 6th

On a hot summer day, few things are as satisfying as a creamy, fizzy root beer float. National Root Beer Float Day on August 6 is the perfect time to enjoy this timeless treat and maybe stir up a few sweet memories too.

The root beer float got its delicious start back in 1893, thanks to Frank J. Wisner of Cripple Creek Brewing in Colorado. Inspired by the snowy peaks of Cow Mountain, he imagined vanilla ice cream floating on top of dark soda—just like the mountaintop against the sky. The very next day, he served up the first “Black Cow Mountain,” made with Myers Avenue Red Root Beer and a scoop of vanilla ice cream. It was an instant hit!

Try a Twist on Tradition:

- **Ice Cream Swaps:** Use chocolate, butter pecan, or even dairy-free vanilla for a new flavor combo.
- **Bubbly Variations:** Not a fan of root beer? Try it with cola, orange soda, or cream soda!
- **Float Bar Fun:** Host a mini float bar with different sodas, toppings, and mix-ins like whipped cream, sprinkles, or maraschino cherries.

Whether you're sharing floats with grandkids, neighbors, or simply enjoying one yourself, take a moment to slow down, sip, and savor the simple joys of summer.



August 2 is National Coloring Book Day

The perfect reason to slow down and enjoy a creative, art-filled afternoon! Coloring isn't just for kids—it's a joyful activity that helps adults reconnect with fond childhood memories while also offering real benefits. Coloring can reduce stress, ease anxiety, boost creativity, and even improve focus, fine motor skills, and cognitive health. So grab your favorite pencils or markers, and bring today's image to life—one relaxing stroke at a time.

