

# The Fair Oaks News

SEPTEMBER  
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

Frank D. 9/2

### Employees

Gorety S. 9/4

Ivan L. 9/6

Vince L. 9/16

Neisha L. 9/25

Fruh A. 9/22

## Fair Oaks

### Health Care Center

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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](http://FairOaksHealthCare.org)

WE ACCEPT CREDIT CARDS

## Upcoming Events

09/01 Labor Day Puzzles

09/03 Flowerpot Apple Craft

09/05 Sip & Paint

09/08 Jewelry Making

09/09 Manicures

09/10 Donuts & Coffee

09/11 Ice Cream Social

09/12 Bingo

09/16 Abednego Visit

09/17 Mass

09/17 Mason Jar  
Strawberry Cream Pies

09/18 Church Service

09/22 Branching Out Door Décor

09/23 Birthday Party

09/24 Cheer Cherry Lollies

09/26 Lunch Buddies  
McDonalds

09/30 Music W/Tony

## Simple Habits for a Healthier You

September is **Healthy Aging Month**, a great time to celebrate the habits and mindsets that help us thrive as we grow older. Aging well isn't about turning back the clock—it's about tuning into what your body and mind need to feel your best right now.



### Move Your Body in Ways You Enjoy

— Exercise doesn't have to be intense to be effective. Gentle stretching, chair yoga, nature walks, and water aerobics can all support flexibility, circulation, and balance. Just 20 minutes a day of light movement can lift your spirits, improve sleep, and increase independence.



### Feed Your Body & Your Brain

— A colorful plate isn't just pretty—it's powerful. Bright fruits, leafy greens, whole grains, and lean proteins support everything from digestion to memory. Don't forget to hydrate, especially in warmer months or when taking certain medications.



### Exercise Your Mind –

Lifelong learning, curiosity, and creativity keep the mind engaged. Try something new: take a virtual class, write in a journal, or work on a puzzle with friends. Staying mentally active helps reduce the risk of cognitive decline—and it's fun, too!



### Connection Is Key –

Whether it's phone calls with family, lunch with neighbors, or volunteering at a local group, meaningful connection keeps the heart and mind strong. Isolation can impact both emotional and physical health, so make time for others, and don't hesitate to reach out when you need support.

**Healthy aging is more than a checklist— it's a mindset of valuing each stage of life, staying active in your own care, and finding joy in the moment.**

*Be sure to consult with your physician before making any changes to diet or exercise to know what is right for you.*

## Let's Get Crafty, Silly, and Inspired!

Creativity isn't just for artists—it's for anyone who's ever told a story, tried a new recipe, doodled on a napkin, or fixed something in a clever way. **On Live Creative Day, September 14, celebrate the joy of making, imagining, and exploring on your own, with friends, family, or alongside grandkids!**

Try one of these just-for-fun ideas:



Design a postcard and mail it to someone you love.



Paint or color something—even if it's just outside the lines!



Write a story together, or make up a funny skit.



Host a silly hat parade with costume pieces and music.



Create a memory box with keepsakes, photos, or favorite quotes.

There's no wrong way to be creative, so let loose, laugh a little, and enjoy where your imagination takes you.



## 8 Great Ways to Celebrate Grandparents Day

Grandparents Day is all about love, connection, and celebrating the wisdom and warmth of older generations. Whether you're near or far, here are eight simple and joyful ways to honor the grandparents in your life:

### 1. Make Something Together

Craft a handmade card, bake a favorite family recipe, or create art side by side.

2. **Share a Story** - Ask grandparents to tell a favorite memory or piece of family history. Make a video or write it down.

3. **Play and Laugh** - Bring out the classic games! Connect Four, Uno, dominoes, or even a puzzle.

4. **Plan a Special Meal** - Share lunch, dinner, or a scoop of ice cream together, if you're able to visit.

### 5. Fresh Air Fun

Take a nature walk, stroll through a garden, or visit a favorite local spot.

### 6. Send a Little Love

Mail a card, drawing, or photo to let them know you're thinking of them, even a quick text or voice message can brighten their day.

7. **Explore Your History** - Look through old family photos or ask about your heritage. You might discover surprising and heartwarming stories.

8. **Create a Time Capsule** - Gather mementos, notes, or drawings and seal them in a box to open together next year.

**No matter how you celebrate, Grandparents Day, Sunday, Sept. 7, it is simple: spend time, show love, and make memories together.**