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# The Fair Oaks News

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services

## Upcoming Events

- April 9th*      Coloring Easter eggs at 2pm.
- April 16th*     Easter Tootsie Pop craft with local students.
- April 21st*     Decorating doors with Easter/Spring decorations.
- April 24th*     Resident Birthday Party & dog show performers.
- April 26th*     Creating resident room mailboxes.



## Volunteer Appreciation Week is April 7th - 13th

**Do you know that recent studies have shown that more than 40% of those aged 60 and over have volunteered in some way in the previous year? And most of those folks would give more of their time to volunteer efforts if they were asked.**

- Help others
- Use our skills, wisdom, abilities, and knowledge in new and meaningful ways
- Enrich the lives of others
- Cultivate new social networks
- Learn new things
- Make the community and the world a better place
- Feel good about the ways we are using our time

Volunteering is an incredibly fulfilling activity and can give new meaning to our lives. Perhaps this is one of the reasons so many retirees find such great joy in volunteering. When we leave a career, we sometimes need a new enterprise to give us a sense of meaning in life. Finding a new sense of meaning and purpose is one of the major factors in aging successfully.

Volunteering in the community gives us many new opportunities, including the opportunity to:

Everyone should consider finding an organization or a volunteering activity that is the best match for his or her skills and interests. No activity gives such a sense of purpose and is more appreciated than volunteering.

**Contact our community today to learn more about our volunteer opportunities.**

## Fair Oaks

### Health Care Center

471 W. Terra Cotta Avenue  
 Crystal Lake, IL 60014  
 815.455.0550

Nicole Lopez, Administrator

[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

DONATE SAFELY AND EASILY ONLINE:

**[FairOaksHealthcare.org/Donate](http://FairOaksHealthcare.org/Donate)**





## Happy Birthday!

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

### Residents

Thomas A.	4/03
Robert B.	4/08
Sarah C.	4/08

### Staff

Tracy T.	4/02
Barbara D.	4/09
Amanda H.	4/11
Angela L.	4/11
Lezli M.	4/16
Alexys W.	4/17
Deborah P.	4/24
Dustin H.	4/28
Gwen H.	4/30

# Activities: What have we been up to?

During the month of March we celebrated Mardi Gras by making our own king cake knots, beaded necklaces and masks. Bringing in the warmer weather with spring in mind, we planted a community herb garden. Residents also planted bulbs as a gift for our volunteers here at Fair Oak. The residents will present these to our volunteers during Volunteer Appreciation Week, April 7-13. St. Patrick's Day ended on a high note, as Fair Oaks welcomed Shawn McDonald's musical family who played bagpipes & drums. Irish step dancers put on an exceptional show for our residents. Residents also enjoyed making their own Irish soda bread in a crock-pot.



## Employee Anniversaries

Deborah R.	6 years
Mariann C.	6 years
Nora P.	5 years
Michelle B.	5 years
Laurel O.	4 years
Charetha R.	2 years
Amanda L.	2 years
Stefanie S.	2 years
Dawn C.	2 years
Eriel H.	2 years
Angela L.	1 year
Irene N.	1 year
Lynn S.	1 year

# Save the Date

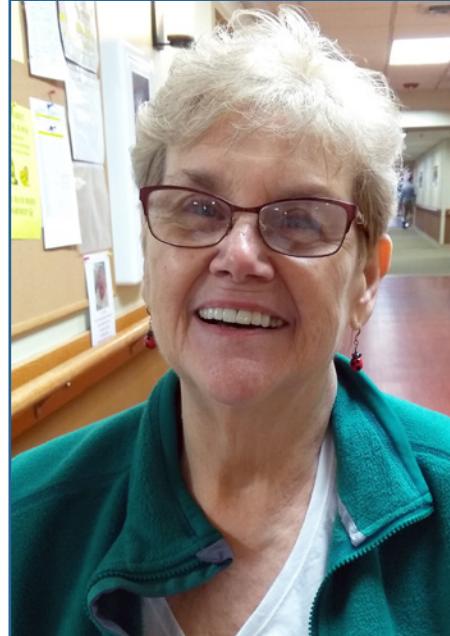
**April 13th at 10AM: Easter Egg Hunt, Craft and Easter Bunny Visit.** This event is open to the public and resident families. Please RSVP to Stormie, our Activity Director, at (815) 455-0550 or email [sdlacey@carriagehealthcare.com](mailto:sdlacey@carriagehealthcare.com) by Saturday April 6th. We hope you will join us for this fun event!

## Therapy Success Stories



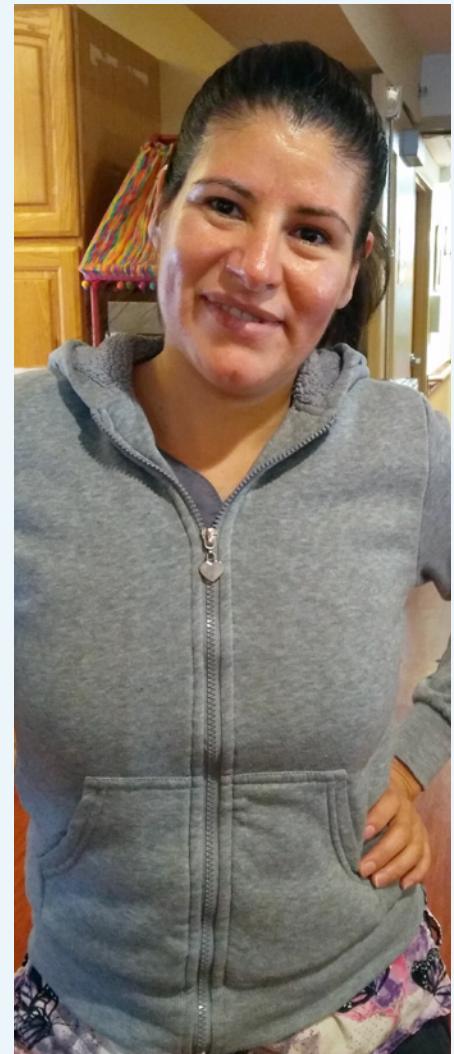
Meet **Donald M.** Donald is here for short term rehabilitation and is doing an excellent job. When asked what motivates him to keep going in therapy, Donald stated that he needs to lose weight in order to have a hip revision, so that motivates him to keep moving! He likes to do the balance activities in therapy because balance is 75% of his goal. Donald said "When I got here, I could barely walk. Now I am able to stand up on my own, which I could not do before. I am walking further distances and my balance is improving!"

Meet **Judith H.**! Judith has chosen Fair Oaks for her rehabilitation, following an orthopedic surgery. Judith says she can stand and walk now, also bend her knee a little bit. She enjoys using the Sci-Fit exercise bike in therapy but also likes the racket and balloon activity. When we asked Judith what motivates her in therapy she said "My motivation is making progress in order to return home. Truly, the people here are supportive and provide good encouragement."



## Employee of the Month

Our Employee of the month is Bertha B. of restorative therapy. Bertha loves being in restorative therapy because she can personally see the residents' growth and success in therapy to help them achieve their goals. Weekly, Bertha brings in her Shih Tzu-Chihuahua, Chispita, bringing smiles to the faces of all the staff and residents here at Fair Oaks. Thanks for all of the hard work that you do Bertha!



## April 17th is Haiku Day

What is a haiku? A haiku is traditionally a non-rhyming three-line poem of Japanese origin that offers a way of looking at the physical world. The haiku consists of three lines with a five-seven-five syllable structure using sensory language to gain inspiration.

Here is a simple Easter haiku:

*Easter Bunny fun*

*Hides rainbow eggs out of sight*

*Children run to find*

## Your Fair Oaks Staff

*It is our goal to make your stay at Fair Oaks as comfortable and pleasant as possible. If you have any questions or concerns please let us know. We are all here to help in any way we can.*

Nicole	<i>Administrator</i>
Cari	<i>Director of Nursing</i>
Angela	<i>Asst. Director of Nursing</i>
Robin	<i>Social Services</i>
Samantha	<i>Social Services Asst.</i>
Lori	<i>Business Office Manager</i>
Jeremy	<i>Dietary Manager</i>
Denise	<i>CNA Supervisor</i>
Peter	<i>Maintenance Supervisor</i>
Tiffany	<i>Housekeeping/Laundry</i>
Chrissy	<i>Admissions</i>
Stormie	<i>Activities</i>
Steve	<i>Therapy</i>
Patti	<i>HR Manager</i>

Our office hours vary but you can find one of us here Monday thru Friday between the hours of 7am and 5:30. Most of us do not regularly work weekends but you will find us here on occasion and we are only a phone call away in an emergency.

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## Easter Around the Globe

In America, we have the traditions of the Easter Bunny, Easter Tree, baskets full of candy and hidden eggs. What about other nations? Do they celebrate Easter too?

Scottish children hard boil eggs and paint them on Easter Saturday. On Easter Sunday, they take the eggs to the top of a tall hill and have a race to see whose egg would get to the bottom first.

Hungarian kids trade hard boiled eggs and then see who can be the first to throw a coin into the egg. It must stay in the egg and not just chip off the side of the shell. Pennies and dimes work the best.

Bulgarians crack eggs after midnight on Easter Sunday. The first one is cracked against the church wall, then everyone chooses their own egg. Each egg is cracked against another person's egg and the one left with an unbroken egg will receive a year of good luck.

The Greeks have a unique tradition. Everyone gathers at the midnight service and all the

lights in the church are turned off. A priest comes in the church doors with a lighted candle and goes to the front pew and lights one person's candle. In turn, this one candle lights another until the rest of the candles in the church are lit. This represents the Light of the Resurrection and everyone receives it.

In Poland, the Easter basket is the highlight of the day. The older family members make them for the younger ones.

They are filled with Easter eggs, homemade bread, ham, butter lamb, and Polish sausages.

The Finnish greet their friends and family by whisking them with small willow twigs. This is done to wish them luck in the following year. Everyone has a turn and then on Easter Sunday, they would exchange eggs, candies, or money to repay the favor.

There are many more traditions, but most of them are similar in honoring the resurrection of Christ and celebrating his return to heaven.



## Continuity of Care With Therapists You Trust



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at Fair Oaks Health Care Center