



The Fair Oaks News

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services

At press time, ALL VISITATION IS RESTRICTED for the protection of residents' health.

Show Me the Science – Hand Washing

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. The CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Hands could become recontaminated if placed in a basin of standing water that has been contaminated through previous use, clean running water should be used.

Turning off the faucet after wetting hands saves water, and there is little evidence that proves whether a significant numbers of germs are transferred between hands and the faucet.

Using soap to wash hands is more effective than using water alone because the surfactants in soap lift soil and microbes from skin, and people tend to scrub hands more thoroughly when using soap, which further removes germs.

Lather your hands by rubbing

them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails. Lathering and scrubbing hands creates friction, which helps lift dirt, grease, and microbes from skin.

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice. Evidence suggests that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods.

Source: cdc.gov

Fair Oaks

Health Care Center

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Crystal Lake, IL 60014
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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

WE ACCEPT CREDIT CARDS

Recognizing Our Amazing Nurses National Nurses Week: May 6-12

National Nurses Week is a wonderful opportunity to honor the “Mother of Nursing,” Florence Nightingale, and all the dedicated, compassionate nurses who have followed in her footsteps.

In 1854, Florence and a group of nurses provided care to wounded soldiers during the Crimean War. After the war she established nursing education programs.

Nurses have always been involved in patient care, and this is especially evident during times of crisis. Only about 20,000 men and women nurses served during the Civil War, but each successive war

created greater demand for nurses. By the end of WWII, more than 78,000 nurses had served. Today, all nurses are once again on the front line to serve and protect their communities in the current COVID-19 healthcare crisis.

From all of our community staff, we want to recognize and honor the dedication of nurses, who work selflessly day and night to help, heal, and care for our residents. Thank you.



Uplifting Conversation

Looking for uplifting, fun conversation starters for your family of loved ones? Ask each member of your family one of the questions below each day to learn something new about each other. Ask everyone to answer and then discuss/explain his/her answer. Encourage each member to think of a new question to add to the list, so that you can keep the conversation going! Remember be creative and have fun!

Here are sample questions to get you started:

- What song best describes you? Substitute song for dessert, vacation, mammal, bird, flower, etc.
- If you were to create your own ice cream flavor what would it be?
- What would your favorite sandwich contain?
- If you could choose any profession what would it be?
- Which historical figure do you relate to?
- What is your favorite quote?
- If you were able to own any kind of animal what animal would be your pet?

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	Administrator
Cari	Director of Nursing
Angela	Asst. Director of Nursing
Robin	Social Services
Samantha	Social Services Asst.
Lori	Business Office Manager
Lavetta	Dietary Manager
Tracy	CNA Supervisor
Peter	Maintenance Supervisor
Tiffany	Housekeeping/Laundry
Chrissy	Admissions
Kelsey	Activities
Steve	Therapy
Patti	HR Manager

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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May 10-16 National Skilled Nursing Care Week: Sharing Our Wisdom

The American Health Care Association (AHCA) recently announced “Sharing Our Wisdom” as the 2020 theme for National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week.

The theme strives to encourage families, their loved ones and residents to “Sharing Their Wisdom.” Ask your parents or grandparent, grand aunt or uncle to tell you about their childhood, first job, favorite memory, or an experience that had impacted their lives. There is so much knowledge and value that we can learn from the senior community just by asking and listening.

Now and through May 10-16, 2020, families are encouraged to write letters, text, or video call to their loved ones to share uplifting messages of support, love, and their wisdom.

Established by the American Health Care Association (AHCA) in 1967, NSNCW recognizes the role of skilled nursing care centers in caring for America’s seniors and individuals with disabilities.

Source: ahcancal.org.



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