



# The Fair Oaks News

Where your family becomes part of our family.

Skilled Nursing • Respite Care • Rehabilitation Services

## September 21 is World Gratitude Day: The Gratitude Attitude

**Gratitude is one of the most powerful forces in the universe.**

It may not look as good as money, a fancy car or the latest makeover – in fact, you can’t see it at all – but gratitude has more power to change your life than all these material things put together.

The dictionary tells us that gratitude is “**the expression of gratefulness and thanks,**” but this doesn’t begin to convey its real effect. Listed below are simple ways to make the Gratitude Attitude an essential part of your life.

**Create a “Thank Bank.”** A Thank Bank is simply a place where you can jot down all the things that you are grateful for in your life. You can split the bank into different accounts such as Family, Surroundings, and Work, and then simply start writing out your thanks until you stop. Put your list somewhere safe, so you can reference it easily when you need something positive to uplift your mood.

**Show gratitude quietly.** Don’t turn gratitude into a promotional or motivational tool. Too much thanks is as ineffective as too little. Instead, express your thanks in quiet ways: a thought, a prayer, a one-on-one word, a note of appreciation. Give people gifts of thanks that aren’t bought at shops: a bit of your time, a sacrifice or something valuable to you.

**Always replace the 3Cs with the 3As.** If you work or manage others, and sometimes feel the need to use one of the 3Cs: complaining, condemning, and criticizing – replace them with the 3As of accepting, acknowledging, and appreciating. Accept people for who they are; acknowledge them for what they do; and appreciate them for just being around.

**There’s nothing complicated about gratitude.** It’s something we can all do. Unfortunately, more often than not, we tend to focus on negative things, and we take the wonderful things for granted.



### Fair Oaks

Health Care Center

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Nicole Lopez, Administrator

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## Fall Craft: Pine Cone Bird Feeder

Supplies needed: a pine cone, vegetable shortening, oatmeal bird seed, and some string.



Start by mixing together 1/2 cup of the shortening with 2 1/2 cups oatmeal and mix until well blended. (Optional: Add dried fruit, chopped nuts, or sunflower seeds.) Tie a string to the top of the pine cone and then apply the mixture all around the cone making sure you get it deep inside the openings. Roll in bird seed and pat to stick. Hang from a tree and watch the birds flock to it!

## 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
Denise	CNA Supervisor
Peter	Maintenance Supervisor
Tiffany	Housekeeping/Laundry
Chrissy	Admissions
Stormie	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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## Find Balance with the Autumn Equinox

The equinox happens twice annually: once in March (spring equinox), and once in September (autumn equinox.) The autumn equinox, also known as the first day of fall, will be celebrated around the world on September 23rd this year.



What is an equinox? The term equinox comes from the Latin words *aequus* and *nox*. These words can be translated into equal-night, meaning that on these days: day and night will be almost equal in all locations around the globe. After the autumn equinox, the nights will begin getting longer until the December solstice, near Christmas.

Many cultures around the world hold feasts to celebrate that their harvest season is completed, and to honor the balance in nature that is marked by the September equinox.

Here are some recommendations on how to find balance and celebrate the autumn equinox:

1. Restore Balance in the Home with some Fall Cleaning
2. Make a Gratitude List
3. Get Outside and Connect with Nature
4. Make Fall Crafts and add Fall Décor to Your Home
5. Meditate or Practice Yoga
6. Enjoy a Fall Harvest Meal

Source: [almanac.com](http://almanac.com)