

LIVE OAK NEWSLETTER

Fall/Winter 2019



*Anyone who thinks fallen leaves are dead
has never watched them dancing on a windy day!*

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Gratitude

Here's a trick to feeling a little happier. Think of what you can be thankful for. Harvard Medical School Publishing reports that research shows gratitude correlates with being happier! Gratitude helps us feel more positive, helps us enjoy experiences more, it can improve health, helps us deal with adversity and build stronger relationships. I can think of some great things I'm thankful for.

I'm so grateful to everyone who helped make the annual fundraiser a great success! Thank you to those of you who came and had fun, thanks to the staff and extra helpers, thanks to the band, Jazzberry Jam, and a big "Thank you" to all who donated!

This month, we thank the veterans around us who have done service for our country. Vets sacrificed their time, sometimes their careers and even their very lives so we could continue to enjoy the freedoms and strength of this great country. This year is particularly poignant for me as my college graduate son is voluntarily joining the Army Reserves. He ships out this month. I am proud and scared at the same time!

Thank you to all our caregivers who give immeasurably of their time, energy and lives to help their families and friends. Like the veterans, this is another kind of selfless giving that can be so difficult.

I want to thank all the Live Oak Staff who are truly dedicated and passionate about what we do here. They all are awesome! A special thanks to the following staff who've been working for Live Oak for 10 years or longer:

Cheryl Huguenor—25 years

Gloria Martinez—25 years

Maria Chavez—18 years

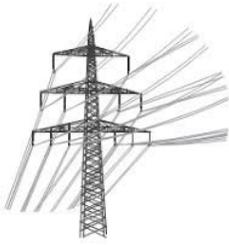
Linda Brogna—10 years

Thank them next time you see them!

My staff and I wish you all a

Happy Thanksgiving!

Ann Peterson



POWER SHUT OFFS

Sure enough, it has been a hot, dry and windy wildfire season. So far, only our Los Gatos site has closed down due to a power shutoffs. Our Los Gatos staff and caregivers have been doing a great job making sure clients are safe and if needed, are alerted not to come to Live Oak when the power is off. Please watch for news of a Power Shutoff at home and near your Live Oak Center. We will contact you if there are any changes. Let's hope for rain!

Groan...

Abe: How does NASA organize a party?

Luke: I don't know.

Abe: They planet.

Tom: What kind of award does a dentist get?

Jon: What kind?

Tom: A plaque!

Mary: What did 0 say to 8?

Jan: What?

Mary: "Nice belt."

Math Teacher: A man from Los Angeles drove towards New York at 250 mph and a man from New York drove towards Los Angeles at 150 mph. Where did they meet?

Johnny: In jail!

*If you get a chance, check out the Gilroy Center's annual **Holiday Boutique**. We guarantee you'll find something!*

Opening day is Dec. 2.



DECEMBER CLOSURE

Live Oak will close between from Dec. 24th until Jan. 1st. We will reopen on Jan 2nd. This holiday break has been useful to refresh the staff and to cut back on illness in both clients and staff. We apologize if this is a hardship but hopefully, given forewarning, you may be able to make arrangements if you need help. The Program Directors may also be able to give you suggestions for alternate care during that time.



Please consider registering on Amazon Smile using Live Oak Adult Day Services as your charity. Each time you buy something, they send us a small donation!



Find us on Facebook!



Calling all Wish List Angels!

We are always in need of things to run a better program for our clients. If you could donate any of the following items, we would appreciate it!

Cupertino : Watercolor paper, oil cloth tablecloths for 6 ft. tables

Gilroy: Holiday Boutique sale items, Bingo prizes, Regular and Sugar Free Hot Chocolate

Los Gatos: Printer/fax machine, gift cards from Michael's, Target, or Staples

Willow Glen : 56" Flat Screen TV, Gift Cards from Staples, Office Depot, Michael's, and Target

