



Willow Tree

NURSING AND REHAB

2124 57th Ave. • Oakland, CA 94621 • (510) 261-2628

Manager's Corner

Message From the Executive Director

A Skilled Nursing Facility is a home and a community for people with medical needs, physical disabilities and other conditions. Our residents deserve the highest quality of care. I enjoin my staff to act as the "head of the family." Let our residents enjoy our love, care and compassion. What we do for our residents really does matter. They are dependent on us and on our untiring assistance and help. Our service to Willow Tree residents is what Covenant Care is all about. We are family, serving families. Together, we can make a difference to the lives of our residents.

-Ricky Bautista, Executive Director

Message From Physical Therapy

October is National Physical Therapy Month. Stop into Willow Tree for a tour this month and receive a complimentary evaluation from a Physical Therapist. Come experience our difference and see why We Are Family Serving Families!

-Alyssa Glanzman, Facility Rehab Director

October 2011

Resident Birthdays

10-1	I. Williams
10-2	W. Meshekey
10-6	J. Himelick
10-16	J. Fife
10-16	E. Taylor
10-17	J. Varnado
10-19	L. Moore
10-24	E. Willis



Staff Birthdays

10-6	L. Dunn
10-7	N. Dela Cruz
10-12	G. Berry
10-13	K. Harris
10-20	E. Williams
10-29	G. Green

Monthly Celebrations

Be sure to cross your t's and dot your i's as October kicks off a month of planning, prevention and awareness. Take a minute to see if you're prepared or if your life could use some adjustments as we celebrate these observances:


- Fire Prevention Week, Oct. 9-15.
- Financial Planning Month.
- National Crime Prevention Month.
- National Cyber Security Awareness Month.
- National Protect Your Hearing Month.



Super Food: Prunes

Whether you call them dried plums or prunes, the sweet fruits are packed with nutrients. Phenols, a group of antioxidants in prunes, have been shown to protect fatty cells such as those in the brain. Prunes also are high in vitamin A, potassium and fiber—both the heart-healthy soluble variety and the gut-friendly insoluble kind. Eat prunes straight out of the bag, stew them for a breakfast treat or dice them to use in trail mix, baked goods or stuffing.

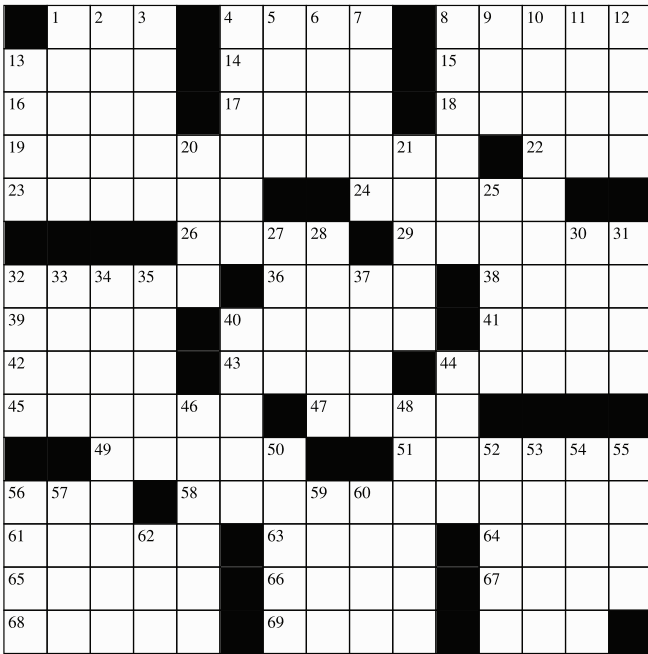
Bumper Sticker Snicker

Take everything in moderation, including moderation.

Sunday	Monday	Tuesday
		
2	3	4
9:00 Coffee Chat 10:00 Current Events 11:00 Music & Magazines 2:00 Bingo 3:00 Matinee	9:00 Coffee & News 10:00 Soothing Sensory 10:00 Word Game 10:30 Weight Training 2:00 Bingo 3:30 Garden Club 4:00 Let's Talk	9:00 Coffee & News 10:00 Trivia 10:30 Video Exercise 11:00 Soothing Sensory 2:00 RESIDENT COUNCIL 4:00 Sing-a-long
9	COLUMBUS DAY	11
9:00 Coffee 10:00 Current Events 10:30 Fun & Fit 11:00 Music & Manicure 2:00 Bingo 3:00 Matinee	9:00 Coffee & News 10:00 Word Game 10:30 Weight Training 11:00 Soothing Sensory 2:00 Bingo 3:00 Garden Club 4:00 Let's Talk	9:00 Coffee & News 10:00 Word Game 10:30 Exer-noodles 11:00 Soothing Sensory 2:00 Bingo 3:30 Cooking Group 4:00 Music & Magazines
16	17	18
9:00 Coffee 10:00 Current Events 10:30 Fun & Fit 11:00 Music & Manicure 2:00 Bingo 3:00 Matinee	9:00 Coffee & News 10:00 Word Game 10:30 Weight Training 11:00 Soothing Sensory 2:00 Bingo 3:00 Garden Club 5:00 Let's Talk	9:00 Coffee & News 10:00 Trivia 10:30 Video Exercise 11:00 Soothing Sensory 2:00 Activity Planning Meeting 3:00 Doggie Visit 4:00 Sing-a-long
23/30	24/31	25
9:00 Coffee 10:00 Current Events 10:30 Fun & Fit 11:00 Music & Manicure 2:00 Bingo 3:00 Matinee	9:00 Coffee & News 10:00 Word Game 10:30 Weight Training 11:00 Soothing Sensory 2:00 Bingo 3:00 Garden Club 5:00 Let's Talk	9:00 Coffee & News 10:00 Word Game 10:30 Exer-noodles 11:00 Soothing Sensory 2:00 Bingo 3:30 Cooking Group 4:00 Music & Magazines

Wednesday	Thursday	Friday	Saturday
			<p>9:00 Coffee 1</p> <p>10:00 Current Events</p> <p>10:30 Fun & Fit</p> <p>11:00 Music & Manicure</p> <p>2:00 Bingo</p> <p>3:00 Matinee</p>
<p style="text-align: right;">5</p> <p>9:00 Coffee & News 10:00 Word Game 10:30 Exer-noodles 11:00 Soothing Sensory 2:00 Bingo 3:30 Cooking Group 4:00 Music & Magazines</p>	<p style="text-align: right;">6</p> <p>9:00 Coffee & News 10:00 Trivia 10:30 Weight Training 11:00 Soothing Sensory 2:00 Card Games 3:30 Arts & Crafts 6:00 NITE OWL BINGO!</p>	<p style="text-align: right;">7</p> <p>9:00 Coffee & News 10:00 AMAZING ALLIGATOR 11:00 Soothing Sensory 2:00 Bingo 3:30 BINGO PRIZES 4:00 Music Video 6:00 FRIDAY NITE MOVIE</p>	<p style="text-align: right;">8</p> <p>9:00 Coffee</p> <p>10:00 Current Events</p> <p>10:30 Fun & Fit</p> <p>11:00 Music & Manicure</p> <p>2:00 Bingo</p> <p>3:00 Matinee</p>
<p style="text-align: right;">12</p> <p>9:00 Coffee & News 10:00 Word Game 10:30 Exer-noodles 11:00 Soothing Sensory 2:00 Bingo 3:30 Cooking Group 4:00 Music & Magazines</p>	<p style="text-align: right;">13</p> <p>9:00 Coffee & News 10:00 Trivia 10:30 Weight Training 10:00 Soothing Sensory 2:00 Card Games 3:30 Arts & Crafts 6:00 NITE OWL BINGO!</p>	<p style="text-align: right;">14</p> <p>9:00 Coffee & News 10:00 Word Game 10:30 Video Exercise 11:00 Soothing Sensory 2:00 Bingo 3:30 BINGO PRIZES 4:00 Music Video 6:00 FRIDAY NITE MOVIE</p>	<p style="text-align: right;">15</p> <p>9:00 Coffee</p> <p>10:00 Current Events</p> <p>10:30 Fun & Fit</p> <p>11:00 Music & Manicure</p> <p>2:00 Bingo</p> <p>3:00 Matinee</p>
<p style="text-align: right;">19</p> <p>9:00 Coffee & News 10:00 Word Game 10:30 Exer-noodles 11:00 Soothing Sensory 2:00 Bingo 3:30 Cooking Group 4:00 Music & Magazines</p>	<p style="text-align: right;">20</p> <p>9:00 Coffee & News 10:00 Soothing Sensory 10:25 Weight Training 10:30 Trivia 2:00 Card Games 3:30 Arts & Crafts 5:00 CANDLELITE DINNER</p>	<p style="text-align: right;">21</p> <p>9:00 Coffee & News 10:00 Word Game 10:30 Video Exercise 11:00 Soothing Sensory 2:00 Bingo 3:30 BINGO PRIZES 4:00 Music Video 6:00 FRIDAY NITE MOVIE</p>	<p style="text-align: right;">22</p> <p>9:00 Coffee</p> <p>10:00 Current Events</p> <p>10:30 Fun & Fit</p> <p>11:00 Music & Manicure</p> <p>2:00 Bingo</p> <p>3:00 SOUL FOOD With Pastor Pandora's Ministry</p>
<p style="text-align: right;">26</p> <p>9:00 Coffee & News 10:00 Word Game 10:30 Exer-noodles 11:00 Soothing Sensory 2:00 Bingo 3:30 Cooking Group 4:00 Music & Magazines</p>	<p style="text-align: right;">27</p> <p>9:00 Coffee & News 10:00 Soothing Sensory 10:25 Weight Training 10:30 Trivia 2:00 Card Games 3:30 Arts & Crafts 6:00 NITE OWL BINGO!</p>	<p style="text-align: right;">28</p> <p>9:00 Coffee & News 9:30 TRIP OUT!! 10:00 Word Game 10:30 Video Exercise 11:00 Soothing Sensory 2:00 Bingo 3:30 BINGO PRIZES 4:00 Music Video 6:00 FRIDAY NITE MOVIE</p>	<p style="text-align: right;">29</p> <p>9:00 Coffee</p> <p>10:00 Current Events</p> <p>10:30 Fun & Fit</p> <p>11:00 Music & Manicure</p> <p>2:00 Bingo</p> <p>3:00 Matinee</p>

Crossword Puzzle



ACROSS

1. Pronoun
4. Difficult child
8. Long-legged bird
13. Tater
14. Mysterious quality
15. Integrity
16. Subdue
17. Close
18. Word on a shop door
19. Cheese varieties
22. Public transportation systems
23. Ruling body
24. Bumpkin
26. Reason to bathe
29. Leg coverings
32. ___ whale
36. Skimpy garb
38. Mideast alliance: abbr.
39. Ditty
40. Mr. Johnson
41. South American nation
42. Perry Mason's creator
43. Small appliance
44. Put in a new lawn
45. Table surface protector
47. Item taken back from a delinquent buyer
49. First, neutral and reverse
51. Student assignments
56. ___-jongg
58. Stood for

61. Made of a cereal grain
63. Part of a slangy denial
64. Casa pot
65. Alpine crest
66. Handbag
67. Stop and refuse to budge
68. Caruso or Pavarotti
69. Suffix for gang or mob
70. Viper's greeting

DOWN

1. Garden tool
2. Person
3. Swelling
4. Forbidden
5. Was remorseful about
6. Graceful horse
7. Linger
8. Impudent
9. Presidential nickname
10. Horned animals
11. Christmas concert number
12. Miscalculates
13. Holy mles.
20. Particle
21. Of an electrically charged 20 Down
25. Shun a big ceremony
27. Actor Epps
28. Severity
30. Pianist Peter

31. Type of missile
32. Editor's note
33. Sound of contentment
34. Inform
35. Actor Christopher
37. Playing card
40. Brit. bishop's topper
44. Fragrant flower
46. Breadwinner
48. Annoy
50. Quarrels
52. Patronizing individuals
53. Reference book
54. Raises one's voice
55. Pierre's place: abbr.
56. Broad ditch
57. River in Switzerland
59. Noisy disturbance
60. Being: Sp.
62. WWII scene of action



"This Month In History" October

1845: The U.S. Naval Academy opens its doors, but only to male students. Women are admitted in 1976.

1876: The American Library Association is established in Philadelphia.

1886: Griswold Lorillard fashions the first tuxedo for men.

1887: The first adding machine, the Comptometer, is patented.

1890: Congress sets aside 1,500 square miles of land for what would become Yosemite National Park.

1904: The New York City subway begins operation, running from City Hall to West 145th Street.

1908: Henry Ford introduces the Model T automobile priced at \$850.

1947: Air Force pilot Chuck Yeager, flying over Muroc Dry Lake, Calif., breaks the sound barrier.

1950: Charles Schulz's comic strip "Peanuts" debuts in seven newspapers.

1961: New York Yankees player Roger Maris breaks Babe Ruth's record for most home runs in a single season.

1971: Walt Disney's second theme park, Disney World, opens in Orlando, Fla.

1975: "Saturday Night Live," NBC's live comedy show, premieres. Its first guest host is George Carlin.

1982: Broadway musical "Cats" premieres in New York City.

2001: Apple introduces the iPod, a portable MP3 music player.

2006: The 300 millionth American is born.