

November 2025

Oakwood Village

Oakwood Village Assisted Living & Memory Care | 388 Bell Rd. Auburn, CA 95603 | (530) 889-8122 | RCFE# 317000237



HAPPY
Birthday

Jerri D.



November 2nd

Sharon B.



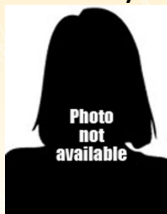
November 3rd

Steven H.



November 8th

Dorothy S.



November 12th



What a Wonderful Fall Adventure! 🍂🌟

This week, we spent two beautiful days at the pumpkin patch — and it was nothing short of magical! From the moment we arrived, there was excitement in the air. We strolled through rows of bright orange pumpkins, visited the sweetest farm animals, and enjoyed the crisp autumn breeze all around us. 🐻🐰🐹

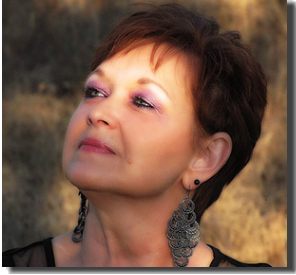
Everyone had such a great time snapping photos surrounded by pumpkins of every shape and size, laughing together on the train ride around the farm, and, of course, topping it all off with some delicious ice cream! 🍦 The smiles and laughter made it the perfect way to celebrate the beauty and joy of fall.

A huge, heartfelt thank-you to our amazing Chef Karri for making us a delicious lunch, and to our wonderful helpers Brianna and Donnie for all their kindness and support throughout the day. 🍷 We also want to give special recognition to our fantastic Activities Director, David, and his incredible team, Elise and Kylie, for planning such a thoughtful, fun, and memorable outing.

Days like these remind us how special it is to share these moments together. We're already counting down the days until next year's pumpkin patch adventure!



Love the Skin You're In



As the weather turns dry and cold, those at the American Academy of Dermatology start to worry about the season's harsh effects on our skin. To encourage us all to take healthy precautions, the

academy has dubbed November Healthy Skin Month.

Protecting our skin is no small task. The skin, after all, is the body's largest organ. The average adult wears about 20 square feet worth of it! It keeps us waterproof and shields us from germs. It acts as an air conditioner when we're hot and a blanket when we're cold. It makes vitamin D, which allows our bodies to absorb calcium and strengthen our bones. One square inch of skin contains more than 70 feet of nerve fibers, making our sense of touch one of our most important senses for interacting with and understanding the world around us. With so many important jobs to do, it's no wonder keeping our skin healthy is a top priority.

The Mayo Clinic offers five easy tips for keeping skin in tip-top shape:

- 1. Protect yourself from the sun.** Use sunscreen, wear protective clothes, and seek shade when the sun's rays are strongest, between 10 a.m. and 2 p.m. (Vitamins A and B3 can help counteract sun exposure.)
- 2. Don't smoke.** Smoking decreases blood flow in the skin, depleting it of oxygen and other nutrients. Smoking also damages the fibers that keep skin strong and ward off wrinkles.
- 3. Be gentle.** Shave in the direction your hair grows, not against it. Use gentle cleansers, avoid hot water (which can remove essential oils), and apply a moisturizer with sunscreen.
- 4. Eat well.** A diet full of fruits, vegetables, whole grains, lean proteins, and vitamin C improves not just your skin but overall health.
- 5. Manage stress.** Avoid breakouts by not overwhelming yourself and exercising regularly.

RESIDENT SHOUT OUT



Elly Derr

This month resident shout out goes to Elly. Elly is a true bright spot in everyone's life. She brings so much joy with her love for bingo—there's never a dull moment when she's around!

Whether she's competing for that winning bingo card or simply enjoying time with her friends at mealtime,

Elly's warm heart and infectious laughter make every moment more special. Her ability to make others feel valued and her passion for good company make her an unforgettable friend.

We're so lucky to have you, Elly. Enjoy your well-deserved shoutout this month!

Witty Words at Play

If I've told you once, I've told you a thousand times that November 3 is Cliché Day. Don't let the mention of another foolish holiday make your blood boil. Only time will tell whether this holiday truly stands the test of time.



The term *cliché* has come to mean "an overused or unoriginal expression." But the French word *cliché* is actually an onomatopoeia: it's the sound a printing plate makes as it lays its ink on paper in the printing process. In time, the printing plate itself became known as a cliché. Later, as a tribute to the repetitive process of mass printing, the term *cliché* came to refer to any oft-repeated expression.

Are you sick and tired of Cliché Day already but still thirsty for more word-related revelry? November 8 is Abet and Aid Punsters Day, a day to support anyone daring enough to drop a pun. Clever punsters must rely entirely on wordplay to get a laugh, sometimes using a word or phrase that sounds like another:

"Police were called to a daycare where a three-year-old was resisting a rest."

Or with a word that has more than one meaning:

"I used to be a banker but I lost interest."

And "Tom Swifties" relate certain words to others in a creative and punny way:

"I need a pencil sharpener,"
said Tom *bluntly*.

Neurologist James H. Austin, author of *Zen and the Brain*, attempted to prove the inferiority of puns using MRI scans of the brain. When volunteers heard puns, they groaned—activating the left posterior *inferior* gyrus and left *inferior* frontal gyrus of their brains. Really funny jokes, on the other hand, involve the ventral part of the medial prefrontal cortex. That hard science is no laughing matter.



Want to have your voice heard and stay connected with your community?

Join us for an open discussion on key local issues!

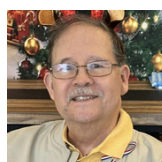
- Share your thoughts and concerns
- Learn about upcoming community events
- Talk about the quality of local services
- Offer your suggestions and ideas
- Ask questions and engage with others
- Work together for positive change

When: Wednesday, November 26th, at 2:00 PM

Where: Poppy Room



**This month marks your anniversary of how long you have lived here at Oakwood Village.
Thank you for choosing us as your home.**



Jonathan B. – 4 Years



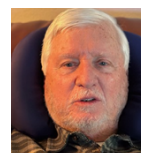
Dorothy S. – 3 Years



Alex D. – 1 Year



Carlotta D. – 1 Year

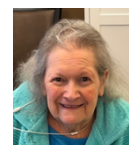


Baryl T. – 1 Year

Richard M. – 1 Year

Renee H. – 1 Year

Mary N. – 1 Year



Meet our Team

Executive Director



Patty Uclaray

Business Office Manager



Destiny Moore

Life Enrichment Director



David Collison

Maintenance Director



Ryan Risdal

Resident Care Director



Malina Meador

Wellness Director



Heather Mendoza

Housekeeping Director



Joshua Ochinerio

Dietary Director



Karrie Cardona



PODIATRIST

TUESDAY NOVEMBER 11, 2025

Starting at 8:00am

SIGN UP NOW