



April 2024

The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Sacramento



Announcements, Notifications, and Community Messages



HAVE A QUESTION FOR THE SPEAK2 TEAM?

CONTACT THEM AT SUPPORT@SPEAK2FAMILY.COM

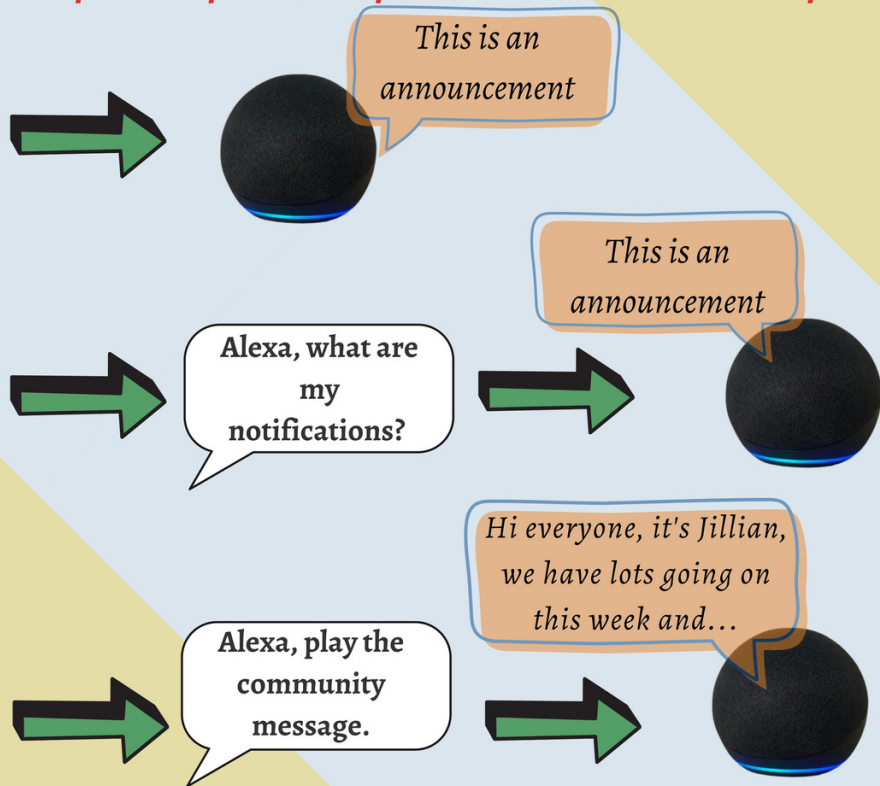
Upon receipt of email, please allow 24 hours for a response.

What's the Difference?

Announcements are broadcasted without anyone asking. It's like sending a message through an intercom.

Notifications can be set with an announcement. It "sits" on the device in case you didn't hear the live announcement. To hear it you will ask, "**Alexa, what are my notifications.**"

Community Messages are set, usually as a recording. It "sits" on the device and is played when you say, "**Alexa, play the community message.**"



Earth Day

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.

AIR	NATURE
CLEAN	OCEAN
COMMUNITY	OXYGEN
CONSERVATION	OZONE
EARTH	PEOPLE
ECOSYSTEM	PLANTS
ENERGY	POLLUTION
ENVIRONMENT	PRESERVE
FUEL	RECYCLE
HABITAT	REUSE
LANDFILLS	WATER
LITTER	WORLD

C	P	X	W	E	V	E	J	Y	U	P	E	J	D	S
T	C	E	S	O	R	L	H	T	R	R	N	N	G	R
P	N	U	O	U	R	N	I	I	E	E	O	F	H	S
P	E	E	T	P	C	L	X	N	T	S	Z	U	P	P
R	O	A	M	L	L	H	D	U	T	E	O	E	L	M
Y	N	L	E	N	A	E	A	M	I	R	R	L	E	J
E	G	A	L	B	O	I	L	M	L	V	A	T	P	U
S	N	R	I	U	R	R	K	O	I	E	S	R	L	H
W	A	T	E	R	T	W	I	C	N	Y	M	R	A	B
J	A	T	Q	N	E	I	H	V	S	A	J	S	N	E
T	O	X	Y	G	E	N	O	O	N	W	E	F	T	U
E	L	C	Y	C	E	R	C	N	L	E	S	C	S	X
D	I	Q	U	E	M	E	H	T	R	A	E	M	O	Q
N	O	I	T	A	V	R	E	S	N	O	C	V	J	P
Z	R	F	H	R	T	L	A	N	D	F	I	L	L	S



Miriam Faris
Executive Director
Monday - Friday



Christin Pannell
Executive Assistant
Monday - Friday



Genevieve Eller
Director of Resident
Services
Sunday - Thursday



Mina Kutulas
Director of Memory
Care
Tuesday - Saturday



Innes McFarlane
Interim Executive
Director
Monday - Friday



Jessica Beck
Resident Liaison
Monday - Friday



Christian Contreras
Maintenance Manager
Sunday - Thursday



Maria Preciado
Medication Manager
Sunday - Thursday



Jesse Vasquez
Assisted Living
Activities Manager
Sunday - Thursday



Genai Bradshaw
Memory Care
Activities Manager
Tuesday - Saturday



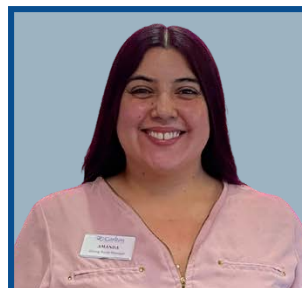
Val McEvilly
Chef
Sunday - Thursday



Justus Eernisse
PM Supervisor
Sunday - Monday



Amy Tet
Sales Assistant
Tuesday - Saturday



Amanda Carrillo
Dining Room Manager
Tuesday - Saturday

TRANSPORTATION POLICIES

General Transportation Guidelines

We offer transportation **Monday through Friday between 9:00 AM and 4:30 PM**. Transportation is available on a first come, first served basis. We require at least 48 hours' notice for transportation requests. All transportation is subject to Jesse's approval and driver availability.

Outings & Scenic Drives

Scenic drives are offered every Wednesday at 2:15 PM.

We offer a variety of outings every month. Check the activity schedule to see what's on! Note: you are required to sign up at the front desk for most outings.

Church Shuttle

Our church shuttle provides transportation to religious services in Davis on Sunday mornings between 9:00 AM and 12:30 PM. Transportation is available by appointment only; please see Jesse to reserve a seat. Our shuttle route is posted at the kiosk, in the activity room, and at the front desk. Other churches can be added to the route, just ask!

Transportation Charges

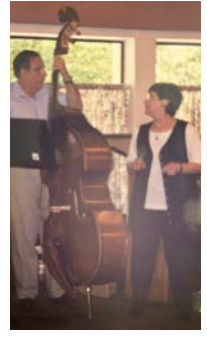
All transportation in the city of Davis during regular driving hours is **FREE**. For transportation outside of Davis, there is a \$22.50/half hour service charge (one half hour minimum, and then \$11.25 per quarter hour thereafter, rounding up). The same charge applies to transportation that requires the driver to leave the community before 9:00 AM or to stay out past 4:30 PM.

How to Schedule Transportation

Option 1: Contact Jesse and Vic. Text or e-mail is preferred. Text both Jesse (530-902-1947) and Vic (530-379-5045), or email both at jvasquez@carltonseniorliving.com & cpdpe2@carltonseniorliving.com to ensure a speedy response.

Option 2: Stop by the Activities Office located in the 3rd floor Activity Room to voice your request to Jesse or Vic.

Carlton Spotlight: Dorit Benjamini



Dorothy "Dorit" Benjamini was born on May 23rd, 1938, in The Bronx of New York City to parents Ralph and Sylvia. In Hebrew, Dorit means "The Gift." The oldest of two, Dorit remains close with Stewart, her younger brother of five years. Shortly after she was born, her family moved to Worcester, Massachusetts, where she spent much of her youth until they moved to California when she was 14. A deep love and appreciation of music entered her life at 6 and has remained with her ever since. Her favorite music includes classical, folk songs, and most anything during the eras of the 20s through the 80s. Growing up, her mother played the piano, her father sang, and they always had music playing throughout the house. Unsurprisingly, throughout her four years at Lincoln High School, she sang in the chorus and was incredibly active in the local Jewish youth organizations at the Temple. After graduating from high school, she attended college at San José State University (SJSU), where she later graduated with a bachelor's degree in education, specializing in elementary grades.

At the beginning of her junior year, she met Eddi. Eddi received his pilot license at 17 and served in the Israel Defense Force; although he didn't see combat, he flew and taught other pilots to fly. After his military service, he arrived in the United States and eventually attended SJSU, where he studied chemistry and sciences while on a student visa from Israel. Eddi had called the Temple to ask if they could use him as a teacher for either Hebrew or bible studies, sharing the view as someone who was born and raised in Palestine, which later became recognized as Israel. He received the job at the Temple and met the Rabbi's wife in the office on his first day. She was someone who, as Dorit shared, "put people together," and she decided Eddi and Dorit would be good together. Eddi wasn't ready to meet someone; he had just had a break-up and wanted to focus on work and his studies, but he couldn't say no. Shortly after that, Dorit received a call from the Rabbi's wife asking her to come to services Friday night to meet a guy from Israel who has a wonderful smile and is very intelligent. Dorit was terrified. Eddi was four years older, and she wasn't even 20 yet, but like Eddi, she couldn't say no. So, on a Friday night in San Jose, at the Temple, they met. After they went on three dates, Eddi told her at the end of the third date, "You don't know it yet, but we're going to get married." Dorit was adamant that she wouldn't go out with Eddi again if he continued to talk about getting married. But Eddi was persistent and would come to the dorm lobby and call Dorit almost daily until she finally said yes to going out with him again. During her registration for school that semester, she found herself looking at the guys around her and realizing she loved Eddi. In a very romantic way, she told him, "I love you, let's get married." His response was, "Are you sure?" She certainly was, and they were married in March 1958. They celebrated 65 beautiful years together, and from their love, they welcomed two beautiful children, Daphna, and Dean, five grandchildren, and three great-granddaughters. Her dear beloved Eddi passed away in August 2023.

One of Dorit's most cherished life experiences was her seven years with Eddi and their children living in Israel. It is one of her favorite memories because, as she recalls, she had the opportunity to live with her history, the culture, and the people. During the 1973 war in Israel, Dorit, Eddi, and their children responded to alarms and had to seek refuge in a bomb shelter in the building they were living in. In the daytime, during the war, Eddi maintained equipment support. Throughout their time in Israel, Dorit taught English to 5th graders at the public school. She had previously taught 2nd grade for five years in the United States, and Eddi pursued a career in high tech. However, he was behind in acquiring information for his field because he didn't have access to computers. They relocated back to California and intended to stay for only three years. Still, due to the economic crisis in Israel, he could not find a job, so they remained in California.

Eddi landed a job at Intel when it first opened and remained with the company when they opened the Folsom campus, where he retired as a Manager of Quality Control. Schools were closing and with limited teaching jobs, Eddi proposed a new venture for Dorit to explore working at Intel as a Mask Designer. Over her seven-year tenure, she quickly discovered her passion for the job in which she created templates for making microchip processors and electronic components. First by hand drawing and eventually by using a computer-aided drafting design program. As Dorit shared, "It was like putting a puzzle together." In their retirement, Eddi and Dorit rekindled their love of music. Dorit encouraged Eddi and arranged for him to have lessons to learn bass and play. He loved it, and through the Sacramento Jazz Society, he found other talented individuals, and the Musicats, a 6-piece band, was founded in 2003. Dorit had always dreamed of singing in a band, and although she was "nervous like crazy," she joined the Musicats on vocals and fell in love with making people happy with something she could do. If someone wanted to hear music, the Musicats would go for it; for years, you could find them sharing their musical talents at different venues, be it a restaurant, senior living community, or a park.

An interesting fact you might not know is that Dorit went to a free sculpting class and left with a beautiful ceramic sculpture of a naked lady. Her creativity brought this piece to life and surprised even her with how stunning it turned out. Since moving to Carlton, you can often find Dorit enjoying her favorite game, Mahjong, or singing circle. Dorit's life philosophy is rooted in her love of helping and teaching. She believes in finding something worthwhile to pursue. Her advice to others would be to remain helpful, kind, happy, learn about the world, and do something good for it. The people she admires most are her family, Eddi, Daphna, Dean, and her grandchildren, for what they have accomplished and the impact their accomplishments have made for others.

IN-HOUSE VIRTUAL CHURCH SERVICES

EVERY SUNDAY:

ST. JAMES MASS 10:00AM
DAVIS COMMUNITY WORSHIP 12:45PM

SECOND WEDNESDAY OF MONTH:

ST. JAMES MASS 10:00AM

FOURTH WEDNESDAY OF MONTH:

ST. JAMES COMMUNION 10:00AM

HELD IN THE THEATER ROOM

THURSDAY, APRIL 4

10:15 AM - Dance Fitness with Katelynn (AR)
11:00 AM - Morning Walk (FD)
12:05 PM - Shinkoskey Noon Concert:
Nick May, Saxophone (TR)
1:00 PM - News Currents (AR)
2:00 PM - Bridge (ST)
3:00 PM - Wordle (AR)
4:00 PM - Singing Circle (LR)
6:00 PM - Movie: The Color Purple (TR)

MONDAY, APRIL 1

9:30 AM - SIGN UP: Shopping Shuttle to Davis
Food Co-op Shopping Center (FD)
10:00 AM - Women's Bible Study (ST)
10:15 AM - Morning Stroll (FD)
11:00 AM - Nintendo Bowling (TR)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
4:00 PM - Bananagrams (AR)
5:30 PM - Documentary: Woodstock (TR)

FRIDAY, APRIL 5

10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Walk (FD)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Mahjong (ST)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Word Games: A-Through-Z (AR)
6:00 PM - Movie: Wonka (TR)

TUESDAY, APRIL 2

10:15 AM - Balance Bar Fitness (FC)
11:00 AM - Carlton University: Tornadoes (TR)
1:00 PM - Afternoon Walk (FD)
1:15 PM - Mindful Meditation With Katie (LR)
2:00 PM - Resident Information Session (TR)
3:15 PM - Funny Money Bingo (AR)
4:15 PM - Trivia (AR)
5:30 PM - Movie: Oppenheimer (TR)

SATURDAY, APRIL 6

10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Stroll (FD)
1:00 PM - Mexican Train (AR)
1:30 PM - Movie Matinee:
Disney's Fantasia (TR)
2:00 PM - Funny Money Bingo (AR)
4:00 PM - AL/MC Happy Hour Concert:
Riggity Jig (LR)

WEDNESDAY, APRIL 3

10:15 AM - Morning Walk (FD)
11:00 AM - Nintendo Bowling (TR)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Documentary:
Queens - African Queens (TR)
3:00 PM - Ax And Shuriken Throw (AR)
4:00 PM - Carlton 10-Year Anniversary (LR)
6:00 PM - Movie: Cinderella (TR)

CONNECT WITH US

WEBSITE: CARLTONSENIORLIVING.COM

FACEBOOK: [@CARLTONSENIORLIVINGDAVIS](https://www.facebook.com/CARLTONSENIORLIVINGDAVIS)

INSTAGRAM: [@CARLTONSENIORLIVING](https://www.instagram.com/CARLTONSENIORLIVING)

TWITTER: [@CARLTONSRSENIOR](https://twitter.com/CARLTONSRSENIOR)

LINKEDIN: [CARLTON SENIOR LIVING](https://www.linkedin.com/company/CARLTON-SENIOR-LIVING)



SUNDAY, APRIL 7

10:00 AM - St. James Mass (TR)
10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Walk (FD)
12:45 PM - Davis Community Church Worship (TR)
1:30 PM - Carlton Cooks:
Alexander's Chocolate-Covered Peanuts (AR)
2:00 PM - Sunday Matinee: Blue Hawaii (TR)
3:00 PM - 25¢ Bingo (AR)
3:15 PM - Scenic Drive (FD)
4:00 PM - Trivia (AR)

MONDAY, APRIL 8

10:00 AM - Women's Bible Study (ST)
10:15 AM - Fabulous Fitness (AR)
11:00 AM - Morning Stroll (FD)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Bridge (ST)
2:00 PM - Bean Bag Toss (LR)
4:00 PM - Bananagrams (AR)
6:00 PM - Documentary: A Hard Day's Night (TR)

TUESDAY, APRIL 9

10:15 AM - Morning Stroll (FD)
11:00 AM - Nintendo Bowling (TR)
1:00 PM - Balance Bar Fitness (AR)
2:00 PM - Culinary Council (AR)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Trivia (AR)
6:00 PM - Movie:
Fun With Dick And Jane (TR)

WEDNESDAY, APRIL 10

10:00 AM - St. James Mass (TR)
10:30 AM - Chair Yoga With Katie (LR)
11:00 AM - Morning Walk (FD)
1:00 PM - Live 2B Healthy Exercise (LR)
2:00 PM - Documentary:
Queens - Rainforest Queens (TR)
3:00 PM - Ax And Shuriken Throw (AR)
4:00 PM - Happy Hour Concert: Roland Jacobs (LR)
6:00 PM - Movie: Dirty Dancing (TR)

THURSDAY, APRIL 11

10:15 AM - Dance Fitness with Katelynn (LR)
11:00 AM - Book Club Discussion:
The Fun Habit (TR)
12:05 PM - Shinkoskey Noon Concert:
Kismarton Piano Trio (TR)
1:15 PM - Balance Bar Fitness (AR)
2:00 PM - Bridge (ST)
3:00 PM - Word Games: A Through Z (AR)
4:00 PM - Singing Circle (LR)
6:00 PM - Movie: The Fifth Element (TR)

FRIDAY, APRIL 12

10:15 AM - News Currents (AR)
11:00 AM - Puzzle & Coloring Group (AR)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Mahjong (ST)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Wordle (AR)
6:00 PM - Movie: Hail, Caesar! (TR)

SATURDAY, APRIL 13

10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Stroll (FD)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Movie Matinee: The Mask (TR)
2:00 PM - Crafts with Elaine:
DIY Glass Drinking Bottle (AR)
4:00 PM - AL/MC Happy Hour Concert:
Now & Then (LR)

*Please welcome our newest
neighbors to the community!*

Nancy & Jeff Hall
Linda Troy
Susanne Bock



SUNDAY, APRIL 14

10:00 AM - St. James Mass (TR)
10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Stroll (FD)
12:45 PM - Davis Community Church Worship (TR)
1:30 PM - Carlton Cooks: Easy Peach Cobbler (AR)
2:00 PM - Matinee Movie: The Wild One (TR)
3:30 PM - 25¢ Bingo (AR)
3:15 PM - Scenic Drive (FD)
4:00 PM - Trivia (AR)

MONDAY, APRIL 15

9:30 AM - SIGN UP:
Shopping Shuttle To Target (FD)
10:00 AM - Women's Bible Study (ST)
10:30 AM - Chair Yoga With Katie (LR)
11:15 AM - Mid-Morning Walk (FD)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
4:00 PM - Bananagrams (AR)
6:00 PM - Documentary: Call Me Kate (TR)

TUESDAY, APRIL 16

10:15 AM - Dance Fitness With Katelynn (AR)
11:00 AM - Nintendo Bowling (TR)
1:15 PM - Mindful Meditation with Katie (LR)
2:00 PM - Ax And Shuriken Toss (AR)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Trivia (AR)
6:00 PM - Movie: Fistful Of Dollars (TR)

WEDNESDAY, APRIL 17

9:30 AM - SIGN UP: Lunch & Games Picnic Outing
With Carlton Sister Communities (FD)
10:00 AM - St. James Mass (TR)
10:30 AM - Chair Yoga With Katie (LR)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Documentary:
Queens - Tiny Jungle Queens (TR)
3:00 PM - Games Corner: Uno (AR)
4:00 PM - Happy Hour Concert: Ken Kemmerling (LR)
6:00 PM - Movie: Mrs. Doubtfire (TR)

THURSDAY, APRIL 18

10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Stroll (FD)
12:05 PM - Shinkoskey Noon Concert:
Music For Piano Four Hands (TR)
1:00 PM - Jeopardy (TR)
2:00 PM - Alzheimer's Association - Healthy
Living For Brain and Body (TR)
3:00 PM - Boggle (AR)
4:00 PM - Singing Circle (LR)
6:00 PM - Movie: Mildred Pierce (TR)

FRIDAY, APRIL 19

10:15 AM - News Currents (AR)
11:00 AM - Puzzling & Coloring Group (AR)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Mahjong (ST)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Wordle (AR)
6:00 PM - Movie: Pretty Woman (TR)

SATURDAY, APRIL 20

10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Stroll (FD)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie: Footloose (TR)
2:00 PM - Crafts With Elaine:
Cherry Blossom Art (AR)
4:00 PM - Happy Hour Concert:
Jon Spivack Trio (LR)

LOCATION KEY

1st Floor: FD = Front Desk,
CY = Courtyard, LR = Living Room,
DR = Dining Room, PDR = Private Dining
Room

2nd Floor: ST = Study, TR = Theater,
FC = Fitness Center

3rd Floor: AR = Activity Room

All activities are subject to change.

SUNDAY, APRIL 21

10:00 AM - St. James Mass (TR)
10:15 AM - Morning Stroll (FD)
12:45 PM - Davis Community Church Worship (TR)
1:30 PM - Carlton Cooks: English Toffee (AR)
2:00 PM - Movie: Morning Glory (TR)
3:00 PM - 25¢ Bingo (AR)
3:15 PM - Scenic Drive (FD)
4:00 PM - Trivia (AR)

THURSDAY, APRIL 25

10:15 AM - Dance Fitness With Katelynn (AR)
11:00 AM - Morning Stroll (FD)
12:05 PM - Shinkoskey Noon Concert:
Emily Thorn, Ultra Soprano (TR)
1:00 PM - SIGN UP: Outing To Gorman Museum (FD)
2:00 PM - Bridge (ST)
2:00 PM - Resident Grief Support Group
With Jess Beck, MSW (TR)
3:00 PM - Word Games: Word In A Word (AR)
4:00 PM - Singing Circle (LR)
6:00 PM - Movie: James Bond - You Only Live Twice (TR)

MONDAY, APRIL 22

Earth Day/Passover Begins

10:00 AM - Women's Bible Study (ST)
10:30 AM - Mindful Meditation With Katie (CY)
11:15 AM - SIGN UP:
Lunch Outing to Jack's Urban Eats (FD)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Bridge (ST)
2:15 PM - Bean Bag Toss (LR)
4:00 PM - Bananagrams (AR)
6:00 PM - Documentary: Horizon (TR)

FRIDAY, APRIL 26

10:15 AM - Mindful Meditation With Katie (LR)
11:00 AM - Morning Walk (FD)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Mahjong (ST)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Wordle (AR)
6:00 PM - Movie: 500 Days Of Summer (TR)

TUESDAY, APRIL 23

10:15 AM - Fabulous Fitness (AR)
11:00 AM - Great Decisions:
Science Across Borders (TR)
1:15 PM - Chair Yoga With Katie (LR)
2:00 PM - Nintendo Bowling (TR)
3:00 PM - Funny Money Bingo (AR)
4:00 PM - Trivia (AR)
6:00 PM - Movie: Holdovers (TR)

SATURDAY, APRIL 27

10:15 AM - Balance Bar Fitness (AR)
11:00 AM - Morning Stroll (FD)
1:00 PM - Mexican Train Dominos (AR)
1:30 PM - Matinee Movie:
The Yellow Submarine (TR)
2:00 PM - Crafts With Elaine:
DIY Door-Hat Decor (AR)
4:00 PM - Happy Hour Featuring Davis Line
Dancing(LR)

WEDNESDAY, APRIL 24

10:00 AM - St. James Communion (TR)
10:30 AM - Mindful Meditation With Katie (LR)
11:15 AM - Morning Walk (FD)
1:00 PM - Live 2B Healthy Exercise (AR)
2:00 PM - Alexa 101 (TR)
2:00 PM - SIGN UP: AL/MC Outing To Davis
Farmer's Market (FD)
3:00 PM - Games Corner: Scrabble (AR)
4:00 PM - April Birthday Happy Hour
With Richard Livingston (LR)
6:00 PM - Movie: A Streetcar Named Desire (TR)

Connie's Salon

Open Tuesday, Wednesday, &
Thursday, 9:00 AM to 5:00 PM

To schedule an appointment,
call/text: (916) 215-5493.

SUNDAY, APRIL 28

10:00 AM - St. James Mass (TR)
 10:15 AM - Balance Bar Fitness (AR)
 11:00 AM - Morning Stroll (FD)
 12:45 PM - Davis Community Church Worship (TR)
 1:30 PM - Carlton Cooks:
 Apple Crumble Coffee Cake (AR)
 2:00 PM - Matinee Movie: Akeelah And The Bee (TR)
 3:00 PM - 25¢ Bingo (AR)
 3:15 PM - Scenic Drive (FD)
 4:00 PM - Trivia (AR)

MONDAY, APRIL 29

10:00 AM - Women's Bible Study (ST)
 10:30 AM - Chair Yoga With Katie (LR)
 11:00 AM - Nintendo Bowling (TR)
 1:00 PM - Live 2B Healthy Exercise (AR)
 2:00 PM - Bridge (ST)
 2:30 PM - Bean Bag Toss (LR)
 4:00 PM - Bananagrams (AR)
 6:00 PM - Documentary:
 Miss Americana: Taylor Swift (TR)

TUESDAY, APRIL 30

10:15 AM - Balance Bar Fitness (AR)
 11:00 AM - Morning Walk (FD)
 1:15 PM - Mindful Meditation With Katie (AR)
 2:00 PM - Funny Money Auction (LR)
 3:00 PM - Funny Money Bingo (AR)
 4:00 PM - Trivia (AR)
 6:00 PM - Movie: Don't Bother To Knock (TR)

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 Room

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 FC = Fitness Center

3rd Floor: AR = Activity Room

All activities are subject to change.

 **Carlton**
 SENIOR LIVING
 CELEBRATING



YEARS OF SUCCESS

JOIN US WEDNESDAY,
 APRIL 3RD | 4PM-6PM

ALL ARE WELCOME TO JOIN
 THIS CELEBRATION

PLEASE RSVP WITH JESSE,
 ACTIVITIES MANAGER, OR
 WITH THE FRONT DESK

April Theme Days



Dress to Impress - 10 Year Party
 Wear Nice Pants with Blue, Green, White,
 or Black Dress Top



Dress in Rainbow Theme



Wear Your Favorite Band T-Shirt
 Honor of National Record Store Day



Wear Silver or Gray
 Honor National Parkinson's Awareness Month



Dress Up as a Superhero
 or Wear Your Favorite Superhero Shirt



JOIN US FOR OUR MONTHLY

ALEXA 101 WORKSHOP

WEDNESDAY

APRIL 24TH, 2024

AT 2:00 PM

THEATRE ROOM - 2ND FLOOR

Speak2 Updates

First Quarter Topic Refresher

Happy Birthday

Marilyn W. - April 1

Betty T. - April 3

Barbie D. - April 6

Aad R. - April 9

Joyce R. - April 17

Carl B. - April 17

Rachel L. - April 21

Rhody V. - April 23



GATHER Around the Table

Calling All Chefs

Do you have...

A dessert that captures the hearts of loved ones?

A showstopping side that no-one can resist?



Have a Recipe to Share?

April Thompson, intern majoring in Gerontology from CSUS has chosen to create a community cookbook filled with recipes, photos and memories from residents, and families.

The final project will be presented to the community the second week of May. More details to come for this gathering.

INTERESTED IN
PARTICIPATING?



(530) 564-7002



jbeck@carltonseniorliving.com

Contact Jess Beck, Resident Liaison





Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall. To promote greater awareness and understanding, here are 8 common myths—and the reality—about older adult falls.

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: If I limit my activity, I won't fall.

Reality: Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 3: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting.

Myth 4: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 5: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 6: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses.

Myth 7: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 8: I don't need to talk to anyone if I'm concerned about my risk of falling. I don't want to alarm my family and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling!

For more information about older adult falls, visit the National Council on Aging's website at <https://www.ncoa.org>.