



April 2024

The Carlton Monthly

Nourishing Mind, Body, and Soul



Pictured: CSL Sacramento



Memory Corner

Journaling for Caregivers

Activity Connection



You've probably heard or read about the benefits of keeping a journal. Perhaps it was Oprah recommending that you record five things you're grateful for every day, or maybe it was a teacher or counselor who viewed journaling as a way to clarify your thoughts and feelings and help solve problems. Regardless of the reason, there are great benefits to journaling, especially if you're a caregiver or family member to someone with dementia. It's a safe way to give a voice to conflicting emotions.

Scientific evidence supports journaling. Numerous studies have proven that journaling is particularly helpful when processing a difficult or traumatic event. Naming what you feel, whether sadness, anger, frustration, etc., has a positive effect similar to talk therapy.

Life can feel chaotic and unmanageable when people are going through a crisis. Writing, even in a free-form way, is a way of organizing thoughts and emotions. You may not feel more organized, but jotting down events and feelings improves memory and allows the brain to "shut off" so you can fall asleep. For more structure, there are several resources like the Caregiver Daily Log Book to help caretakers organize and document their loved ones' daily vital signs, sleep patterns, medication, and communication.

Starting a journal may seem overwhelming. Using a sensory image, a list, or a sentence starter may be helpful. The Caregiver's Journal offers prompts and open-ended sentences as well as space for personal musings. Although the journal is geared toward caregivers, many prompts work just as well for someone in the early stages of dementia.

Another way to make journaling simple is to write down one sentence or thought daily. This might seem small, but forming a new habit, like journaling, is easiest when it's done daily. There are even One Line a Day journals to help. Even one sentence a day can convey a lot, and the lines add up. Looking back at the journal, you have a page or more each month.

Here are some more simple tips to keep in mind:

- Start with the day, the date, and the year. Include a brief description of the weather if you feel moved.
- Allow 15 minutes to write first thing in the morning to develop the writing ritual.
- Forget about grammar, spelling, and punctuation! Let the feelings and words flow, whether one sentence or an entire page.
- Technology can be useful if handwriting is difficult or inconvenient. Use a portable computer or cell phone to record audio or video "journal entries" throughout the day.

Goodwin says that it doesn't matter if what's recorded is legible. "Journaling provides the caregiver the opportunity to reach beyond themselves and communicate their complicated thoughts and feelings."



Miriam Faris
Executive Director
Monday - Friday



Christin Pannell
Executive Assistant
Monday - Friday



Genevieve Eller
Director of Resident
Services
Tuesday - Saturday



Mina Kutulas
Director of Memory
Care
Tuesday - Saturday



Rhodora Knezovic
Care Manager,
Memory Care
Sunday - Thursday



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



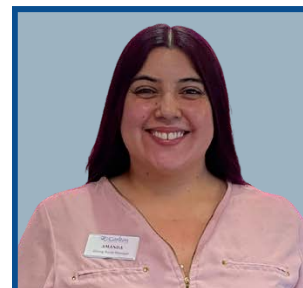
Justus Eernisse
PM Supervisor
Sunday - Monday



Innes McFarlane
Sales Director
Tuesday - Saturday



Amy Tet
Sales Assistant
Sunday - Thursday



Amanda Carrillo
Dining Room Manager
Tuesday - Saturday

Marti M.




Resident Spotlight

Marti, born in March 1952 in San Bernardino, California, was a talented skeet shooter who won the world championship at the age of 17. She attended San Diego University and was a member of the Chi Omega Sorority. On a blind date, she met her future husband, Jim, and they were married on Valentine's Day. Marti worked as a registered nurse and served as the PTA president for many years. She was a fan of Fleetwood Mac and enjoyed volunteering. Her interests included the history of the USA, battlefields, and Egypt. Marti especially loved the Halloween season.


Connie's Salon

Open Tuesday, Wednesday, & Thursday, 9:00 AM to 5:00 PM
To schedule an appointment, call
(951) 963-9354.

Eversound headphones are used at activities with a  next to them!

Eversound is an assisted listening device that amplifies the voice of the activity leader.



 **eversound**

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 Jessie's approval and driver availability.

Outings & Scenic Drives

Scenic drives are offered every Sunday 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 (preferred): Contact Jesse. Text or e-mail is preferred. Jesse contact information is available at the front desk.

Option 2: Request your transportation at the front desk. Jesse will review the request and contact you to confirm availability.

Theme of the Month

In April, we'll celebrate all things related to raindrops and flowers. Residents will be encouraged to join in programming centered around the geography, cultural experiences, food tasting, and travel related to different experiences of raindrops and flowers. For theme-related programs, see the activities highlighted in green in our monthly newsletter. Join us in celebrating...

Raindrops and Flowers



Carlton Memory Care includes a non-pharmacologic digital tool designed for meaningful engagement.

Memory Lane TV's rich, culturally diverse, and engaging images, sounds, and sensory stimulations make great memory loss support activities for people living with dementia. Drawing on the latest research into positive approaches to dementia care and focused on an uplifting, frustration-free experience, Memory Lane TV gets activity groups into a positive flow. Our digital, therapeutic content does not ask people with memory loss to follow a storyline—no confusion or frustration. They invite them to relive or create their own stories.

Mind, Body, & Soul

What does it mean to live well? The definition is different for everyone. But one thing we all have in common is the need to nourish our **Mind, Body, and Soul**. At Carlton, you can **live your life** and enjoy exciting opportunities to stimulate your mind, promote your health, and enrich your soul each day through our activities.

Check out our daily offerings to nourish your **Mind, Body, and Soul**! Here are a few highlights:



Mind

Discussion Groups
Remembering
Irish Songs
Daily Scoop
"Hangman"
Themed Crafts
Drum Circle
Poetry of Carlton
Creative Writing
Bread Making
Weekly Baking



Body

Morning Exercise
Singfit
Afternoon Strolls
Live2b Healthy
Basketball
Corn hole
Egg Hunt
Senic Drives



Soul

Nature Therapy
Songs of Worship
Nails and Hair
Happy Hour
Weekly Crafts
The Roses Group
Tactile Triangle Craft
Sensory Kits
Music Therapy
Art Therapy

April Theme Day's

April 3rd - Dress to impress 10th Anniversary.

April 9th- Wear all the Colors of the Rainbow

April 18th – Wear Your Favorite Band T-Shirt

April 24th – Wear Silver or Grey – To Honour National Parkinson's Awareness Month

April 30th – Dress Up as Your Favorite Superhero or Wear Your Favorite Superhero Shirt

THE

DEMENTIA

SUPPORT GROUP

Every 2nd Tuesday
of the Month

TIME: 5:30 – 7:00 pm

LOCATION: Via Zoom

Information Contact:

Denise Davis

800.272.3900

www.alz.org/norcal

Happening in April

Rock out with your calendar out! Here are some upcoming music events that will have you tapping those toes and humming along:

4/2: Get groovy w/ Coldshot at 2:00 PM

4/12: Unleash your inner artist with Art Therapy at 10:30 AM

4/14: Jam out with Alvin at 10:30 AM

4/28: Get ready for an epic violin solo with Ciprian at 3:00 PM

4/14: Join Tom for some musical magic at 2:00 PM

Every Thursday at 3:00 PM: It's music therapy time! Get ready to sing, dance, and feel the rhythm!



Happy
Birthday

4/2- Helen B.

4/25- Anna P.



Welcome to Our Family

Joey S.

Evie G.



THURSDAY, APRIL 4

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop (AR)
- 10:30 Coffee with the Activity Manager (LR)
- 11:00 Basketball Cardio (LR)
- 12:30 **ES: Trivia Birds and Bees (AR)**
- 1:00 The Sun Stollers (CY)
- 2:00 Nerd Herd Experiments (AR)
- 3:00 Music Therapy with Kaitlyn (LR)
- 4:00 Nature Therapy (CY)
- 6:00 The Love Bug (LR)

MONDAY, APRIL 1

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class/ Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Activity Connection This Day in History (AR)
- 1:00 Louis Tabletop Games (AR)
- 2:00 Live 2B Healthy (AR)
- 3:00 Singfit (AR)
- 4:00 Nature Therapy (CY)
- 4:15 Memory Lane Dinner Sensory (LR)
- 6:00 Black Breads Ghost (LR)

FRIDAY, APRIL 5

- 10:00 Chair Exercise w/ Genai (AR)
- 10:30 Daily Scoop ☺ (AR)
- 11:00 **ES: Spring Blossoms and Butterflies (LR)**
- 1:00 **GC: Baby Animal Match Up (AR)**
- 1:30 Dr Seuss Reminiscing (AR)
- 2:00 Live 2B Healthy Exercise (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Nature Therapy (CY)
- 6:00 The Strongest Man in the World (LR)

TUESDAY, APRIL 2

- 9:30 ML Sensory/ Today's Discussion (LR)
- 10:00 Resistance Band Exercise/ Daily Scoop ☺ (AR)
- 10:30 Sing-along with Genai (LR)
- 11:00 ES: Trivia Elvis and Pet's (LR)
- 12:30 **Drum Circle to Ironic Songs (AR)**
- 1:00 Baking Corner: PB & J Rolls (AR)
- 2:00 **Spring Sensory (AR)**
- 3:00 **Garden Group: Spring Starter (CY)**
- 4:00 Nature Therapy (CY)
- 6:00 The Sound of Music (LR)

SATURDAY, APRIL 6

- 10:00 Big Band Toe Tapping (AR)
- 10:30 Live Music w/ Alvin (LR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 1:00 **ES: 3D Pop Up Flower (AR)**
- 2:00 **ES: Spring Poetry w/ Mclean (LR)**
- 2:30 **Hiar Styled by Mina (LR)**
- 3:00 Nature Therapy (CY)
- 4:00 Happy Hour with AL (LR)
- 6:00 The Absent Minded Professor (LR)

WEDNESDAY, APRIL 3

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Activity Connection This Day in History (AR)
- 1:00 Boundless Book Worms (LR)
- 1:30 **Documentary of Rain Fall (LR)**
- 2:00 Live 2B Healthy Exercise (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Carlton 10 Year Anniversary (LR)
- 6:00 Flubber (LR)



SUNDAY, APRIL 7

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class/ Daily Scoop ☺ (AR)
- 12:30 Fabulous Nails by Louis (AR)
- 1:00 Pictionary (AR)
- 1:45 Scenic Drive (B)
- 2:00 Songs of Love and Worship (LR)
- 3:15 Whiteboard/YouTube (LR)
- 3:30 Trivia (LR)
- 4:00 Nature Therapy (CY)
- 6:00 That Darn Cat (LR)

THURSDAY, APRIL 11

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop (AR)
- 10:30 Coffee with the Activity Manager (LR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 **Guess the Arbor Scent (AR)**
- 1:00 The Sun Stollers (CY)
- 1:30 Artisan in Mind (AR)
- 2:00 Nerd Herd Experiments (AR)
- 3:00 Music Therapy with Kaitlyn (LR)
- 4:00 Nature Therapy (CY)
- 6:00 Those Callows (LR)

MONDAY, APRIL 8

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class/ Daily Scoop ☺ (AR)
- 11:00 Solar Eclipse Viewing (CY)
- 12:30 History of Solar Eclipse (AR)
- 1:00 Louis Tabletop Games (AR)
- 2:00 Live 2B Healthy (AR)
- 3:00 Singfit (AR)
- 4:00 Nature Therapy (CY)
- 4:15 Memory Lane Dinner Sensory (LR)
- 6:00 The Parent Trap (LR)

FRIDAY, APRIL 12

- 10:00 Chair Exercise w/ Genai (AR)
- 10:30 Daily Scoop ☺ (AR)
- 11:00 **ES: Name that Tune w/ Flowers (LR)**
- 1:00 **Salt Rain Drop Creation (AR)**
- 1:30 **Can You Juggle? (AR)**
- 2:00 Live 2B Healthy Exercise (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Nature Therapy (CY)
- 6:00 Huck Finn (LR)

TUESDAY, APRIL 9

- 9:30 ML Sensory/ Today's Discussion (LR)
- 10:00 Resistance Band Exercise/ Daily Scoop ☺(AR)
- 10:30 Art Therapy w/ Matt (AR)
- 11:00 ML Lunch Sensory (LR)
- 12:30 Which Emotion Am I? (AR)
- 1:00 **Baking Corner: Apple French Fries (DR)**
- 2:00 GC: Matching Famous Art (AR)
- 3:00 **Garden Group: Upcycle Starter (CY)**
- 4:00 Nature Therapy (CY)
- 6:00 Pollyanna (LR)

SATURDAY, APRIL 13

- 10:00 Big Band Toe Tapping (AR)
- 10:30 Daily Scoop (AR)
- 11:00 Mimosas and Brunch with Mina (LR)
- 1:00 **ES: Guess the Garden (LR)**
- 2:00 **GC: Arbor Sensory Box Making (AR)**
- 2:30 Live Music w/ Jack (LR)
- 3:00 Nature Therapy (CY)
- 4:00 Happy Hour with AL (LR)
- 6:00 The Sign of Zorro (LR)

WEDNESDAY, APRIL 10

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Activity Connection This Day in History (AR)
- 1:00 Boundless Book Worms (LR)
- 1:00 **Outing to Woodland Ag Museum (B)**
- 1:30 **Cloud Theme Sensory Bins (AR)**
- 2:00 Live 2B Healthy Exercise (AR)
- 2:30 Live Music w/ DHS Chiorurs *LR)
- 3:00 SingFit ☺ (LR)
- 4:00 Happy Hour with AL (LR)
- 6:00 Old Yeller (LR)



SUNDAY, APRIL 14

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class/Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Fabulous Nails by Louis/ Pictionary (AR)
- 1:45 Scenic Drive (B)
- 2:00 Songs of Love and Worship (LR)
- 3:15 Whiteboard/YouTube (LR)
- 3:30 Trivia (LR)
- 4:00 Nature Therapy (CY)
- 6:00 The Castaway Cowboy (LR)

THURSDAY, APRIL 18

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop (AR)
- 10:30 Coffee with the Activity Manager (LR)
- 10:45 Lunch Outing to Nick the Greek (B)
- 11:00 **Memory Lane Lunch Sensory (LR)**
- 12:30 **AC: Travel to Scottish Highlands (LR)**
- 1:00 The Sun Stollers (CY)
- 2:00 **Nerd Herd Experiments: Rain Cloud in a Jar (AR)**
- 2:30 **GC: Spring Puzzle (LR)**
- 3:00 Music Therapy with Kaitlyn (LR)
- 4:00 Nature Therapy (CY)
- 6:00 The Apple Dumpligf Gang (LR)

MONDAY, APRIL 15

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class/Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Activity Connection This Day in History (AR)
- 1:00 Louis Tabletop Games (AR)
- 2:00 Live 2B Healthy (AR)
- 3:00 Singfit (AR)
- 4:00 Nature Therapy (CY)
- 4:15 Memory Lane Dinner Sensory (LR)
- 6:00 The Story of Robin Hood (LR)

FRIDAY, APRIL 19

- 10:00 Chair Exercise w/ Genai (AR)
- 10:30 Daily Scoop ☺ (AR)
- 11:00 **ES: Spring Finish the Song Lyric (LR)**
- 1:00 SingFit ☺ (LR)
- 2:00 Live 2B Healthy Exercise (AR)
- 3:00 ABC it Mind Exericse (LR)
- 4:00 Nature Therapy (CY)
- 6:00 Swiss Robin (LR)

TUESDAY, APRIL 16

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Resistance Band Exercise/ Daily Scoop (AR)
- 10:30 Art Therapy w/ Matt (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 **ES: Garden Trivia (AR)**
- 1:00 **GC: Songs with Spring in Them (LR)**
- 2:00 Baking Corner: Easy Pizza (DR)
- 3:00 **AC: Happy/Grumpy Balloon Toss (AR)**
- 4:00 Nature Therapy (CY)
- 6:00 Treasure Island (LR)

SATURDAY, APRIL 20

- 10:00 Big Band Toe Tapping (AR)
- 10:30 Music with Alvin (LR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 1:00 **ES: Earth Day Worksheets (AR)**
- 2:00 **Springtime Door Craft (AR)**
- 2:30 **Songs with Weather in Them (LR)**
- 3:00 Nature Therapy (CY)
- 4:00 Happy Hour with Al (LR)
- 6:00 The Island on top of the World (LR)

WEDNESDAY, APRIL 17

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 **AC: April Pondering (AR)**
- 1:00 Boundless Book Worms (LR)
- 1:30 **DIY Seed Bombs (AR)**
- 2:00 Live 2B Healthy Exercise (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Nature Therapy (CY)
- 6:00 Davy Crocket and the River Pirates (LR)

LOCATION KEY

(LR) Living Room
(DR) Dining Room
(CY) Courtyard
(B) Bus

(AR) Activity Room
(AL) Assisted Living

Code Names:

(AC)- Activity Connection
(ES)-Eversound
(GC)- Golden Carers

All activities are subject to change.

SUNDAY, APRIL 21

- 9:30 ML Sensory / Today's Discussion (LR)
- 10:00 Louis Fitness Class/Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Fabulous Nails by Louis/ Pictionary (AR)
- 1:45 Scenic Drive (B)
- 2:00 Songs of Love and Worship (LR)
- 3:15 Whiteboard/YouTube (LR)
- 3:30 Trivia (LR)
- 4:00 Nature Therapy (CY)
- 6:00 Oliver Twist (LR)

THURSDAY, APRIL 25

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop (AR)
- 10:30 Coffee with the Activity Manager (LR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 The Spice of Life (AR)
- 1:00 The Sun Strollers (CY)
- 2:00 Nerd Herd Experiments: Water Station (AR)
- 3:00 Live Music w/ Cirpian (LR)
- 4:00 Remembering Man Walk on the Moon (LR)
- 6:00 Stagecoach (LR)

MONDAY, APRIL 22

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class/ Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Activity Connection This Day in History (AR)
- 1:00 Louis Tabletop Games (AR)
- 2:00 Live 2B Healthy (AR)
- 3:00 Singfit (AR)
- 4:00 Nature Therapy (CY)
- 4:15 Memory Lane Dinner Sensory (LR)
- 6:00 Bicycle Thieves (LR)

FRIDAY, APRIL 26

- 10:00 Chair Exercise with Genai (AR)
- 10:30 Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 1:00 **Flower Decoupage on Glass (AR)**
- 1:30 **Songs with Weather in Them (AR)**
- 2:00 Live 2B Healthy Exercise (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Nature Therapy (CY)
- 6:00 City Lights (LR)

TUESDAY, APRIL 23

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Resistance Band Exercise/ Daily Scoop ☺ (AR)
- 10:30 Sing-along with Genai (LR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Activity Connection This Day in History (AR)
- 1:00 Baking Corner: PB & Jelly Making Contest (AR)
- 2:00 **GC: Pressed Flower Bookmarker (AR)**
- 2:30 Music Therapy w/ Kaitlyn (LR)
- 3:30 **Garden Group: Wind Spinners (CY)**
- 4:00 Nature Therapy (CY)
- 6:00 Hot shots (LR)

SATURDAY, APRIL 27

- 10:00 Chair Exercise with Genai (AR)
- 10:30 Daily Scoop (AR)
- 11:00 Short Jokes and One Liners (AR)
- 1:00 Sun Strollers (CY)
- 1:30 Singfit (AR)
- 2:00 Live Music w/ Jon (LR)
- 3:00 Nature Therapy (CY)
- 3:30 Line dancing w/ Davis Line Dancers (LR)
- 4:00 Happy Hour with AL (LR)
- 6:00 Monty Python (LR)

WEDNESDAY, APRIL 24

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Sing Fit (AR)
- 1:00 Boundless Book Worms (LR)
- 1:30 **GC: Carrot Toss (AR)**
- 2:00 Outing to Davis Farmers Market (B)**
- 2:00 Live 2B Healthy Exercise (AR)
- 3:00 Music w/ Ken (LR)
- 4:00 Nature Therapy (CY)
- 6:00 The Front Page (LR)

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 28

- 9:30 ML Sensory/Today's Discussion (LR)
- 10:00 Louis Fitness Class/Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Fabulous Nails by Louis/Pictionary (AR)
- 1:45 Scenic Drive (B)
- 2:00 Songs of Love and Worship (LR)
- 3:15 Whiteboard/YouTube (LR)
- 3:30 Trivia (LR)
- 4:00 Nature Therapy (CY)
- 6:00 Jonny Guitar (LR)

MONDAY, APRIL 29

- 9:30 ML Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class/ Daily Scoop ☺ (AR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Activity Connection This Day in History (AR)
- 1:00 Louis Tabletop Games (AR)
- 2:00 Live 2B Healthy (AR)
- 3:00 Singfit (AR)
- 4:00 Nature Therapy (CY)
- 4:15 Memory Lane Dinner Sensory (LR)
- 6:00 Shane (LR)

TUESDAY, APRIL 30

- 9:30 Memory Lane Sensory/ Today's Discussion (LR)
- 10:00 Resistance Band Exercise/ Daily Scoop ☺ (AR)
- 10:30 Sing-along with Genai (LR)
- 11:00 Memory Lane Lunch Sensory (LR)
- 12:30 Minute to Win in Balloon Toss (AR)
- 1:00 Baking Corner: Rolling Rolls (DR)
- 2:00 **Garden Group: Teacup Garden (CY)**
- 2:30 Nature Therapy (CY)
- 3:30 The Civil War Documentary (LR)
- 4:00 Can You Name That Dish (LR)
- 6:00 Father of the Bride (LR)

ARTISAN MIND PRESENTS:
ART REVEALS

February 2024 Love in Art



Resident responses from our February Artisan Mind session

“An explosion of color.”

Reid Resident

“The feeling of love is not just about
the people, but also the places and
the entire experience you have with
them.”

Joan Resident

“It is an explosion of color and at
the same time it doesn't feel like
it is too much. It's beautiful.”

Marjorie Resident

Nature Therapy



Trusted Technology * Expert Insight * Safer Dementia Care

Small changes can make a big impact in fall prevention, but if you can't see how falls are happening, how do you know what changes to make to help prevent them?

SafelyYou provides clear video of on-the-ground events for senior living communities, revealing the root causes of falls and empowering on-site staff to implement interventions, creating resident success stories like the one below.

Carlton Senior Living has provided SafelyYou-empowered care to their Memory Care Residents since 2018, leading to consistently positive outcomes including significant fall reduction, decreased ER visits and improvement in overall resident well-being.

SafelyYou | Resident success story



The scenario

A resident had multiple falls from bed within the same month.



The solution

After reviewing the SafelyYou fall video and collaborating with SafelyYou clinicians to develop interventions, on-site staff worked with the family to replace the resident's bed with a wider option and replace her bedding with a less slippery fabric.



The outcome

No falls since the interventions were put into place.