



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](mailto:SUPPORT@SPEAK2FAMILY.COM)

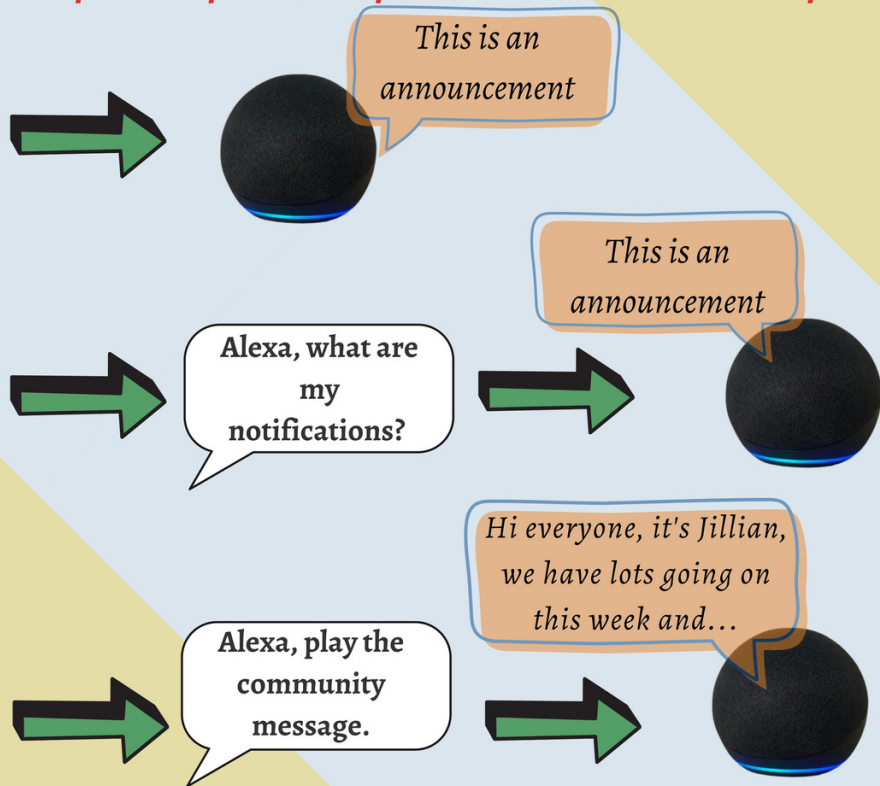
Upon receipt of email, please allow 24 hours for a response.

## 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.

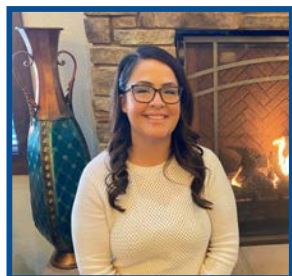
AIR	NATURE
CLEAN	OCEAN
COMMUNITY	OXYGEN
CONSERVATION	OZONE
EARTH	PEOPLE
ECOSYSTEM	PLANTS
ENERGY	POLLUTION
ENVIRONMENT	PRESERVE
FUEL	RECYCLE
HABITAT	REUSE
LANDFILLS	WATER
LITTER	WORLD

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
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# ELK GROVE Management Team



**Jennell Revera**  
Executive Director



**Olivia Sterba**  
Executive Assistant



**Andrea Quintanilla**  
Director of Resident  
Services



**Evangeline Rodriguez**  
Director of Memory Care



**Gurleen Kaur**  
Medication Manager



**Misty Charles**  
Director of New Sales  
Development



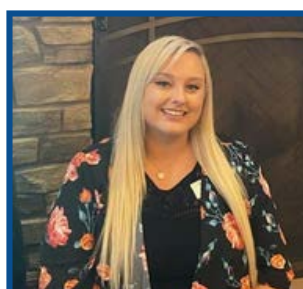
**Krystal Cosaino**  
Sales Assistant



**Alan Trujillo**  
Executive Chef



**Debbie Burgstrom**  
Dining Room Manager



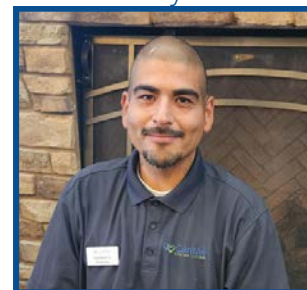
**Tara Mason**  
Activities Manager  
Assisted Living



**Julia Johnson**  
Activities Manager  
Memory Care



**Alexis Diaz**  
Care Manager  
Memory Care



**Gil Plascencia**  
Maintenance Manager

# TRANSPORTATION POLICIES

## Doctor Shuttles

We offer transportation to medical appointments on Tuesdays, Wednesdays, and Thursdays between 8:15 AM and 11:00 AM. On Saturdays between 8:15 AM and 1:30 PM. Transportation must be requested 72 hours (3 days) in advance.

## Concierge Service

We offer limited non-medical transportation on Tuesdays and Thursdays between 8:15 AM and 11:00 AM and on Saturdays between 8:15 AM and 1:30 PM.

Concierge appointments are subject to driver availability and manager approval.

We are not able to provide Carlton escorts for Concierge appointments.

## Church, Shopping, and Bank Shuttles

We can provide transportation to religious services on Sunday mornings by appointment. The shuttle starts service at 8:15 AM and returns to the community by 12:30 PM.

We offer shuttle service to local stores and banks on Monday mornings. Check the activity schedule for this week's destination. Note: the bank shuttle does not run on federal holidays.

## Transportation Charges

All transportation within a 10 mile radius of our community is **FREE**. For transportation outside of the 10 mile radius, we charge a flat rate of \$45 one way. Additional charges will apply for residents who require a personal escort. Please see our 2023 Summary of Services for more information on transportation and escort charges.

## How to Schedule Transportation

Please place your transportation request slip in the box at the front desk.

Transportation must be requested at least 72 hours (3 days) in advance. All requests are subject to driver availability and manager approval.

Questions about our transportation program?

Contact Julia Johnson, Interim Assisted Living Activities Manager.

## *Carlton Spotlight:*

# *Arnie Zimbelmann*



Arnie Zimbelman was born on January 11th, 1930, in Carson, North Dakota. He went to college to get his degree in History so he could teach, but was drafted into the Army for 2 years. As soon as he was discharged, he decided to go back to college. Arnie got his degree and met his wife, Iris!

They lived in Oregon while Arnie worked at a local High School there. After a few years of living in Oregon, Arnie and Iris moved to Sacramento with their 3 daughters.

He taught at Elk Grove High school for 13 years, Sacramento City College for 1 year and then taught at Cosumnes River College for 22 years before he retired.

Arnie is an author and has written 3 books about American History.

### **FUN FACT:**

Arnie has a park named after him off of Big Horn here in Elk Grove.

Arnie and Iris founded the Strauss Festival that happens every July here in Elk Grove



## Resident Meetings

Resident Meetings are open to all community residents. Share your opinion and participate in meetings for community updates.

All meetings are held in the

**Living Room at 2:30 PM**

**Resident Council Meeting:**

**Wednesday, APRIL 3rd**

**Food Committee Meeting:**

**Wednesday, APRIL 10th**

## THURSDAY, APRIL 4

*Happy Birthday, Chris I.*

- 10:00 Live 2B Healthy (CR)
- 10:00 Board Game: Monopoly (PE)
- 11:00 Chair Hula with Kim & Karolyn (CR)
- 11:00 Morning Stroll with Erica (PE)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Current Events and Conversations (PE)
- 3:00 Butterfly Pasta Art (PE)
- 4:00 Card Games: Worst Case Scenario (PE)
- 6:00 Evening Movie Hour: Brooklyn (TV)

## MONDAY, APRIL 1

- 9:00 Outing: Stagecoach Restaurant (FD)**
- 10:00 Chair Fitness (CR)
- 10:30 Get to Know Your Neighbor (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Shopping Shuttle: Target
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Cocktails: Orange Dream Mimosas (PE)
- 4:00 Billiards (GR)
- 6:00 Spin the Tunes (PE)

## FRIDAY, APRIL 5

- 10:00 Chair Fitness (CR)
- 10:30 Bean Bag Toss Competition (CR)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Baking: Caramel Apple Fries (PE)
- 4:00 Ping-Pong (CR)
- 6:00 Evening Movie Hour: Murder Mystery (TV)

## TUESDAY, APRIL 2

- 10:00 Live 2B Healthy (PE)
- 10:00 Billiards (GR)
- 10:30 Conversation Cards (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:00 Bookmobile Community Visit (FD)
- 2:30 Carlton University: Tornadoes (TV)
- 3:00 Ceramics with Susan (PE)
- 6:00 Evening Concert with Rick (LR)

## SATURDAY, APRIL 6

- 10:00 Live 2B Healthy (CR)
- 10:00 Coffee & Conversations: Vacations (PE)
- 10:30 Mind Game: Scategories (PE)
- 11:00 Morning Stroll with Erica (FD)
- 11:00 Nugget Walk with Britney (PE)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch
- 1:30 Bingo (PE)
- 2:15 Word Games: Boggle (PE)
- 3:00 Happy Hour with Beny (LR)
- 4:00 Sing-along with Erica (PE)
- 6:00 Evening Movie : Gran Torino (TV)

## WEDNESDAY, APRIL 3

- 10:00 Music & Motion (CR)
- 10:00 Bank Shuttle (FD)
- 10:00 Dessert & Float Bar with Julia (PE)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Mini Golf (CY)
- 1:30 Bingo (PE)
- 2:30 Resident Council Meeting (LR)
- 2:30 Spring Wreath-making (PE)
- 3:30 Knitting with a Purpose (PE)
- 6:00 Evening Movie Hour: 27 Dresses (TV)

**The BOOKMOBILE**  
will be visiting us on



**APR 2**  
**TUES**  
**2:00 PM**



## SUNDAY, APRIL 7

*Happy Birthday, Ruth W.*

- 9:00 Good Shepherd Catholic Mass (TV)
- 9:30 Shopping Shuttle: Walmart (FD)
- 10:00 Chair Fitness (CR)
- 10:30 Memories: My Wedding Day (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 11:00 OUTING: Chef Bo Chinese Cuisine (FD)**
- 1:30 Bingo (PE)
- 2:30 Sunday Matinee: Jurassic Park (TV)
- 4:00 Whiteboard Crossword (PE)
- 6:00 Evening Movie: Jurrassic Park 2 (TV)

## THURSDAY, APRIL 11

*Happy Birthday, Karen G & Bill A.*

- 10:00 Live 2B Healthy (CR)
- 10:00 Board Game: Blank Slate (PE)
- 11:00 Chair Hula with Kim & Karolyn (CR)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Current Events and Conversations (PE)
- 4:00 Card Game: Gin Rummy (GR)
- 6:00 Evening Concert with Richard (LR)

## MONDAY, APRIL 8

- 10:00 Chair Fitness (CR)
- 10:00 Bank Shuttle (FD)
- 10:30 Solar Eclipse Viewing (CY)
- 11:00 Morning Stroll with Melissa (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 OUTING: Tops Yogurt (FD)**
- 1:30 Bingo (PE)
- 2:30 Cocktails: Lemon Blueberry Daiquiri (PE)
- 4:00 Billiard Hour (GR)
- 6:00 Evening Movie Hour: Hidden Figures (TV)

## FRIDAY, APRIL 12

- 10:00 Chair Fitness (CR)
- 10:30 Bean Bag Toss (CR)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Baking with Erica: Lemon Bars (PE)
- 4:00 Word Games: Nostalgic Trivia (PE)
- 6:00 Evening Movie Hour: Passengers (TV)

## TUESDAY, APRIL 9

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Live2BHealthy (CR)
- 10:30 Getting to Know Your Neighbor (PE)
- 11:00 Morning Stroll with Melissa (PE)
- 12:15 Resident Poker Hour (LR)
- 1:30 Bingo (PE)
- 2:30 Watering Can Bouquet Canvas Painting (PE)
- 4:00 Board Games: Scrabble (PE)
- 6:00 Movie: Where the Crawdads Sing (TV)

## SATURDAY, APRIL 13

- 10:00 Live 2B Healthy (CR)
- 10:00 Coffee Conversations: Best Friend (PE)
- 10:30 Mind Games: Would You Rather? (PE)
- 11:00 Morning Stroll with Erica (FD)
- 11:00 Nugget Walk with Britney (PE)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:15 Word Games: Wordle (PE)
- 3:00 Courtyard Cocktails with Gary (CY)
- 4:00 Sing-along with Erica (PE)
- 6:00 Evening Movie: The Flintstones (TV)

## WEDNESDAY, APRIL 10

*Happy Birthday, Jane D.*

- 10:00 Chair Fitness (CR)
- 10:00 Shopping Shuttle: Dollar Tree (FD)
- 10:00 Activities Evaluation & Brainstorming (PE)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Scenic Drive (FD)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Food Committee Meeting (LR)
- 2:30 Card Game: IncoHEARent (PE)
- 3:30 Knitting with a Purpose (PE)
- 6:00 Evening Movie: The Mule (TV)

## Therapeutic Art Painting

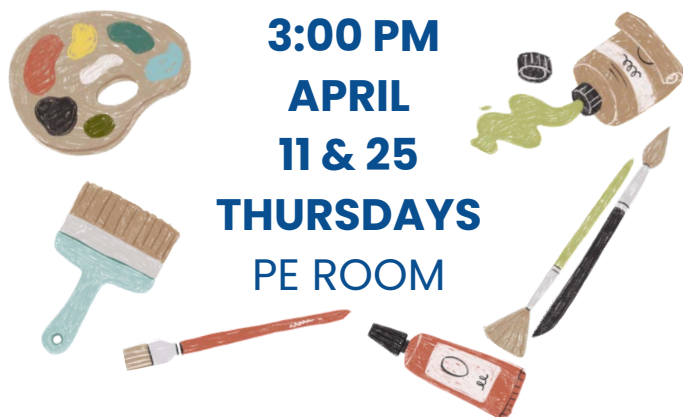
**3:00 PM**

**APRIL**

**11 & 25**

**THURSDAYS**

**PE ROOM**



## SUNDAY, APRIL 14

*Happy Birthday, Eugene W.*

- 9:00 Good Shepherd Catholic Mass (TV)
- 10:00 Chair Exercise (CR)
- 10:30 Memories: My Kids (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Strings, Keys & Melodies (LR)
- 2:30 Scenic Drive (FD)
- 4:00 Whiteboard Crossword (PE)
- 6:00 Evening Movie: The Blind Side (TV)

## THURSDAY, APRIL 18

- 10:00 Live 2B Healthy (CR)
- 10:00 Board Game: Monopoly (PE)
- 11:00 Chair Hula with Kim & Karolyn (CR)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Current Events and Conversations (PE)
- 3:30 Mind Games: SUDOKU (PE)
- 5:30 Dementia Support Meeting (TV)
- 6:00 Evening Concert with Robert (LR)

## MONDAY, APRIL 15

*Happy Birthday, Carol M.*

- 10:00 Chair Fitness (CR)
- 10:00 Outing: Sutter Fort State Park (FD)**
- 10:30 Get to Know your Neighbor (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Spring Floral Arrangement (PE)
- 4:00 Billiards (GR)
- 6:00 Spin the Tunes (PE)

## FRIDAY, APRIL 19

*Happy Birthday, Myrna G.*

- 10:00 Chair Fitness (CR)
- 10:30 Corn Hole Game (PE)
- 11:00 Morning Stroll with Erica (FD)
- 12:00 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Baking: Parfait Cups (PE)
- 4:00 Gin Rummy Hour (GR)
- 6:00 Evening Movie Hour: Harriet (TV)

## TUESDAY, APRIL 16

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Live 2B Healthy (CR)
- 10:30 Culinary Creation with Chef Alan (PE)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Mini Golf (CY)
- 1:30 Bingo (PE)
- 2:30 Travel Tuesday: HAWAII (PE)
- 4:00 Scrabble (PE)
- 6:00 Evening Concert with Evening Star (LR)

## SATURDAY, APRIL 20

*Happy Birthday, Nancy C.*

- 10:00 Live 2B Healthy (CR)
- 10:00 Coffee & Conversations: Wedding (PE)
- 10:30 Mind Games: Scattogories (PE)
- 11:00 Morning Stroll with Erica (PE)
- 11:00 Nugget Walk with Britney (FD)
- 12:00 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:15 Card Games: Uno (PE)
- 3:00 Happy Hour with the Songbirds (LR)
- 4:00 Sing-along with Erica (PE)
- 6:00 Movie : My Big Fat Greek Wedding 2 (TV)

## WEDNESDAY, APRIL 17

- 10:00 Chair Fitness (CR)
- 10:00 Outing: North Bay Region Picnic (FD)**
- 10:00 Baking Dessert with Erica (PE)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Resident Birthday Party (PE)
- 3:30 Knitting with a Purpose (PE)
- 6:00 Evening Movie Hour: The Hill (PE)

## CONNECT WITH US

**WEBSITE:** [CARLTONSENIORLIVING.COM](http://CARLTONSENIORLIVING.COM)

**FACEBOOK:** [@CSLELK GROVE](https://www.facebook.com/CSLELK Grove)

**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 21

- 9:00 Good Shepherd Catholic Mass (TV)
- 10:00 Chair Fitness (CR)
- 10:30 Memories: My Favorite Vacation (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 11:30 Outing: Sacramento River Cruise (FD)**
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Wood Bird House Painting (PE)
- 4:00 Whiteboard Crossword (PE)
- 6:00 Evening Movie: Titanic (TV)

## THURSDAY, APRIL 25

- 10:00 Live 2B Healthy (CR)
- 10:00 Board Game: Blank Slate (PE)
- 11:00 Chair Hula with Kim & Karolyn (CR)
- 11:00 Morning Stroll with Erica (FD)
- 12:00 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Current Events and Conversations (PE)
- 3:00 Therapeutic Art Painting (PE)
- 4:00 Card Games: Uno (PE)
- 6:00 Evening Concert with Andrii (LR)

## MONDAY, APRIL 22

*Passover Begins at Sundown*

- 10:30 Music Therapy with Danielle (LR)
- 10:30 Outing: IMax Movie Outing (FD)**
- 11:00 Morning Stroll with Melissa (PE)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 1:30 Shopping Shuttle: Delta Shores (FD)
- 2:00 Silver Strummers Band (LR)
- 3:00 Succulent Terrarium for Earth Day (PE)
- 4:00 Billiard Hour (GR)
- 6:00 Spin the Tunes (PE)

## FRIDAY, APRIL 26

- 10:00 Chair Fitness (CR)
- 10:30 Bean Bag Toss Game (PE)
- 11:00 Morning Stroll with Erica (FD)
- 12:00 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 No Bake Spring Nests (PE)
- 4:00 Card Game: You Oughta Know (PE)
- 6:00 Evening Movie Hour: Interstellar (TV)

## TUESDAY, APRIL 23

*Happy Birthday, Denis M. & Joanne E..*

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Live2B Healthy (CR)
- 10:30 Get to Know Your Neighbor (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 12:00 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Straw Hats Decoration (PE)
- 4:00 Card Game: Gin Rummy (GR)
- 6:00 Evening Concert with Antonio (LR)

## SATURDAY, APRIL 27

*Happy Birthday, Iris B.*

- 10:00 Live 2B Healthy (CR)
- 10:00 Coffee & Conversations: Grandkids (PE)
- 10:30 Mind Games: Would You Rather?
- 11:00 Morning Stroll with Erica (FD)
- 11:00 Nugget Walk with Britney (FD)
- 12:00 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:15 Card Game: Would You Rather? (PE)
- 3:00 Happy Hour with LU (LR)
- 4:00 Sing-along with Erica (PE)
- 6:00 Evening Movie: Arrival (TV)

## WEDNESDAY, APRIL 24

- 10:00 Music & Motion (CR)
- 10:00 Baking Dessert with Melissa (PE)
- 11:00 Morning Stroll with Erica (FD)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 1:30 Scenic Drive (FD)
- 2:30 No Bake Blackberry Cheesecake Bars (PE)
- 3:30 Knitting with a Purpose (PE)
- 6:00 Board Games with Galt Girl Scouts (PE)

## LOCATION KEY

**1st Floor:** (LR) Living Room, (DR) Dining Room, (PDR) Private Dining Room, (FD) Front Desk, (PE) Personal Expressions Room, (CY) Courtyard, (WC) Wellness Center

**2nd Floor:** (TV) Theatre, (GR) Game Room, (IR) Inspiration Room, (CR) Craft Room, (Lib) Library, (BS) Beauty Salon, (HWO) Health & Wellness Office - PC Lounge

*Activities are subject to change*

## SUNDAY, APRIL 28

- 9:00 Good Shepherd Catholic Mass (TV)
- 10:00 Chair Fitness (CR)
- 10:30 Memories: Our Family Tradition (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Sunday Matinee: The Boys in the Boat (TV)
- 4:00 Whiteboard Crossword (PE)
- 6:00 Evening Movie: Cast Away (TV)

## MONDAY, APRIL 29

- 10:00 Chair Fitness (CR)
- 10:30 Movie Suggestions & Discussions (PE)
- 11:00 Morning Stroll with Melissa (PE)
- 12:15 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 1:30 Shopping Shuttle: Delta Shores (FD)
- 2:30 Bee's Knees Cocktail (PE)
- 4:00 Billiard Hour (GR)
- 6:00 Spin the Tunes (PE)

## TUESDAY, APRIL 30

- 9:30 Legion of Mary Prayer Hour (IR)
- 10:00 Live2B Healthy (CR)
- 10:30 Get to Know Your Neighbor (PE)
- 11:00 Morning Stroll with Melissa (FD)
- 12:00 Resident Poker Hour (LR)
- 1:00 Afternoon Stretch (PE)
- 1:30 Bingo (PE)
- 2:30 Share A Memory Or Photo (PE)
- 4:00 Board Games: Scrabble (PE)
- 6:00 Evening Concert with Chaz (LR)



Keep your mind active with  
**Carlton University!**

Carlton University, our training and continuing education program for employees, also offers monthly classes for residents!

### April's Class Topic: **"Tornadoes"**

Taught by Lauren Strom,  
Home Office Human Resources Specialist

**TUESDAY, APRIL 2 at 2:30 PM**

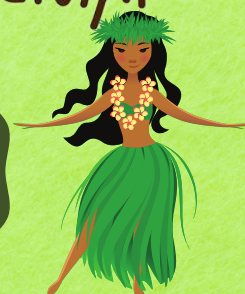
**In the PE ROOM**

Do you have a topic you'd like Carlton University to teach?  
Give your suggestion to your activities manager!

## Chair Hula Class with Kim and Carolyn

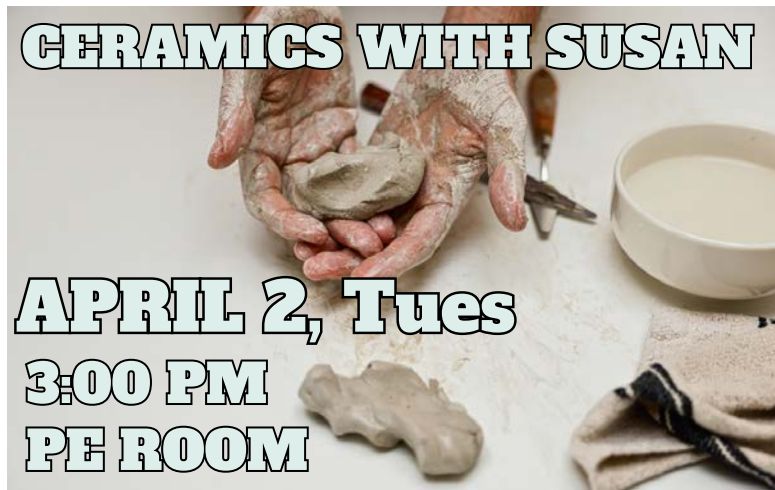


**Every  
Thursday  
Craft Room  
11:00 AM**



## CERAMICS WITH SUSAN

**APRIL 2, Tues  
3:00 PM  
PE ROOM**







## April Birthdays

Chris I.	4th
Ruth W.	7th
Jane D.	10th
Karen G.	11th
Bill A.	11th
Eugene W.	14th
Carol M.	15th
Myrna G.	19th
Nancy C.	20th
Denis M.	23rd
Joanne E.	23rd
Iris B.	27th



**Welcome to Our Family**

**Glenn Bohland  
Vincent Lepore  
Casimer Marko  
Kathleen Santos  
Geneva Erich  
Patsy Viduya**

Welcome our newest  
neighbors to the community.

## Physical Therapy Services

**Mondays, Wednesdays, & Fridays  
9 AM - 1 PM**

**DAVID CLAWSON, MPT**

**Physical Therapist  
daveclawsonpt@gmail.com  
(916)955-4151**

Specializes in Orthopedic & Stroke Care  
Please contact **David** directly  
for scheduling options.

## Salon Services

Assisted Living Side, 2nd FLOOR

**Sunday, Tuesday, Wednesday,  
& Saturdays  
7 AM - 4:30 PM**

**KAREN CHAPMAN  
Hair Stylist  
(916) 801-5789**

Please contact **Karen** directly to schedule.



## APRIL Dress-up Days

**April 3rd • Rainbow Day**

Wear your Favorite **Rainbow Color**

**April 11th • Pet Day**

Wear **Animal Print**

**April 15 • Purple Day**

**April 16th • Pajama Day**

**April 20th •**

**Twinning for Look-Alike Day**

**April 22nd • Earth Day**

Wear **Earth Colors**

**April 28th • Superhero Day**

Wear **Superhero Shirt**

**April 30th • Bugs Bunny Day**

Wear a **Bugs Bunny Shirt**





## ***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>.