



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:

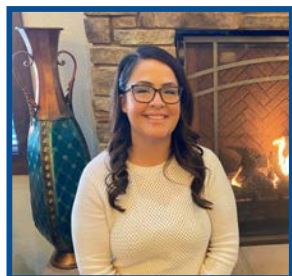
- Start with the day, the date, and the year. Include a brief description of the weather if you feel moved.
- Allow 15 minutes to write first thing in the morning to develop the writing ritual.
- Forget about grammar, spelling, and punctuation! Let the feelings and words flow, whether one sentence or 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."





# 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



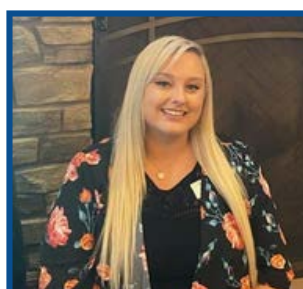
**Krystal Cosaino**  
Sales Assistant



**Alan Trujillo**  
Executive Chef



**Debbie Burgstrom**  
Dining Room Manager



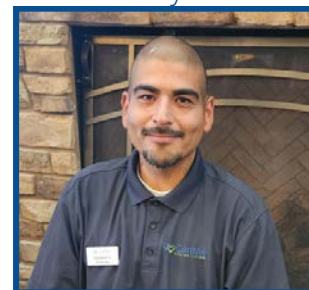
**Tara Mason**  
Activities Manager  
Assisted Living



**Julia Johnson**  
Activities Manager  
Memory Care



**Alexis Diaz**  
Care Manager  
Memory Care



**Gil Plascencia**  
Maintenance Manager

# 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

- Science Project
- Poetry Session
- Timeslips
- Artisan Mind
- Conversation Cards
- Puzzle Time
- Pictionary
- Guesstures
- Cranium Crunch



## Body

- Nature Therapy
- Music Therapy
- Drum Circle
- Fabulous Fitness
- Courtyard Stroll
- Music & Motion
- SingFit
- Live 2B Healthy
- Senior Exercise with Eversound



## Soul

- Rose Garden Outing
- Lakeside Picnic
- Sensory Baking
- Garden Club
- Wednesday Live Music
- Therapeutic Art Painting
- Culinary Creation with Chef Alan
- Sunflower Paint & Sip
- Eversound Paint-along

# Nancy Brown



## Resident Spotlight

### Resident Info

Nancy was born on July 11, 1937 in Galesburg, IL.

She is the youngest of 6 children. She loved going to school and had perfect attendance! She worked for the State of California and retired after 32 years.

Nancy loved teaching Children's Church.

Nancy loves listening to R&B, Christian and gospel music.

A very sweet lady who is soft-spoken and has kind eyes, Nancy holds a soft spot in our hearts.

## Welcome to Our Family



**Loretta Bailey**  
**Lynette Figueroa**  
**Nickie Martin**  
**Mary Pawlowski**  
**Elizabeth Williams**

Please welcome our newest neighbors to the community.

*Stay Tuned*   
**April 2 @ 3 - 4 PM**  
Oldies but Goodies

**April 3 @ 3 - 4 PM**  
Romantic Woo with Lu

**April 10 @ 3 - 4pm**  
Soothing Tunes with Robert 

**April 13 @ 3 - 4 PM**  
Saxophone Music with Andrii

**April 14 @ 3 - 4 PM**  
Jazz with Chaz

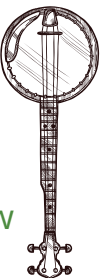
**April 17 @ 3 - 4 PM**  
Romantic Woo with Lu

**April 21 @ 3 - 4 PM**  
The Evening Star Band Show

**April 24 @ 2:30 - 4 PM**  
Love Songs with Andy Leong 

**April 27 @ 3 - 4 PM**  
Soothing Tunes with Robert

**April 28 @ 3 - 4pm**  
Sweet Melody with Chloe 







## THURSDAY, APRIL 4

- 10:00 Daily Chronicles (LR)
- 10:30 Whiteboard Crossword (LR)
- 11:00 Live 2 B Healthy (AR)
- 1:00 Tell Me A Joke (LR)
- 2:00 SingFit (AR)
- 3:00 Mocktails: Peach Sangria (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## MONDAY, APRIL 1

- 10:00 Daily Chronicles (LR)
- 10:30 Armrest Travel (LR)
- 11:00 Music & Motion (AR)
- 1:00 Puzzles with Friends (AR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Spring Wreath Creation (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## FRIDAY, APRIL 5

- 10:00 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 11:00 Fabulous Fitness (AR)
- 1:00 Positive Memories: Wedding (LR)
- 2:00 SingFit (AR)
- 3:00 Pinecone Flowers (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## TUESDAY, APRIL 2

- 10:00 Daily Chronicles (LR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2B Healthy (AR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Ceramics Class with Susan (AR)
- 3:00 Oldies but Goodies with Rick (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## SATURDAY, APRIL 6

- 10:00 Daily Chronicles (LR)
- 10:30 Cranium Crunch (LR)
- 11:00 Live 2B Healthy (AR)
- 1:00 Mind Quizzes (LR)
- 2:00 SingFit (AR)
- 3:00 Therapeutic Art Painting (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## WEDNESDAY, APRIL 3

- 10:00 Daily Chronicles (LR)
- 10:30 Junk Drawer Detective (LR)
- 10:30 Nature Therapy (CY)
- 11:00 Fabulous Fitness (AR)
- 11:00 Sing-Along with Chloe (LR)
- 1:00 Pictionary (LR)
- 1:00 Puzzles with Friends (AR)
- 2:00 Book Club: John F. Kennedy (AR)
- 3:00 Romantic Woo with Lu (AR)**
- 5:00 Cranium Crunch (LR)

**CERAMICS  
WITH SUSAN**  
**APRIL 2 2:00 PM**  
**MC ACTIVITY ROOM**



## SUNDAY, APRIL 7

- 10:00 Daily Chronicles (LR)
- 10:30 Nature Therapy (LR)
- 11:00 Senior Tai Chi (AR)
- 1:00 Praise Songs (LR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Sunflower Paint & Sip (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## THURSDAY, APRIL 11

- 10:00 Daily Chronicles (LR)
- 10:30 Whiteboard Crossword (LR)
- 11:00 Live 2 B Healthy (AR)
- 1:00 Tell Me A Riddle (LR)
- 2:00 SingFit (AR)
- 3:00 Mocktails: Limeaid Punch (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## MONDAY, APRIL 8

- 10:00 Daily Chronicles (LR)
- 10:30 Music Therapy with Danielle (AR)**
- 11:00 Music & Motion (AR)
- 11:00 Solar Eclipse Viewing (CY)
- 1:00 Puzzles with Friends (AR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Flower Garden Parfait (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## FRIDAY, APRIL 12

- 10:00 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 11:00 Fabulous Fitness (AR)
- 1:00 Positive Memories: Spouse (LR)
- 2:00 SingFit (AR)
- 3:00 Butterfly Pasta Art (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## TUESDAY, APRIL 9

- 10:00 Daily Chronicles (LR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2B Healthy (AR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Timeslips (AR)
- 3:00 Science: Rock Candy Crystals (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## SATURDAY, APRIL 13

- 10:00 Daily Chronicles (LR)
- 10:30 Cranium Crunch (AR)
- 11:00 Live 2B Healthy (AR)
- 1:00 Mind Quizzes (LR)
- 2:00 SingFit (AR)
- 3:00 Saxophone Music with Andrii (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## WEDNESDAY, APRIL 10

- 10:00 Daily Chronicles (LR)
- 10:30 Junk Drawer Detective (LR)
- 10:30 Nature Therapy (CY)
- 11:00 Fabulous Fitness (AR)
- 11:00 Sing-Along with Chloe (LR)
- 1:00 Pictionary (LR)
- 1:30 April Birthday Potluck (AR)
- 2:00 Book Club: Fruit of the Vine (AR)
- 3:00 Soothing Tunes with Robert (AR)**
- 5:00 Cranium Crunch (LR)



## SUNDAY, APRIL 14

- 10:00 Lakeside Picnic (Bus)**
- 10:00 Daily Chronicles (LR)
- 10:30 Nature Therapy (LR)
- 11:00 Senior Tai Chi (AR)
- 1:00 Praise Songs (LR)
- 2:00 Eversound Activity ☯ (LR)
- 3:00 Jazz with Chaz (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## THURSDAY, APRIL 18

- 10:00 Daily Chronicles (LR)
- 10:30 Whiteboard Crossword (LR)
- 11:00 Live 2 B Healthy (AR)
- 1:00 Tell Me A Short Story (LR)
- 2:00 SingFit (AR)
- 3:00 Mocktails: Tequila Sunrise (AR)**
- 5:00 MLTV: Vintage Medleys (LR)
- 5:30 Dementia Support Meeting (TR)

## MONDAY, APRIL 15

- 10:00 Daily Chronicles (LR)
- 10:30 Armrest Travel (AR)
- 11:00 Music & Memories (LR)
- 1:00 Puzzles with Friends (AR)
- 2:00 Scenic Drive: Delta River (Bus)
- 2:00 Eversound Activity ☯ (LR)
- 3:00 Baking: Spring Crinkles (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## FRIDAY, APRIL 19

- 10:00 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 11:00 Fabulous Fitness (AR)
- 1:00 Positive Memories: Pet (LR)
- 2:00 SingFit (AR)
- 3:00 Color Fingerprint Tree (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## TUESDAY, APRIL 16

- 10:00 Daily Chronicles (LR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2 B Healthy (AR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Poetry Session (LR)
- 3:00 Pressed Flowers Lantern (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## SATURDAY, APRIL 20

- 10:00 Daily Chronicles (LR)
- 10:30 Cranium Crunch (LR)
- 11:00 Live 2B Healthy (AR)
- 1:00 Mind Quizzes (LR)
- 2:00 SingFit (AR)
- 3:00 Therapeutic Art Painting (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## WEDNESDAY, APRIL 17

- 10:00 Daily Chronicles (LR)
- 10:30 Activity Connection (LR)
- 10:30 Nature Therapy (CY)
- 11:00 Fabulous Fitness (AR)
- 11:00 Sing-Along with Chloe (LR)
- 1:00 Pictionary (LR)
- 1:30 Artisan Mind (AR)
- 2:00 Book Club: World Records (LR)
- 3:00 Romantic Woo with Lu (AR)**
- 5:00 Cranium Crunch (LR)





## SUNDAY, APRIL 21

- 10:00 Daily Chronicles (LR)
- 10:30 Nature Therapy (LR)
- 11:00 Senior Tai Chi (AR)
- 1:00 Praise Songs (LR)
- 2:00 **Scenic Drive: Clarksburg (Bus)**
- 2:00 Eversound Activity ☺ (LR)
- 3:00 **Evening Star Band (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## THURSDAY, APRIL 25

- 10:00 Daily Chronicles (LR)
- 10:30 Whiteboard Crossword (LR)
- 11:00 Live 2B Healthy (AR)
- 1:00 Tell Me Your Love Story (LR)
- 2:00 SingFit (AR)
- 3:00 **Mocktails: Spring Mimosa (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## MONDAY, APRIL 22

- 10:00 Daily Chronicles (LR)
- 10:30 Armrest Travel (LR)
- 10:30 **Music Therapy with Danielle (ALR)**
- 11:00 Music & Memories (LR)
- 1:00 Puzzles with Friends (AR)
- 2:00 Silver Strummers Live Music (ALR)
- 3:00 **Baking: Spring Blondies (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## FRIDAY, APRIL 26

- 10:00 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 11:00 Fabulous Fitness (AR)
- 1:00 Positive Memories: Vacation (LR)
- 2:00 SingFit (AR)
- 3:00 **Bubble Wrap Tree Art (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## TUESDAY, APRIL 23

- 10:00 Daily Chronicles (LR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2 B Healthy (AR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Quarterly Creation (AR)
- 3:00 **Building A Vegetable Garden (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## SATURDAY, APRIL 27

- 10:00 Daily Chronicles (LR)
- 10:30 Discussion Group (LR)
- 11:00 Live 2B Healthy (AR)
- 1:00 Mind Quizzes (LR)
- 2:00 SingFit (AR)
- 3:00 **Soothing Tunes with Robert (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## WEDNESDAY, APRIL 24

- 10:00 Daily Chronicles (LR)
- 10:30 **Culinary Creation with Chef Alan (CY)**
- 11:00 Fabulous Fitness (AR)
- 11:00 Sing-Along with Chloe (LR)
- 1:00 Pictionary (LR)
- 1:00 Puzzle with Friends (AR)
- 2:00 Book Club: Telephone (AR)
- 2:30 **Love Songs with Andy Leong (AR)**
- 5:00 Cranium Crunch (LR)

## ACTIVITY KEY

### MEMORY CARE:

(LR) Living Room, (DR) Dining Room  
(CY) Courtyard, (AR) Activity Room

### ASSISTED LIVING:

(ALR) Living Room, (AAR) Activity Room,  
(ACR) Craft Room, (ACY) Courtyard, (ATR) Theater

*Activities are subject to change*

## SUNDAY, APRIL 28

- 10:00 Daily Chronicles (LR)
- 10:30 Nature Therapy (LR)
- 11:00 Senior Tai Chi (AR)
- 1:00 Praise Songs (LR)
- 2:00 Eversound Activity ♪ (LR)
- 3:00 Sweet Melody with Chloe (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## MONDAY, APRIL 29

- 9:30 McKinley Rose Garden Walk (Bus)**
- 10:00 Daily Chronicles (LR)
- 10:30 Armrest Travel (LR)
- 11:00 Music & Motion (AR)
- 1:00 Puzzles with Friends (AR)
- 2:00 Eversound Activity ♪ (LR)
- 3:00 Baking: Blossom Cookies (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## TUESDAY, APRIL 30

- 10:00 Daily Chronicles (LR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2 B Healthy (AR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Drum Circle (AR)
- 3:00 Sun Hat Wreath (AR)**
- 5:00 MLTV: Vintage Medleys (LR)

## Nature Therapy



ARTISAN MIND PRESENTS:  
ART REVEALS

**February 2024**  
**Love in Art**



*"I appreciate you bringing the art to our loved ones. We look forward to this every month"*

*-Lin (family member)*

*"Watching all of these art warms my heart. I remember and miss my sons"* - Jan (resident)

*"Thank you for your time and for bringing this for us."*

*- Florence (resident)*



## 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 •

Twining 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**

## Therapeutic Art Painting

3PM

APRIL 6 & 20

MC ACTIVITY ROOM



## 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.

## CONNECT WITH US

WEBSITE: CARLTONSENIORLIVING.COM

FACEBOOK: @CSLELKGROVE

INSTAGRAM: @CARLTONSENIORLIVING

TWITTER: @CARLTONSRSENIOR

LINKEDIN: CARLTON SENIOR LIVING



## Salon Services

Sundays, Tuesdays,  
Wednesdays, and Saturdays  
7 AM - 4:30 PM

**KAREN CHAPMAN**

Hair Stylist

(916) 801-5789

## Medical Shuttle Transportation

We offer transportation for medical appointments on **Tuesdays, Wednesdays,** and **Thursdays** with a **drop-off time** starting at 9:00 am and a final pick-up time of 12:00 pm.

Doctor Shuttle transportation must be requested at least **72 hours (3 days)** in advance.

Contact the **Activities Department** for assistance.

We also offer outings, shopping and banking shuttles during the week.

Please remember

All outings are subject to change.  
Transportation is based on driver's  
availability.



## 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.