



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

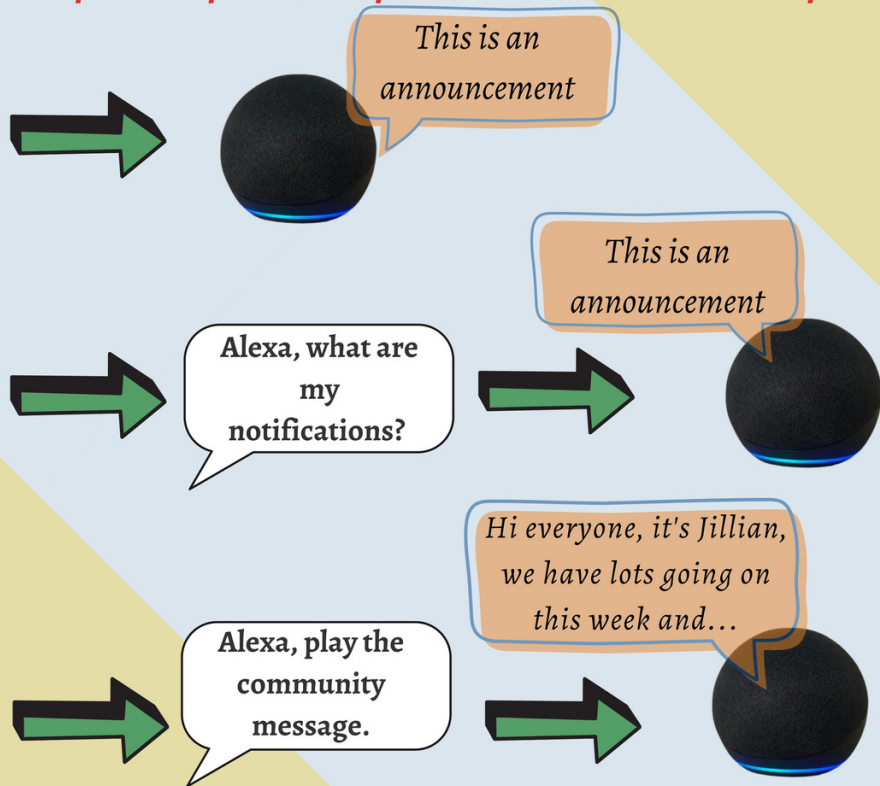
Upon receipt of email, please allow 24 hours for a response.

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



Fremont Management Team



Meghan Geul
Executive Director
Tuesday-Saturday



Mercy Platero
Executive Assistant
Sunday-Thursday



RJ Galarsa
Director of Resident
Services
Tuesday-Saturday



Yaritza Yanez
Care Manager
Sunday-Thursday



Hugo Esquivel
Executive Chef
Tuesday-Saturday



Omar Garcia
Dining Room Manager
Sunday-Thursday



Dron Kumar
Maintenance Manager
Tuesday-Saturday



Ashley Gibson
Sales Assistant
Sunday-Thursday



Olivia Allen
Sales Director
Tuesday-Saturday



Bernadette Moya
Medication Supervisor
Sunday-Thursday



Amanda Sellers
Activities Manager
Tuesday-Saturday



TRANSPORTATION POLICIES

Doctor Shuttle

We offer transportation to medical appointments on Tuesdays and Thursdays. Drop offs begin at 9:00 a.m. The final pick-up time is 3:30 p.m. *Please be ready in the lobby at least 30 minutes prior to your appointment time.*

Transportation on the doctor shuttle must be requested at least 48 hours (2 days) in advance. Contact the front desk to reserve a time slot.

Special Trip Transportation

Transportation can be arranged outside of normal shuttle hours. "Special Trip" transportation must be requested at least 48 hours (2 days) in advance and must be approved by Amanda. There is a charge for this service.

Church & Shopping Shuttles

Transportation to local religious services is available on Sunday mornings between 9:00 and 12:00 PM.

Our shopping shuttle provides transportation to local stores on Wednesdays. The location rotates weekly.

Transportation Charges

All transportation on our shuttles is **FREE**. For special trip transportation, please speak with Amanda about pricing.

How to Schedule Transportation

Contact the front desk to reserve a time slot on our doctor or church shuttles. For "Special Trip" transportation, please contact Amanda.

Questions about our transportation program?

Contact Amanda Sellers, Activities Manager.

Carlton Spotlight: *Ann L.*



Meet Ann Leaver! Born on July 13th, 1938 in California to parents Lyle and Ruthella. Ann's parents were farmers in Idaho, growing various crops. She moved to California at 14, along with her 6 siblings! Ann is the 3rd oldest, and oldest girl. She fondly remembers climbing on the roof to swim while her parents were out getting groceries.

Ann worked for 22 years as an Esgrrove officer in Fremont. Before that, she worked for United where she met her husband Paul on what they call "the love bus". They married on January 6th, 1979. With 5 kids in their blended family, Ann now has 9 grandchildren and 1 great grandchild, whom she considers "the light of her life."

Traveling to places like Rome, Paris, and France, Ann values her experiences as a mom. Her advice to younger generations is to "save your money, honey!" and "invest, invest, invest." Ann loves the hardworking staff at Carlton, enjoys country music, and admires author James Patterson. If she could listen to one song forever, it would be "I Left My Heart in San Francisco" by Tony Bennet. Her favorite meal is lasagna and she has a sweet tooth for ice cream. Ann finds joy in stitching and crafting, and looks up to her brother Joe.

Caring, family-oriented, and happy are three words that describe Ann.





THURSDAY, APRIL 4

Happy Birthday Jocelyn!

9:00 Coffee & Chit-Chat (CAFE)
 9:00-9:30 Blood Pressure Check with Nurse
 Tapinder (GYM)
 9:30 Morning Stretch/Exercise Video (MPR)
 10:30 Walking Club (LV)
 1:00 Cake Batter Puppy Chow! (CAFE)
 1:30 Dress up: Baseball! (LV)
 2:00 Bingo! (PER)
 3:30 Mini Manicures **Sign Up Required** (PER)
 6:00 Movie Night (TVR)

MONDAY, APRIL 1

April Fools Day

9-2:00 *Shopping Shuttle: Errand Day (BUS)*
 9:00 Coffee & Chit-Chat (CAFE)
 9:30 Live2BHealthy Exercise (MPR)
 10:30 Documentary : Our Planet : One Planet
 (TVR)
 1:30 Cupcakes (CAFE)
 2:00 Roulette with Meghian (PER)
 4:00 Poker Game (GR)
 6:00 Movie Night (TVR)

FRIDAY, APRIL 5

9:00 Coffee with Bailey's & Chit-Chat (CAFE)
 9:30 Live2BHealthy Exercise (MPR)
 10:30 Ceramics Class (PER)
 12:00 Caramel Cookies (CAFE)
 1:00 Oscar Nominated Movie : American
 Symphony (TVR)
 3:00 Music Performance by Claudio M (MPR)
 6:00 Movie Night (TVR)

TUESDAY, APRIL 2

9:00 Coffee & Chit-Chat (CAFE)
 9:30 Morning Stretch (MPR)
 10:30 Food Committee Meeting with Hugo
 (PER)
 12:30 Chocolate Chip Crescent Rolls (CAFE)
 1:00 Word in Words Game (LV)
 2:00 Bingo! (PER)
 3:30 Trivia (LV)
 6:00 Movie Night (TVR)

SATURDAY, APRIL 6

10:30 Early Morning Bingo (PER)
 12:30 Fruit Tarts with Amanda (CAFE)
 1:00 Chair Exercise Video (PER)
 2:00 Cornhole (LV)
 3:00 Crafting : Resin Keychains **Sign Up
 Required** (MPR)
 4:00 Play Pool in Game Room (GR)
 6:00 Movie Night (TVR)

WEDNESDAY, APRIL 3

9-11:00 Shopping Shuttle: The Hub (BUS)
 9:00 Bagels, Coffee & Chit-Chat (CAFE)
 9:30 Live2BHealthy Exercise (LV)
 10:30 The Week in News (PER)
 11:30 Lunch Outing: Picnic at Lake Elizabeth (BUS)
 12:00 Chocolate Mousse in the Cafe (CAFE)
 1:00 Fremont Library Visit (LV)
 1:00 National Walking Day : Walk the Block (LV)
 2:00 Cornhole (LV)
 3:00 Music Performance : Opera Singer (MPR)
 6:00 Movie Night (TVR)

LOCATION KEY

MPR: Multi-Purpose Room
 PER: Personal Expressions Room
 LIB: Library
 DR: Dining Room
 TVR: TV Room
 GR: Game Room
 CY: Courtyard
 BUS/VAN: Outing
 LV: Living Room
 BA: Back Area

Activities are subject to change.

SUNDAY, APRIL 7

8:00 - 10:00 Morning Mimosas (CAFE)
9:00 - 12:00 Church Shuttle (BUS)
10:30 Gardening Back Area (BA)
12:30 Smore's Pretzel Bites (CAFE)
1:00 Live2BHealthy Exercise (MPR)
2:00 Bingo! (PER)
3:30 Crafting : Origami with Kira (PER)
6:00 Movie Night (TVR)

THURSDAY, APRIL 11

9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch/Exercise Video (MPR)
10:30 Walking Club (LV)
12:00 Food Delivery: Panda Express (PDR)
1:00 Parfaits with Yari (CAFE)
1:30 Dress up: Wear Red! (LV)
2:00 Bingo! (PER)
3:30 Crafting : Sun Hat Wreaths *Sign Up
Required* (PER)
6:00 Movie Night (TVR)

MONDAY, APRIL 8

9:00 Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Documentary : Our Planet : Frozen Worlds (TVR)
10:30 Scenic Drive (BUS)
12:00 Brownies (CAFE)
1:00 Pet Therapy Visit (LV)
1:00-3:00 Shopping Shuttle : Errand Day (BUS)
2:00 Jeopardy (LV)
3:00 Crafting : Canvas Painting (PER)
4:00 Poker Game (GR)
6:00 Movie Night (TVR)

FRIDAY, APRIL 12

9:00 Coffee with Bailey's & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Wordle Game (LV)
1:00 Oscar Nominated Movie : Rustin (TVR)
1:30 Smoothies (LV)
2:30 Mahjong Game (GR)
3:00 Crafting : Abstract Heart Painting (PER)
6:00 Movie Night (TVR)

TUESDAY, APRIL 9

9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch/Exercise Video (MPR)
10:30 Symmetry Healing Class (PER)
1:00 Word in Words Game (LV)
2:00 Bingo! (PER)
3:30 Trivia (LV)
6:00 Movie Night (TVR)

SATURDAY, APRIL 13

10:30 Early Morning Bingo (PER)
12:30 Muffins (CAFE)
1:00 Chair Exercise Video (PER)
1:00 Outing : IHS Play : Addams Family *Sign
Up Required* (BUS)
2:00 Ice-cream Sundaes with Mercy (LV)
3:30 Mahjong Game (GR)
4:30 Play Pool in Game Room (GR)
6:00 Music Performance by TWA Jazz (MPR)

WEDNESDAY, APRIL 10

9-11:00 Shopping Shuttle: Dollar Store (BUS)
9:00 Donuts, Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Carlton SJ Visit : Volleyball (MPR)
12:00 Funfetti Cake Cookies (CAFE)
1:30 Bible Study (LB)
2:00 The Week in News (MPR)
3:00 Music Performance by Elaine D'sa (MPR)
6:00 Movie Night (TVR)



Brain fitness will help keep your
mind sharp!

Let's keep those wheels
turning! Ask Amanda to sign you
up for Dakim BrainFitness.

SUNDAY, APRIL 14

8:00 - 10:00 Morning Mimosas (CAFE)
9:00 - 12:00 Church Shuttle (BUS)
10:30 Gardening in Back Area (BA)
1:00 Live2BHealthy Exercise (MPR)
1:30 Treat with Bernadette (CAFE)
2:00 Bingo! (PER)
3:00 Tech Support & Class on "Settings" (PER)
3:30 Mahjong Game (GR)
6:00 Movie Night (TVR)

MONDAY, APRIL 15

9:00 Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Documentary : Our Planet : Jungles (TVR)
11:30 Lunch Outing : Jack's Restaurant (BUS)
12:00 Lemon Bars (CAFE)
1:00 Jewelry Making Class (PER)
2:00 Cornhole (LV)
3:00 Resident Council Meeting (MPR)
6:00 Movie Night (TVR)

TUESDAY, APRIL 16

9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Word Games (LV)
12:00 Surprise Treat (CAFE)
1:00 Bowling (LV)
2:00 Bingo! (PER)
3:30 Trivia (LV)
6:00 Movie Night (TVR)

WEDNESDAY, APRIL 17

9-11:00 Shopping Shuttle: Whole Foods/Raleys (BUS)
9:00 Donuts, Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (LV)
10:30 The Week in News (MPR)
1:00 Angel The Harpist (LV)
2:00 Grief and Grieving Support Group (PER)
3:00 Crafting : Gold Frame Dried Flowers *Sign Up Required* (PER)
6:00 Movie Night (TVR)

THURSDAY, APRIL 18

9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Balloon Volleyball (MPR)
1:00 Chocolate Fondue! (CAFE)
1:30 Dress Up : Twin Day (LV)
2:00 Bingo! (PER)
3:30 Alexa 101/Speak2 Update Class (PER)
6:00 Movie Night (TVR)

FRIDAY, APRIL 19

9:00 Coffee with Bailey's & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Ceramics Class (PER)
12:00 Early Movie & Pizza (TVR)
1:30 Smoothies (CAFE)
2:00 Walker Wash (LV)
3:00 Music Performance : Johnny Cash & June Carter Show (MPR)
6:00 Movie Night (TVR)

SATURDAY, APRIL 20

10:30 Early Morning Bingo (PER)
11:30 Lunch Outing : Billy Roy's Burger (BUS)
12:00 Pineapple Upside Down Cakes (CAFE)
1:00 Chair Exercise Video (PER)
3:00 Sip Wine & Paint with Mercy (PER)
4:00 Play Pool in Game Room (GR)
6:00 Movie Night (TVR)

Please welcome our newest neighbors to the community!

Maxine H



SUNDAY, APRIL 21

8:00 - 10:00 Morning Mimosas (CAFE)
9:00 - 12:00 Church Shuttle (BUS)
10:30 Gardening in Back Area (BA)
1:00 Live2BHealthy Exercise (MPR)
1:30 Mini Fruit Pizzas (CAFE)
2:00 Bingo! (PER)
3:00 Music Performance by Elevate Band (MPR)
4:00 Poker in Game Room (GR)
6:00 Movie Night (TVR)

THURSDAY, APRIL 25

9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Cornhole (LV)
12:00 Zucchini Bread (CAFE)
1:30 Dress up: Earth Day! (LV)
2:00 Bingo! (PER)
3:30 Crafting : Sun Hat Wreaths *Sign Up
Required* (PER)
6:00 Movie Night (TVR)

MONDAY, APRIL 22

Earth Day Passover Begins at Sundown

9:00 Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Scenic Drive (BUS)
10:30 Documentary : Our Planet : Coastal Seas
(TVR)
12:00 Earth Day Treats (CAFE)
1:00 Pet Therapy with Tate (LV)
2:00 Crafting : Decorate Pots & Plant (PER)
4:00 Poker Game (GR)
6:00 Music Performance by Lee Allen (MPR)

FRIDAY, APRIL 26

9:00 Coffee with Bailey's & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Wordle Game (LV)
12:30 Fruit Oatmeal Bars (CAFE)
1:00 Oscar Nominated Movie : Society of the
Snow (TVR)
1:30 Walker Wash (LV)
3:00 Happy hour in the Living Room (LV)
6:00 Movie Night (TVR)

TUESDAY, APRIL 23

9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Jeopardy (LV)
1:00 Surprise Treat with RJ (CAFE)
2:00 Bingo! (PER)
3:30 Trivia (LV)
4:00 Mahjong Game (GR)
6:00 Movie Night (TVR)

SATURDAY, APRIL 27

10:30 Early Morning Bingo (PER)
1:00 Chair Exercise Video (PER)
3:30 Crafting : Ceramic Painting (PER)
4:00 Play Pool in Game Room (GR)
6:00 Movie Night (TVR)

WEDNESDAY, APRIL 24

9-2:00 Shopping Shuttle: Errand Day (BUS)
9:00 Donuts, Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 The Week in News (MPR)
12:00 Scones (CAFE)
1:30 Bible Study (LIB)
2:00 Resident Feedback Meeting (MPR)
3:00 Music Performance by Yakov (MPR)
6:00 Movie Night (TVR)

CONNECT WITH US

WEBSITE: CARLTONSENIORLIVING.COM

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

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

8:00 - 10:00 Morning Mimosas (CAFE)
9:00 - 12:00 Church Shuttle (BUS)
10:30 Bingo! (PER)
11:00 Dakim Brain Fitness (LIB)
1:00 Live2BHealthy Exercise (MPR)
1:30 Student Piano Recital (MPR)
3:00 Crafting : Flower Arranging (PER)
6:00 Movie Night (TVR)

MONDAY, APRIL 29

9:00 Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Book Club Meeting (PER)
11:00 Dakim Brain Fitness (LIB)
11:30 Lunch Outing : Sushi Ken (BUS)
12:00 Pineapple Dole Whip (CAFE)
1:00 Brain Games (LV)
3:30 Crafting : Jewelry Making Class (PER)
6:00 Movie Night (TVR)

TUESDAY, APRIL 30

9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Cornhole with Dron (LV)
1:00 Lemon Blueberry Bread (CAFE)
2:00 Bingo! (PER)
3:30 Trivia & Happy Hour (LV)
6:00 Movie Night (TVR)

Salon Services

Please call Melissa to make an appointment: (510) 449-1857.

Resident Feedback Meeting

Wednesday, April 24th at
2:00 pm in the MPR.

Resident Council Meeting

Monday April 15th
in the MPR at 3pm



The Resident Council Meeting is open to all community residents. Participate in meetings for community updates and to share your opinion.



Miss Smith
Care Partner
February Winner

Our "**Best of the Best**" awards program honors associates who've gone above and beyond in providing particularly high-quality, memorable experiences for residents and their families.

Residents, family members and associates may complete a nomination form for associates who have exceeded their expectations. Forms are available at the front desk.

[Nominate an associate today!](#)

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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>.