February 2020

The Carlton Times

Love ♦ Honor ♦ Provide

Happy Valentine's Day
French painter Pierre-Auguste Renoir was born just 11 days short of Valentine's Day on February 25, 1841. His life, however, would be framed by his love for nature and people and his expression of that in painting.

The man who would go on to become a central figure in the Impressionist movement started off in humble beginnings, the sixth of seven children. His family's financial circumstances precipitated a move to Paris from Renoir's birthplace of Limoges when he was only 3 years old. This would eventually prove fortuitous, and their new city address was only a stone's throw away from the Louvre. The world-renowned art museum would become a refuge for Renoir when at age 13, he had to give up the pursuit of a music to begin an apprenticeship at a porcelain factory, painting plates.

At the Louvre, Renoir explored 18th-century French masters and showed the curiosity for the work of others that would later lead to experimentation and the creation of a new movement. The factory owner, who recognized Renoir's talent, encouraged him to pursue studies in art. Some time after the factory closed, in 1862, Renoir began serious study under Charles Gleyre in Paris.

Renoir's early career was marked by poverty, and he is known to have struggled through the 1860s, barely able to buy paints and canvases. He didn't give up, however. He submitted his work to the Salon and forged alliances with people who would prove to be patrons. The turning point in his career came in 1867 when he painted his mistress Lise Trehot. 'Lise and the Parasol' displayed Renoir's sensitivity to female sensuality and the female body would become one of his primary subjects. Producing thousands of paintings in his lifetime, Renoir's work in review shows an artist driven by love. After his marriage in 1890, he turned his attention to capturing his wife, family life and children. Later in life, not even severe rheumatoid arthritis could stop him from creating.

In recognition of American Heart Month, here are some cardiovascular research developments to keep an eye on in 2020, courtesy of Harvard Health Publishing:

**Digital stethoscopes.** Featuring specialized microphones and sensors that filter, buffer, and amplify sounds from the heart, digital stethoscopes then convert the sounds to a digital signal sent wirelessly to a smartphone. There, the patterns can be visualized and further analyzed.

**Safer anti-clotting treatments.** A chip the size of a postage stamp contains miniature channels, valves, processors, and pumps that enable precise manipulation of different fluids. The chip can screen hundreds of compounds in a few hours and was developed by Australian scientists who aim to identify better and safer anti-clotting treatments.

**New ways to lower cholesterol.** An experimental injectable drug called Inclisiran requires just two injections a year and may cut LDL -- the "bad" cholesterol -- in half. Another new drug called bempedoic acid can lower LDL by about 25 percent for those who can't tolerate high doses of statins.

**Cuffless blood pressure monitor.** The Biobeat device uses a small skin patch to measure light absorbed or reflected by blood vessels; paired with a special smartwatch, it continuously measures a person's heart rate and oxygen level in addition to blood pressure. The patch is placed on the upper torso and lasts for 10 days.

**Handheld ultrasound.** Miniaturized ultrasound devices that fit in a doctor's lab coat pocket are plugged into a smartphone or tablet, providing images that can detect problems with the aorta or the heart valves and also determine the severity of heart failure. Though they won't replace standard echocardiograms, the goal is faster...
A Message From the Executive

Happy February!

This month we are celebrating Valentine’s Day in many ways.

We will be selling candy grams in the lobby Tuesday afternoons from 12pm to 3pm until February 11th. Get someone special a candy gram which will be hand delivered on the 14th. All proceeds will be donated to American Diabetes Association.

The Valentine’s King and Queen will be announced at Cocktails and Mocktails on the 11th.

Valentines Brunch will be February 9th at 11am. Please RSVP at the front desk.

The Best of the Best Awards will be held on Wednesday the 19th at 11:00am in the living room. Please join us in the living room where we will announce the winners for the Fourth quarter of 2019 and the annual winners!

Thank you for making this community what it is, special.

Amanda

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**Know Your Newsletter:**


**2nd Floor:** (TV) Theatre, (GR) Game Room, (PE) Personal Expressions Room

Special Events will always be bold and highlighted in **red**.

Management led activities will always be bold and highlighted in **purple**.

Outings and Outside Organizations will always be **bold**.

Activities led by our residents and Helping hands will always be highlighted in **blue**.

Physical Activities

Cognitive/Intellectually Stimulating Activities

Transportation Related & Outings

Evening Movies
Come see the PE department in the lobby (from 1:00-3:00) every Tuesday until February 11th to purchase candy grams for $1.00 each! All proceeds will be donated to the American Diabetes Association.

Transportation Schedule

Church Shuttles:
- Sundays from 8:30 am to 1:00 PM

Banking & Shopping Shuttles:
- Mondays from 9:30 am to 12:00 PM

Doctor Shuttles:
- Tuesdays from 8:00 am to 2:00 PM
- Thursdays from 8:00 am to 2:00 PM

Outings:
- Wednesdays

Outing times are subject to change.

Resident Council

President
Ron Willis

Vice President
Kris Cummings

Secretary
Norma Potts

Food Committee Chair
Wilma Lee

Welcome Committee Chair
Pat Smith & Pat Heinrich

Activity Committee Chair
John Logue

Library Committee Chair
Chuck DePaoli, Brad Bradley, And David Armendariz

Vote for your Valentine’s King and Queen! Our voting box will be at the front desk starting February 1st! King and Queen will be announced Tuesday February 11th at Cocktails and Mocktails!
Love is in the air

Join us for a Valentines Brunch! February 9th from 11:00-1:30
Adults: $20 Children $10
Please RSVP to the front desk (916)714-2404.
If you have a group of 5 or more we will reserve a table for your party!

Please RSVP by Thursday February 6th.
Resident of the Month

For the month of February, our resident of the month is Donald Giles Gut, also known as Don. Don was born in Milwaukee, Wisconsin on April 27th, 1925. He married his beautiful wife, Viviane, in 1948, and shared more than 50 years together. Don was blessed with five wonderful children: Vicki, John, Tony, Larry, and Steve. They gifted him with 7 grandchildren and 6 great-grandchildren. Don was drafted into the Navy during World War II and was a Torpedoman on a destroyer. One of the highlights of his career was being on a destroyer that sunk a German submarine. After the war, Don attended the University of Wisconsin and graduated to become a manufacturing engineer for about 37 years. Don and his wife loved to travel. Though they traveled to many different countries around Europe, his favorite place to visit was Ireland because the people were always so friendly and welcoming there and he felt like he really got to know the folks. A fun fact about Don is that he was the former drummer in a big band called Swing and Sway with Sammy Kaye. Three words to describe Don are Honest, Family-man, and Social. Some advice he would give to new residents moving in would be to not be afraid to go out and meet people in our community, share and bond over common interests, and just be helpful! His favorite thing about living in the Carlton is, without a doubt, meeting new friends!
BEST OF THE BEST!

Join the PE team on Tuesday February 4th at 11:00 in the living room to write best of the best forms to nominate the staff.

Best of the Best

Stop by the front desk to fill out a best of the best form for any employees that you think are the best!

Jesse is one of our fabulous waitstaff here! Jesse has been with the Carlton for two years this month! His favorite thing about working here is helping put a smile on residents’ faces in the dining room. Jesse just graduated this year with his associates in MRI science. In his spare time, he likes to go to the gym and do yoga, play guitar, and have game nights with friends. Jesse’s favorite place to travel is anywhere in the mountains. He loves to enjoy the beautiful views in nature. One thing you might be surprised to know about Jesse, is that he loves the thrill of jumping off of cliffs (sometimes 40 or 50 feet) into a body of water! CONGRATS JESSE!

Happy Birthday Betty Clary!
Food Committee Meeting
Come to the TV room, Tuesday, Feb 11th at 1:30pm to discuss any food or dining room concerns with Chef Roger and Sam!

Resident Council Meeting: Wednesday Feb 5th at 1:30 in the Living Room

MANAGERS SPOTLIGHT!
KAYLA FRASIER
MEMORY CARE
PERSONAL CARE MANAGER

Kayla is our AMAZING personal care manager in Memory Care. She handles all of the residents’ care, and manages the care staff. Kayla has worked as a caregiver, Memory Care Programming Manager, and is now our MC Care Manager!

Fun fact: Kayla has an amazing green thumb! She has a vast collection of house plants!

Check it out!
The Bookmobile will be visiting our community on February 4th at 2:00pm

Activities Meeting
February 8th 11:00am
Join us in the PE room to discuss any new activity and outing ideas that you may have!
### Saturday, February 1st

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>Live 2B Healthy (PE)</td>
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<tr>
<td>10:30</td>
<td>M<em>A</em>S*H (TV)</td>
</tr>
<tr>
<td>11:00</td>
<td>Groundhogs Day Treats (PE)</td>
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<tr>
<td>1:30</td>
<td>Poker with John Logue! (Lib)</td>
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<tr>
<td>1:30</td>
<td>Bingo with Helping Hands (PE)</td>
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<tr>
<td>2:30</td>
<td>Toi Labs Informational Meeting (LR)</td>
</tr>
<tr>
<td>3:30</td>
<td>Happy Hour</td>
</tr>
<tr>
<td>6:30</td>
<td>Evening Movie (TV)</td>
</tr>
</tbody>
</table>

### Key


### Sunday, February 16

Join us for a travel talk! Explore the United States with a presentation and something to snack on from each state as we explore together!

**TV Room**

- **3:00pm**
  - Evening Movie (TV)
**Sunday, February 2nd**

<table>
<thead>
<tr>
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<tr>
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<td>Catholic Communion Service (IR)</td>
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<td>10:15</td>
<td>Walking Club (FD)</td>
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<tr>
<td>11:00</td>
<td>Bingo with Helping Hands (PE)</td>
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<tr>
<td>2:30</td>
<td>Hand and Foot Card Game (PE)</td>
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<tr>
<td>3:00</td>
<td>Superbowl Party (TV)</td>
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<tr>
<td>9:30</td>
<td>Live 2B Healthy (CR)</td>
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**Monday, February 3rd**

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<tr>
<td>9:30</td>
<td>Shopping Shuttles (FD)</td>
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<tr>
<td>9:30</td>
<td>Fabulous Fitness (CR)</td>
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<tr>
<td>10:00</td>
<td>Balance Fitness (CR)</td>
</tr>
<tr>
<td>1:30</td>
<td>Scenic Drive (FD)</td>
</tr>
<tr>
<td>1:30</td>
<td>Bridge with Susan (LR)</td>
</tr>
<tr>
<td>1:30</td>
<td>Resident Bridge Club (GR)</td>
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<tr>
<td>4:00</td>
<td>Bingo with Helping Hands (PE)</td>
</tr>
<tr>
<td>6:00</td>
<td>Spin the Tunes (LR)</td>
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**Tuesday, February 4th**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:30</td>
<td>Live 2B Healthy (CR)</td>
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<tr>
<td>10:00</td>
<td>Hand and Foot Card Game (PE)</td>
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<tr>
<td>10:15</td>
<td>Walking Club (FD)</td>
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<tr>
<td>11:00</td>
<td>Best of the Best Writing (LR)</td>
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<tr>
<td>1:30</td>
<td>Poker with John Logue (Lib)</td>
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<tr>
<td>2:30</td>
<td>Cranium Crunch with Cesy (PE)</td>
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<tr>
<td>4:00</td>
<td>Bingo with Helping Hands (PE)</td>
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<tr>
<td>6:00</td>
<td>Cocktails &amp; Mocktails</td>
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<td></td>
<td>with Rick Turnage (LR)</td>
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**Wednesday, February 5th**

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<td>Fabulous Fitness (CR)</td>
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<tr>
<td>10:00</td>
<td>Balance Fitness (CR)</td>
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<tr>
<td>1:30</td>
<td>Resident Council Meeting (LR)</td>
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<td>2:30</td>
<td>Getting Crafty with Expressions: Valentine’s Candy Dish (PE)</td>
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<tr>
<td>3:00</td>
<td>Ping-Pong Hour (CR)</td>
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<tr>
<td>4:00</td>
<td>Chevy’s Dinner Outing (FD)</td>
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<td>4:00</td>
<td>Bingo with Helping Hands (PE)</td>
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<td>Evening Movie (TV)</td>
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**Thursday, February 6th**

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<tr>
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<tr>
<td>10:15</td>
<td>Reading Corner (PE)</td>
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<tr>
<td>11:15</td>
<td>Poker with John Logue (Lib)</td>
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<tr>
<td>1:30</td>
<td>Proverbs Bible Study with Teresa (GR)</td>
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<tr>
<td>2:30</td>
<td>Fabulous Foodies: Chocolate Covered Strawberries (PE)</td>
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<tr>
<td>4:00</td>
<td>Bingo with Helping Hands (PE)</td>
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<tr>
<td>6:30</td>
<td>Evening Movie (TV)</td>
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**Friday, February 7th**

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<tr>
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<tbody>
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<td>10:00</td>
<td>Balance Fitness (CR)</td>
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<tr>
<td>10:30</td>
<td>Joy of Singing (LR)</td>
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<tr>
<td>11:00</td>
<td>Wii Bowling (TV)</td>
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<tr>
<td>1:30</td>
<td>Poker with John Logue (Lib)</td>
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<tr>
<td>4:00</td>
<td>Bingo with Helping Hands (PE)</td>
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<tr>
<td>6:30</td>
<td>Evening Movie (TV)</td>
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**Saturday, February 8th**

<table>
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<tr>
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<tbody>
<tr>
<td>9:30</td>
<td>Live 2B Healthy (PE)</td>
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<tr>
<td>10:30</td>
<td>M<em>A</em>S*H (TV)</td>
</tr>
<tr>
<td>11:00</td>
<td>Activities Meeting (PE)</td>
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<tr>
<td>1:30</td>
<td>Poker with John Logue! (Lib)</td>
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<tr>
<td>1:30</td>
<td>Bingo with Helping Hands (PE)</td>
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<tr>
<td>3:30</td>
<td>Happy Hour</td>
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<td></td>
<td>with The Songbird Trio (LR)</td>
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<tr>
<td>6:30</td>
<td>Evening Movie (TV)</td>
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</tbody>
</table>

**Happy Birthday Norma Potts!**
### Sunday, February 9th
- **8:30** Church Shuttles Begin (FD)
- **9:00** Catholic Communion Service (IR)
- **10:15** Walking Club (FD)

**11:00-1:30** Valentine’s Day Brunch
- **2:30** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

### Monday, February 10th
- **9:30** Banking Shuttle (FD)
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **11:00** Executive Director Corner (LR)
- **1:00** After Lunch Ice Cream Outing (FD)
- **2:00** Creative Cardmaking (PE)
- **1:30** Bridge with Susan (LR)
- **1:30** Resident Bridge Club (GR)
- **4:00** Bingo with Helping Hands (PE)
- **6:00** Spin the Tunes (LR)

### Tuesday, February 11th
- **9:30** Live 2B Healthy (CR)
- **10:00** Hand and Foot Card Game (PE)
- **10:15** Walking Club (FD)
- **11:00** Donuts and Chat (LR)
- **11:00** The Joy of Singing (LR)
- **1:30** Poker with John Logue (Lib)
- **1:30** Proverbs Bible Study with Teresa (GR)
- **2:30** The Joy of Singing (LR)
- **4:00** Bingo with Helping Hands (PE)
- **6:00** Wheelchair and Walker Tune up (CR)

### Wednesday, February 12th
- **TBD** Movie Outing (FD)
- **9:30** Fabulous Fitness (CR)
- **10:00** Walking Club (FD)
- **2:00** Getting Crafty with Expressions: Clay Lace Heart (PE)
- **3:00** Ping-Pong Hour (CR)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

### Thursday, February 13th
- **9:30** Live 2B Healthy (CR)
- **10:15** Walking Club (FD)
- **11:15** Reading Corner (PE)
- **1:30** Proverbs Bible Study with Teresa (GR)
- **1:30** Proverbs Bible Study with Teresa (GR)
- **2:30** Proverbs Bible Study with Teresa (GR)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

### Friday, February 14th
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **10:30** The Joy of Singing (LR)
- **11:00** Wheelchair and Walker Tune up (CR)
- **11:00** Wii Bowling (TV)
- **1:30** Poker with John Logue (Lib)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

### Saturday, February 15th
- **9:30** Live 2B Healthy (CR)
- **10:30** M*A*S*H (TV)
- **11:00** Coffee and Current Events (LR)
- **1:30** Bingo with Helping Hands (PE)
- **3:30** Happy Hour
  - With Chris Goslow (LR)
- **6:30** Evening Movie (TV)

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**Join us as we celebrate the **BEST OF THE BEST** employees in our community!**

**Wednesday February 19th**

at **11:00am**

in the **Living Room**.
### Sunday, February 16th
- **8:30** Church Shuttles Begin (FD)
- **9:00** Catholic Communion Service (IR)
- **10:15** Walking Club (FD)
- **11:00** Canvas and Mimosas with Karen (PE)
- **1:30** Bingo with Helping Hands (PE)
- **3:00** Travel Talk (TV)
- **6:30** Evening Movie (TV)

### Monday, February 17th
- **9:30** Shopping Shuttle (FD)
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **1:30** Resident Bridge Club (GR)
- **1:30** Bridge with Susan (LR)
- **1:30** Scenic Drive (FD)
- **4:00** Bingo with Helping Hands (PE)
- **6:00** Spin the Tunes (LR)

### Monday, February 17th
- **9:30** Church Shuttles Begin (FD)
- **9:00** Catholic Communion Service (IR)
- **10:15** Walking Club (FD)
- **11:00** Canvas and Mimosas with Karen (PE)
- **1:30** Bingo with Helping Hands (PE)
- **3:00** Travel Talk (TV)
- **6:30** Evening Movie (TV)

### Tuesday, February 18th
- **9:30** Live 2B Healthy (CR)
- **10:00** Balance and Foot (PE)
- **10:15** Walking Club (FD)
- **1:00** Weight and BP Clinic (CR)
- **1:30** Poker with John Logue (Lib)
- **2:30** Cranium Crunch (PE)
- **4:00** Bingo with Helping Hands (PE)
- **6:00** Cocktails and Mocktails With Tommy (LR)

### Wednesday, February 19th
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **11:00** Best of the Best Awards (LR)
- **1:00** Crocker Art Museum (FD)
- **2:30** Getting Crafty with Expressions: Melted Crayon Craft (PE)
- **3:00** Ping-Pong Hour (CR)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

### Thursday, February 20th
- **9:30** Live 2B Healthy (CR)
- **10:15** Walking Club (FD)
- **11:15** Reading Corner (PE)
- **1:30** Proverbs Bible Study w/ Teresa (GR)
- **1:30** Poker with John Logue (Lib)
- **2:30** Fabulous Foodies: Cherry Hand Pie (PE)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)
- **6:30** Lend-a-Heart Therapy Dogs (LR)

### Friday, February 21st
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **10:30** The Joy of Singing (LR)
- **11:00** Wii Bowling (TV)
- **1:30** Poker with John Logue (Lib)
- **4:00** Bingo with Helping Hands (PE)
- **6:00** Evening Movie (TV)

### Saturday, February 22nd
- **9:30** Live 2B Healthy (CR)
- **10:30** M*A*S*H (TV)
- **11:00** Get to Know You with Table Topics (PE)
- **1:30** Poker with John Logue! (Lib)
- **1:30** Bingo with Helping Hands (PE)
- **3:30** Happy Hour With Benny (LR)
- **6:30** Evening Movie (TV)

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**Come down and get to know others in the community!**  
Table topics lets you learn fun facts about the people you interact with daily!  
**Saturday Feb 22 at 11:00 In the PE room!**
### Sunday, February 23rd
- **8:30** Church Shuttles Begin (FD)
- **9:00** Catholic Communion Service (IR)
- **10:15** Walking Club (FD)
- **11:00** Cranium Crunch (PE)
- **1:30** Bingo with Helping Hands (PE)
- **2:30** **Hand and Foot Card Game (PE)**
- **6:30** Evening Movie (TV)

**Happy Birthday Chuck DePaoli!**

### Monday, February 24th
- **8:30** Church Shuttles Begin (FD)
- **9:00** Catholic Communion Service (IR)
- **10:15** Walking Club (FD)
- **11:00** Cranium Crunch (PE)
- **1:30** Bingo with Helping Hands (PE)
- **2:30** Creative Cardmaking (PE)
- **4:00** Bingo with Helping Hands (PE)
- **6:00** Spin the Tunes (LR)

### Tuesday, February 25th
- **9:30** Banking Shuttle (FD)
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **12:00** McDonalds Lunch Outing (FD)
- **1:30** Resident Bridge Club (GR)
- **2:00** Creative Cardmaking (PE)
- **4:00** Bingo with Helping Hands (PE)
- **6:00** Spin the Tunes (LR)

### Wednesday, February 26th
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **12:00** Leatherby’s Lunch Outing (FD)
- **2:30** Getting Crafty with Expressions: Fake Floral Arrangement (PE)
- **3:00** Ping-Pong Hour (CR)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

### Thursday, February 27th
- **9:30** Live 2B Healthy (PE)
- **10:15** Walking Club (FD)
- **11:15** Reading Corner
- **12:00** Resident Birthday Lunch with Brandi (DR)
- **1:30** Poker with John Logue (Lib)
- **1:30** **Proverbs Bible Study w/ Teresa (GR)**
- **2:30** Fabulous Foodies: Tea Sandwiches (PE)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

**Happy Birthday Kris Cummings!**

### Friday, February 28th
- **9:30** Fabulous Fitness (CR)
- **10:00** Balance Fitness (CR)
- **10:30** The Joy of Singing (LR)
- **11:00** Wii Bowling (TV)
- **1:30** Poker with John Logue (Lib)
- **2:00** Music with Antonio (LR)
- **4:00** Bingo with Helping Hands (PE)
- **6:30** Evening Movie (TV)

### Saturday, February 29th
- **9:30** Live 2B Healthy (CR)
- **10:30** M*A*S*H (TV)
- **11:00** Art and Relaxation (PE)
- **1:30** Poker with John Logue! (Lib)
- **1:30** Bingo with Helping Hands (PE)
- **3:30** Happy Hour With Musical Memories (LR)
- **6:30** Evening Movie (TV)

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**Exercise your brain!**

**Dakim is a fun way to work out your brain muscles!**

- Each session only takes 20 minutes!
- Our Dakim computer is located in our library!
- See Samantha if you are not signed up!
Happy February!

**NATIONAL OBSERVANCES:**

- 2nd Groundhogs Day
- 12th Lincoln’s Birthday
- 14th Valentine’s Day
- 17th Presidents’ Day
- 22nd Washington’s Birthday
- 25th Mardi Gras
- 26th Ash Wednesday

**Dress Up with Us!**

- 2nd Wear your football gear and jeans!
- 9th Pink and Red
- 14th Pink and Red
- 19th Twin Day
- 25th Purple, Green, and Gold
WELCOME TO...

THE ROARING TWENTIES!
February Birthdays

Resident Birthdays:

2nd Norma Potts
17th Barbara DePaoli
18th Pat Riegel
19th Katherine Tuttle
20th Vera Taschner

Staff Birthdays:

2nd Brenda Garcia
3rd Desi La Torre
6th Madhur Lal
7th Aaron Joven
7th Emalie Meyers
11th Janette Zambrano
13th Randeep Gill

22nd Richard Davis
23rd Chuck DePaoli
27th Kris Cummings
14th Sherry McCormick
16th Chia Xiong
19th Tami Johnson
24th Brian Thao
26th Evelyn Fuller
27th Ranesh Sharma
28th Amanda Sepeda

Have a February Birthday?
Come to the Resident Birthday Lunch
February 27 at 12:00pm
in the Dining Room!
Best Actresses

BATES
BORRY
BOOTH
BURSTYN
CHER
COLMAN
COTILLARD
DAVIS
DUNAWAY
FIELD
FONDA
HAYES
HEPBURN
HUNT
JONES
KELLY
LOREN
MAGNANI
MOORE
NEAL
PAGE
PALTROW
RAINER
ROGERS
SHEARER
STONE
STREISAND
SWANK
TANDY
TAYLOR
THERON
THOMPSON
WOODWARD
WYMAN
YOUNG
Small Thoughts on Longevity

You may recognize Dr. Gary Small from his PBS special, *Living Better Longer*. Or perhaps you’ve read his best-selling book *iBrain: Surviving the Technical Alteration of the Modern Mind*. Gary Small, M.D., Professor of psychiatry and biobehavioral sciences, is the director of the UCLA Center on Aging and Chief Scientific Advisor for Dakim.

Dr. Small took a few minutes from his busy schedule to talk with us about brain fitness:

**Making connections in a hyper-technological, Internet-driven world.**

In my last Brain Storm segment, I discussed my findings that using technology, specifically Internet search engines, engages complicated brain activity that may help exercise and improve brain function. Now, I’d like to talk to you about shutting off that computer, putting down that electronic device and chatting in person, not online. At least for a while - say at dinnertime with your family or friends.

Investigators at the University of Minnesota found that traditional family meals have a positive impact on adolescent behavior. In a survey of nearly 100,000 teenagers across 25 states, a higher frequency of family dinners was associated with more positive values and a greater commitment to learning. But it’s not just adolescents that benefit from social interaction. Stepping outside of our own skin, having positive interactions with other individuals and in groups has been shown to benefit the brain power of people of all age.

Actually, it not only strengthens our neural circuitry for human contact (the brain’s insula and frontal lobe), but it also helps ease the stress we experience in our daily lives, protecting the medial temporal regions that control emotion and memory.

So, stop and have a good time with good friends. And then get back on Dakim BrainFitness for your daily brain training session.

**More Sad News About Depression**

We’ve seen the commercials. Sadness hurts everyone - you, your loved ones, maybe even your pets. But new information indicates that depression can potentially hurt your brain. According to findings published an issue of *Neurology*, the more depressed patients diagnosed with Mild Cognitive Impairment were, the more likely they were to go on to develop Alzheimer’s.

The three-year study used a test measuring the intensity of depression systems. Of those diagnosed with depression, every one-point increase on that test correlated to a three percent increase in the risk of developing Alzheimer’s. Po H. Lu, Assistant Professor of Neurology at the University of California Los Angeles said, “Our longer-term findings add to the body of evidence that suggests depression is a major risk factor for Alzheimer’s disease.” Sad news, yes. But as other studies have shown, keeping mentally, socially and physically active can help with depression.