Theme of the Month:

In the month of October, we will celebrate all things related to Harvest & Farm Life. Residents will be encouraged to join in programming centered around geography, cultural experiences, food tasting, and travel related to different experiences with back to school. For theme related programs, see the activities highlighted in *Orange* on our monthly calendar. Join us in celebrating....

Harvest & Farm Life
Bill Edwards was Born on September 30th in 1937 in Cornwall, England. He is the middle child of three boys. When Bill was in the 7th grade he moved with his family to Grass Valley, California. There he attended Nevada Union High School where he was part of the first graduating class! Later on he moved to Santa Clara where he raised his own family of three children and worked for the police and fire department. Bill has a passion for cars and owned a number of classic and new cars over the years. He has a great sense of humor and we are honored to have him here at our community.
October Birthdays:

RESIDENTS
Judi Cain 10/05
Nellie Eddie 10/19
Buss Eddie 10/29

EMPLOYEES
ILENE LASASAMOA - 10/01
PARVEEN KAUR - 10/10
ALEXA GUTIERREZ - 10/14
NHEL LIGAYA - 10/14
ASHLEY R SHERMAN - 10/24
DJAKARIDJA TRAORE - 10/26

Carlton Senior Living Management

Lisa Schumann  Executive Director
Nate Morse  Retirement Counselors
Aimie Moore  PE Manager
Roiee Dunham  DR Manager
Tou Yang  Med Manager
Brittany Won  Chef
Ian Page

Manny Dirar  Associate Director
Yuvi Diaz  Resident Services
Felix James  Director of MC
Oliver Sterba  Resident Liaison
DJ Banar  Plant Operations
Rose De La Garza  PC Manager
Resident Spotlight

Nellie Eddy was born in Stone County Missouri on October 19th 1929 at home farm. She is one of eight siblings and spent her teenage years babysitting her nieces and nephews. She met her husband Bus when she was seventeen. Nellie worked for DMV before raising her three children. She also has three grandchildren Derek, Curtis, and Jackson and one great grandchild.

Staff Spotlight

Erma has lived her in Sacramento for 15 years. She is a proud mother of five children and eight grandchildren. She loves spending time and vacationing with her family. In her free time she loves reading a good book and playing games on her ipad. She has been a caregiver for 10 years. We are so glad to have her join our team.
### Thursday, October 1
- 9:45 Coffee and News (CY)
- 10:30 Nature Program (LR)
- 11:30 Country Classics (DR)
- 1:00 Ladder ball (LR)
- 2:00 Charades LR)
- 2:30 Hand Spa (LR)
- 3:30 Candy and Conversation (LR)
- 5:30 Sing- Fit (LR)

### Friday, October 2
- 9:45 Coffee and Coloring (LR)
- 10:30 Chair Soccer (LR)
- 11:30 50’s Mix (LR)
- 1:00 Wildlife video (LR)
- **2:00 Sing Fit (LR)**
- 2:30 Hand Spa (LR)
- 3:30 Bocce Ball (LR)
- 5:30 Hang-Man (LR)

### Saturday, October 3
- 9:45 Poetry Circle (LR)
- **10:30 Sing- Fit (LR)**
- 11:30 The Rat Pack (DR)
- 1:00 Pictonairy (LR)
- 2:00 Fun Videos (LR)
- 2:30 Hand Spa (LR)
- 3:00 Bingo (LR)
- 5:30 Tic Tac Toe (LR)

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**Have a birthday coming up?**

Contact Felix or Veronica to discuss how we can help you celebrate your loved one while practicing social distancing.

fjames@carltonseniorliving.com
vspencer@carltonseniorliving.com

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**Activity Key**

- **DR- Dinning Room**
- **LR- Living Room**
- **CY- Courtyard**
- **TV- TV Room**
- **AL- Assisted Living**
<table>
<thead>
<tr>
<th>Sunday, October 4</th>
<th>Thursday, October 8</th>
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<tbody>
<tr>
<td><strong>9:45 Sing-Fit Church Potluck (LR)</strong>&lt;br&gt;10:30 Snacks in the Courtyard. (LR)&lt;br&gt;11:00 Instrumental Classics (DR)&lt;br&gt;1:00 Name that Tune (LR)&lt;br&gt;2:00 Quick Jokes (LR)&lt;br&gt;2:30 Hand Spa (LR)&lt;br&gt;3:00 Animal Video (LR)&lt;br&gt;5:30 Horse Shoes (LR)</td>
<td><strong>9:45 Sing-Fit (LR)</strong>&lt;br&gt;10:30 Ladderball (LR)&lt;br&gt;11:30 Classic Country (DR)&lt;br&gt;1:00 Musical Bingo (LR)&lt;br&gt;2:00 Fun Facts (LR)&lt;br&gt;2:30 Hand Spa (LR)&lt;br&gt;3:30 Apple Craft(LR)&lt;br&gt;5:30 EZ does it Trivia (LR)</td>
</tr>
<tr>
<td><strong>Monday, October 5</strong>&lt;br&gt;9:45 Walking Club(LR)&lt;br&gt;10:30 Bowling (LR)&lt;br&gt;11:30 Instrumental Classics (DR)&lt;br&gt;1:00 Exercise Bingo(LR)&lt;br&gt;<strong>2:00 Sing- Fit (LR)</strong>&lt;br&gt;2:30 Hand Spa (LR)&lt;br&gt;3:00 Happy Hour w/ Trivia (LR)&lt;br&gt;5:30 Treasure Box Questions (LR)</td>
<td><strong>Friday, October 9</strong>&lt;br&gt;9:45 Manicures (LR)&lt;br&gt;10:30 Coffee Social (CY)&lt;br&gt;11:30 Frank Sinatra’s Classics (DR)&lt;br&gt;1:00 Time-Slips(LR)&lt;br&gt;2:00 Current events(LR)&lt;br&gt;2:30 Hand Spa (LR)&lt;br&gt;3:30 Bingo (LR)&lt;br&gt;5:30 Calming Coloring (LR)</td>
</tr>
<tr>
<td><strong>Tuesday, October 6</strong>&lt;br&gt;9:45 Walking Club (LR/ CY)&lt;br&gt;<strong>10:30 Halloween Cards (LR)</strong>&lt;br&gt;11:30 Hollywood Jazz (DR)&lt;br&gt;1:00 Same or Different (LR)&lt;br&gt;<strong>2:00 Sing-Fit (LR)</strong>&lt;br&gt;2:30 Hand Spa (LR)&lt;br&gt;3:00 Minute to Win It(LR)&lt;br&gt;5:30 Hangman (LR)</td>
<td><strong>Saturday, October 10</strong>&lt;br&gt;9:45 Crochet Club (LR)&lt;br&gt;10:30 Name 10 (LR)&lt;br&gt;11:30 Upbeat Oldies (D)&lt;br&gt;1:00 Craft hour (LR)&lt;br&gt;<strong>2:00 Sing-Fit (LR)</strong>&lt;br&gt;2:30 Hand Spa (LR)&lt;br&gt;3:30 Milkshakes and a Movie (LR)&lt;br&gt;5:30 Chair Soccer (LR)</td>
</tr>
</tbody>
</table>
| **Wednesday, October 7**<br>9:45 News in the Courtyard (CY)<br>10:30 Balloon parachute (LR)<br>11:30 Oldies but Goodies (LR)<br>1:00 Group Reading(LR)<br>**2:00 Sing-Fit (LR)**<br>2:30 Hand Spa (LR)<br>3:30 Science Experiment (LR)<br>5:30 Remembering a walk in the Woods(LR) | Activity Key<br>**DR- Dinning Room**<br>**LR- Living Room**<br>**CY- Courtyard**<br>**TV- TV Room**<br>**AL- Assisted Living**
<table>
<thead>
<tr>
<th>Sunday, October 11</th>
<th>Thursday, October 15</th>
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<tbody>
<tr>
<td>9:45 Walking Club (CY)</td>
<td>9:45 News and Coffee (LR)</td>
</tr>
<tr>
<td><strong>10:30 Church Camp Sing-Fit (LR)</strong></td>
<td><strong>10:30 Halloween Exercises (LR)</strong></td>
</tr>
<tr>
<td>11:30 Glen Miller Classics (LR)</td>
<td>11:30 20’s Mix (DR)</td>
</tr>
<tr>
<td>1:00 Armchair Travel (LR)</td>
<td>1:00 Who wants to be a Millionaire (LR)</td>
</tr>
<tr>
<td>2:00 Joke Hour (LR)</td>
<td>2:00 I love Lucy (LR)</td>
</tr>
<tr>
<td>2:30 Hand Spa (LR)</td>
<td>2:30 Hand Spa (LR)</td>
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<tr>
<td><strong>3:30 Broom and Pumpkin Race (LR)</strong></td>
<td><strong>3:30 Twister bean bag Toss (LR)</strong></td>
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<tr>
<td>5:30 bean bag toss (LR)</td>
<td>5:45 Common Bonds (LR)</td>
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<tr>
<th>Monday, October 12</th>
<th>Friday, October 16</th>
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<tbody>
<tr>
<td>9:45 Walking Club (CY)</td>
<td>9:45 Today on this day (LR)</td>
</tr>
<tr>
<td>10:30 Balloon Volleyball (LR)</td>
<td>10:30 Colorado Exercise video (LR)</td>
</tr>
<tr>
<td>11:30 50’s Hits (LR)</td>
<td>11:30 Instrumental Classics (DR)</td>
</tr>
<tr>
<td>1:00 Card Bingo (LR)</td>
<td>1:00 Food Trivia and Discussion (LR)</td>
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<tr>
<td><strong>2:00 Sing-Fit (LR)</strong></td>
<td><strong>2:00 Sing-Fit (LR)</strong></td>
</tr>
<tr>
<td>2:30 Hand Spa (LR)</td>
<td>2:30 Hand Spa (LR)</td>
</tr>
<tr>
<td>3:30 Manicures (LR)</td>
<td>3:30 Big Cat Videos (LR)</td>
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<tr>
<td>5:30 Outburst (LR)</td>
<td>5:30 Treasure Box Questions (LR)</td>
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<tr>
<th>Tuesday, October 13</th>
<th>Saturday, October 17</th>
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<tbody>
<tr>
<td>9:45 Walking Club (CY)</td>
<td>9:45 Walking Club (CY)</td>
</tr>
<tr>
<td>10:30 Zumba Exercise (LR)</td>
<td>10:30 Parachute and Balloons (LR)</td>
</tr>
<tr>
<td>11:30 Best of Bing Crosby (LR)</td>
<td>11:30 Perry Como Classics (DR)</td>
</tr>
<tr>
<td>1:00 Virtual Tour of Navy Museum (LR)</td>
<td>1:00 Hoot Knows (LR)</td>
</tr>
<tr>
<td><strong>2:00 Sing-Fit (LR)</strong></td>
<td><strong>2:00 Sing-Fit (LR)</strong></td>
</tr>
<tr>
<td>2:30 Hand Spa (LR)</td>
<td>2:30 Hand Spa (LR)</td>
</tr>
<tr>
<td><strong>3:30 Movie: The Birds (LR)</strong></td>
<td>3:00 Movie and Snacks (LR)</td>
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<tr>
<td>5:30 Remembering Night Songs (LR)</td>
<td>5:30 Pictonary (LR)</td>
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<thead>
<tr>
<th>Wednesday, October 14</th>
<th>Activity Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45 Chunky Pet Videos (LR)</td>
<td><strong>DR- Dinning Room</strong></td>
</tr>
<tr>
<td>10:30 Carpet Shuffle Board (LR)</td>
<td><strong>LR- Living Room</strong></td>
</tr>
<tr>
<td>11:30 50’s Hits (LR)</td>
<td><strong>CY- Courtyard</strong></td>
</tr>
<tr>
<td><strong>1:00 Pumpkin cheesecake Cups (LR)</strong></td>
<td><strong>TV- TV Room</strong></td>
</tr>
<tr>
<td><strong>2:00 Sing-Fit (LR)</strong></td>
<td><strong>AL- Assisted Living</strong></td>
</tr>
<tr>
<td>2:30 Hand Spa (LR)</td>
<td></td>
</tr>
<tr>
<td>3:30 Alphabet Game (LR)</td>
<td></td>
</tr>
<tr>
<td>5:30 How old are these celebrities (LR)</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Activity Details</td>
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</tbody>
</table>
| **Sunday, October 18** | 9:45 Coffee and News (CY)  
10:30 Sing Fit- Churches of the U. S(LR)  
11:00 Best of Ella Fitzgerald (DR)  
1:00 Halloween Cake pops (LR)  
2:00 Random Trivia (LR)  
2:30 Hand Spa (LR)  
3:30 Begins with…(LR)  
5:30 Ladder Ball (LR) |
| **Thursday, October 22** | 9:45 Chair Soccer (LR)  
10:30 What is it? (LR)  
11:00 Mowtown Hits(DR)  
1:00 Manicures (LR)  
2:00 Sing- Fit (LR)  
2:30 Hand Spa (LR)  
3:30 Armchair Travel (LR)  
5:30 Name 10 (LR) |
| **Monday, October 19** | 9:45 Walking Club (CY)  
10:30 Balloon Tennis (LR)  
11:00 Jazz and Swing (DR)  
1:00 Nashville Tennessee video (LR)  
2:00 Sing-Fit (LR)  
2:30 Hand Spa (LR)  
3:30 Spooky Art (LR)  
5:30 Nail Spa (LR) |
| **Friday, October 23** | 9:45 Walking Club (CY)  
10:30 Harvest Craft (LR)  
11:00 Smooth Jazz (DR)  
1:00 Riddle me this (LR)  
2:00 Sing-Fit (LR)  
2:30 Hand Spa (LR)  
3:30 Short Story (LR)  
5:30 Horseshoes (LR) |
| **Tuesday, October 20** | 9:45 Coffee and News (LR)  
10:30 Fit Fun (LR)  
11:00 70’s Mix (DR)  
1:00 Card Bingo (LR)  
2:00 Sing-Fit (LR)  
2:30 Hand Spa (LR)  
3:30 Learn about Sloths (LR)  
5:30 Charades (LR) |
| **Saturday, October 24** | 9:45 Balloons and Parachute (LR)  
10:30 Fall tree Craft (LR)  
11:00 60’s Hits (DR)  
1:00 Fishing for Prizes (LR)  
2:00 Sing- Fit (LR)  
2:30 Hand Spa (LR)  
3:30 Min it to win it challenge (LR)  
5:30 True or Fake (LR) |
| **Wednesday, October 21** | 9:45 Today on this Day (LR)  
10:30 Bean Reptile Craft(LR)  
11:00 Jazz and Swing (DR)  
1:00 Dice Game (LR)  
2:00 Sing-Fit (LR)  
2:30 Hand Spa (LR)  
3:30 Dog Bingo(LR)  
5:30 True or False (LR) |

**Activity Key**  
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<thead>
<tr>
<th>Sunday, October 25</th>
<th>Thursday, October 29</th>
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<tbody>
<tr>
<td><strong>9:45</strong> Armchair Travel (LR)</td>
<td><strong>9:45</strong> Cat Videos (LR)</td>
</tr>
<tr>
<td><strong>10:30 Sing Fit- Churches of the U. S (LR)</strong></td>
<td><strong>10:30 Movement and Music (LR)</strong></td>
</tr>
<tr>
<td>11:00 Best of Ella Fitzgerald (DR)</td>
<td>11:00 Jazz and Swing (DR)</td>
</tr>
<tr>
<td>1:00 Beaded Indian corn (LR)</td>
<td>1:00 Home made Ice Cream (LR)</td>
</tr>
<tr>
<td>2:00 Random Trivia (LR)</td>
<td>2:00 Keep the ball up! (LR)</td>
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<tr>
<td>2:30 Hand Spa (LR)</td>
<td>2:30 Hand Spa (LR)</td>
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<tr>
<td>3:30 Word Ladder (LR)</td>
<td>3:30 Dominoes (LR)</td>
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<tr>
<td>5:30 Calming Coloring (LR)</td>
<td>5:30 Nail Spa (LR)</td>
</tr>
</tbody>
</table>

**Activity Key**
- **DR**- Dinning Room
- **LR**- Living Room
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<thead>
<tr>
<th>Monday, October 26</th>
<th>Friday, October 30</th>
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</thead>
<tbody>
<tr>
<td><strong>9:45</strong> Today on this Day (LR)</td>
<td><strong>9:45</strong> Walking Club (CY)</td>
</tr>
<tr>
<td><strong>10:30</strong> Movement and Music (LR)</td>
<td><strong>10:30</strong> Mandela Art (LR)</td>
</tr>
<tr>
<td><strong>11:00</strong> Jazz and Swing (DR)</td>
<td><strong>11:00</strong> Best of Tony Bennett (DR)</td>
</tr>
<tr>
<td><strong>1:00</strong> Guess the sound (LR)</td>
<td><strong>1:00</strong> Spooky Stores (LR)</td>
</tr>
<tr>
<td><strong>2:00</strong> Keep the ball up! (LR)</td>
<td><strong>2:00</strong> Keep the ball up! (LR)</td>
</tr>
<tr>
<td><strong>2:30</strong> Hand Spa (LR)</td>
<td><strong>2:30</strong> Hand Spa (LR)</td>
</tr>
<tr>
<td><strong>3:30</strong> Dominoes (LR)</td>
<td><strong>3:30</strong> Produce p’s and q’s (LR)</td>
</tr>
<tr>
<td><strong>5:30</strong> Nail Spa (LR)</td>
<td><strong>5:30</strong> Ladderball (LR)</td>
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<tr>
<th>Tuesday, October 27</th>
<th>Saturday, October 31</th>
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<tbody>
<tr>
<td><strong>9:45</strong> Walking Club (CY)</td>
<td><strong>9:45</strong> Costume photo op (LR)</td>
</tr>
<tr>
<td><strong>10:30 Sing-Fit (LR)</strong></td>
<td><strong>10:30</strong> Halloween Parade (LR)</td>
</tr>
<tr>
<td><strong>11:00</strong> Best of Doris Day (DR)</td>
<td><strong>11:00</strong> Monster Mash tunes (DR)</td>
</tr>
<tr>
<td><strong>1:00</strong> Harvest Sorting (LR)</td>
<td><strong>1:00</strong> Charlie Brown &amp; the Great Pumpkin (LR)</td>
</tr>
<tr>
<td><strong>2:00</strong> Day or Night (LR)</td>
<td><strong>2:00</strong> Keep the ball up! (LR)</td>
</tr>
<tr>
<td><strong>2:30</strong> Hand Spa (LR)</td>
<td><strong>2:30</strong> Hand Spa (LR)</td>
</tr>
<tr>
<td><strong>3:30</strong> Finish the Song Lyrics (LR)</td>
<td><strong>3:30</strong> Pumpkin Hunt (LR)</td>
</tr>
<tr>
<td><strong>5:30</strong> Name 10 (LR)</td>
<td><strong>5:30</strong> True or Fake (LR)</td>
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</table>
For National Pepperoni Pizza Day, September 20\textsuperscript{th}, we baked our own mini personal pizzas! With clean hands, everyone received their own dough ball to roll out and a plate of toppings to add. Everyone enjoyed personalizing their pizza and eating it too!
Walking Club

As the air quality has began to improve here in Sacramento, we’ve been able to enjoy these cool fall mornings with a walk out in our courtyard. On are walks we often find small flowers to pick and put up in are hair. Then we stop and sit under the gazebo for a cup of coffee and a pastry.
Halloween Costumes

Can’t decide what to be for Halloween? Take some inspiration from some of our favorite costume moments.
Cover your Cough

Stop the spread of germs that can make you and others sick!

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

You may be asked to put on a facemask to protect others.

Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
Wash Your Hands

Protect yourself. Prevent disease!

20 SECONDS

Lávese
las manos

Hãy rửa tay

Hugasan ang
iyong mga kamay

請洗手

手を
洗いましょう。

손을 씻으십시오

ľа̄ммьбਉਂਲੋਮ

Ntxuav Koj
Ob Txhais Tes

Мойте руки!

 الأساسية

A message from your local health officer and
the California Department of Public Health, Division of Communicable Disease Control
Helping a person living with dementia transfer to or from a bed to a chair safely may seem like a simple task, but the truth is, both people can be injured if you aren’t careful with the procedure. With the right instructions and the correct aids, you can minimize most problems that may occur when doing a sit to stand transfer.

It is critical to take into consideration each person’s strengths and weaknesses, the proper mobility devices to use, and the environment. The following are some established recommendations for assisting with a safe transfer from sitting to standing:

- **Ask the person for their help:** Use simple instructions, even if you think the person will not understand you, providing plenty of time to respond. Sometimes, all a person needs in the early stages of dementia is a hand on the lower back and one on the shoulder to gently guide them forward.

- **Use a gait belt or other lift support devices:** Support the transfer instead of physically lifting from a sit to stand position to reduce the chance of injuring yourself.

- **Position walker or wheelchair nearby:** Have the device close to the bed or chair and lock the wheels. Check the area for clutter so you or the resident don’t trip.

- **Maintain a “neutral” spine:** Anytime that you lose the natural lumbar curve, you’re putting your back at risk for injury. It’s the small micro traumas that develop into an injury versus just one single isolated event.

- **Determine the best position:** For standing transfers, make sure the resident’s feet are positioned slightly under his or her knees. For seated transfers, ensure their head/shoulders are bending away from the surface they are transferring from.

- **Know their strengths:** If the resident you are assisting has a stronger left or right side, make sure to lead with that side. If they tend to push or grab, lead with the resident’s non-pushing or grabbing side, or position your hands to control the “pushing/grabbing arm(s).”

- **Communicate:** Give simple, step-by-step instructions, especially when you’re ready to transfer. Counting to three can be quite helpful — you can then both move at the same time. Make sure to allow for greater time if the resident has Parkinson’s disease because initiating movement will be more difficult.

- **Use momentum:** While transferring encourage rocking or count to three.

- **Take a break:** Give the resident a moment to adjust to each new position.

- **Stay aware of changes:** From day to day, keep in mind that with individuals with dementia, what works today may not be work a month from now.

Now that we know some safe techniques, let’s review what NOT to do when transferring a resident with dementia from a seated position to standing:

- **Don’t bend or round out your back.** This puts tremendous strain on the joints and will lead to a back injury over time. Keeping your back straight and bending with your knees allows you to lift with the stronger leg muscles, not the weaker back muscles.

- **Don’t do all the work.** Many residents, even in the late stages, can offer limited assistance if you give them simple instructions and enough time to respond.

- **Don’t lift under the resident’s arms.** This can cause damage to the arms and shoulder joint, and it doesn’t allow you adequate control of the person’s body. In addition, it’s painful for the resident if you grab them here, because this is where a network of nerves and blood vessels run (brachial plexus). If you need to give assistance, assist from the hips.

- **Don’t twist your body without moving your feet in the same direction.** This is how many injuries occur.
The Upside of a Down Economy
You read it right. There’s something good to be said for a bad situation. Research done at the Institute of Psychiatry at King’s College London suggests that being forced to retire later in life because of economic issues can delay the risk of developing Alzheimer’s. The study, published in the International Journal of Geriatric Psychiatry, concluded “Extended employment may keep an individual participating in intellectually stimulating activities.” And co-author, Professor Simon Lovestone, said “The intellectual stimulation that older people gain from the workplace may prevent a decline in mental abilities, thus keeping people above the threshold for dementia longer.”

In fact, each extra year of work past the age of 65, delayed the onset of Alzheimer’s by approximately 18 months. This completely supports what we at Dakim have been about from the start. When it comes to maintaining brain health, it’s a matter of use it or lose it! Even if you’re already retired, there’s a tremendous need for volunteers. You probably have many valuable skills that you can use to help others, and at the same time, keep your mind active. Work out your brain every day, and it will work better for you. And, hopefully, the economy will work itself out.

Thoughts on Power Aging
From Jack LaLanne who was known as “The Godfather of Modern Fitness”

Living is like being in a continuous athletic event.
You’ve got to eat right. Exercise. Challenge yourself every day. Invest in yourself. Your health account works the same as a bank account. The more you put in, the more you can take out. The more you can live!

Eat more fruits and vegetables and natural foods. I’ve been talking about this for over 75 years. They used to call me a crackpot, now everyone’s getting on board. Now doctors are recommending it for your heart and brain. I especially like juicing. It makes me feel so good finally being told I was right all the time.

Use it or lose it. That goes for your body and your brain. You have to exercise. But that can’t stop at just working out your body muscles. You’ve got a big muscle in your cranium you’ve got to protect and strengthen. That’s why I use Dakim Brain Fitness every day to keep my brain in shape. Anything in life that’s meaningful, you’ve got to work at.

Never be satisfied with the status quo. There’s always room for improvement in your physical life and mental well-being. When you get satisfied you give up. Always keep the carrot in front of the horse.

Brain Storm™
by Dakim™

Dakim BrainFitness is available to use on your computer or tablet!

Ready to get started? If you’d like to use Dakim BrainFitness on your PC, MAC, tablet or iPad, call the Personal Expressions or Programming Team for help getting started.

Have an idea? Contact Dakim BrainFitness.
If you have any thoughts, feedback or anecdotes, we would love to hear from you. Send an email to brainstorm@dakim.com or write at: Brain Storm, 2121 Cloverfield Blvd., Suite 205, Santa Monica, CA 90404