June 2022

The Carlton Times

Love ✧ Honor ✧ Provide

Attention All Families

The calling feature on the Alexa device allows residents to make outgoing calls to cell phones and landlines in the US as well as receive incoming calls from cell phone numbers only.

To share your contact information and schedule a time to meet with Speak2 for the calling feature setup please scan the QR code below and complete the prompts on the link.

Upon submitting the completed form, Speak2 will upload the contacts on your behalf. Once completed, Speak2 will notify you via email with further instructions.

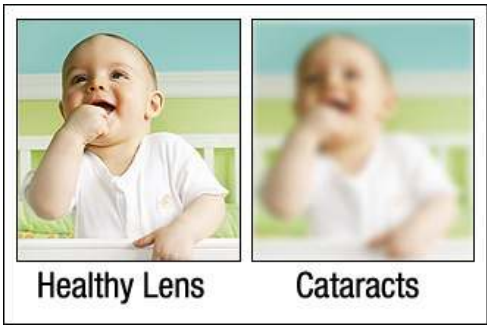
SCAN ME

Have a question about the Alexa device?
Speak with your Personal Expressions Manager or Resident Liaison.
Have a question for the Speak2 Team?
Contact them at support@speak2family.com

Health Corner

June is Cataract Awareness Month

A cataract is a clouding of the eye's natural lens which lies behind the iris and the pupil. The lens works much like a camera lens, focusing light onto the retina at the back of the eye. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away. Cataracts can occur in either or both eyes but cannot spread from one eye to the other. Most cataracts are related to aging and are very common in older people and, according to the World Health Organization, age-related cataracts are responsible for 51 percent of world blindness. According to the Mayo Clinic symptoms of cataracts include:



- Cloudy, blurred or dim vision
- Increasing difficulty with vision at night
- Sensitivity to light and glare
- The need for brighter light for reading and other activities
- Seeing "halos" around lights
- Frequent changes in eyeglass or contact lens prescription
- Fading or yellowing of colors
- Double vision in a single eye

It's very common to suffer some vision loss from the clouding of the natural eye lens as we age. In North America, about 42 percent of people have lens changes between ages 42 and 64. That percentage rises to 91 percent by age 75. Fortunately, cataracts can be repaired surgically by inserting a foldable plastic lens to replace the natural one and cataract surgery is very successful in restoring vision. In fact, it is the most frequently performed surgery in the United States, with over 1.5 million cataract surgeries done each year.

Management Team

Stephanie Brice
Executive Director

Meghian Geul
Director of Resident Services

Mercy Platero
Executive Assistant

RJ Galarsa
Care Manager

Hugo Esquivel
Executive Chef

Lina Pelayo-Lopez
Dining Room Manager

Dron Kumar
Plant Operations Manager

Mae Brown
Resident Liaison

Christine Atencio
Retirement Counselor

Olivia Allen
Associate Retirement Counselor

Bernadette Moya
Medication Supervisor

Amanda Sellers
Activities Manager

Theme Days

June 2nd • 80s Era
Wear 80's Themed Clothing

June 9th • Donald Duck Day
Wear Cartoon Characters

June 16th • Father's Day
Wear Stripes & Ties

June 23rd • Summer Begins
Wear a Bright Colors

June 30th • Baseball
Wear Your Favorite Baseball Team Apparel

Welcome to Our Family

Arlene Frazier

David Ross

Marilyn Whiticker

Please welcome our newest neighbors to the community.

June Birthdays

Residents

Gloria Hallenbarter - June 2nd
Margaret Lu - June 3rd
Patricia Karns - June 6th
Dolores Buggy - June 10th
Margie Garciduenas - June 10th
Evelyn McClure - June 11th
Salvador Dominguez - June 14th
Michiko Nomura - June 18th
Stephen Schick - June 22nd
David Ross - June 23rd
Nick Kriletich - June 25th
Mary Whitman - June 26th

Staff

Vivian Nabulya - June 15th
Daniel Tamayo - June 17th
Patty Dollesin - June 27th
Radha Mudaliar - June 27th
Sara Rosenson - June 27th

Live Entertainment

Thursday 6/16 - Ranjani Music Therapy

Sunday 6/19 - Manny Tuazon (Guitar)

Wednesday 6/22 - Mai Abe Music Therapy

Friday 6/24 - Claudio Mederios (piano)

Wednesday 6/29 - Yakov (Violin)

Fun Outings

Lunch Outings

Wednesday 6/22 - Picnic at Lake Elizabeth

Monday 6/27 -- BJ's Restaurant

Lunch Outings Leave at 11:30am

Scenic Drives

Friday 6/17 at 10:30am

Saturday 6/25 at 1:30pm

San Jose Rose Garden

Friday 6/24 at 10:30am

WEDNESDAY, JUNE 1

Courtyard Exercise Class @ 10am

SNACK CART

Donuts & Raspberry Crescent Rolls

THURSDAY, JUNE 2

Courtyard Exercise Class @ 10am

SNACK CART

Banana Split Bites

FRIDAY, JUNE 3

Courtyard Exercise Class @ 10am

SNACK CART

Wine & Cheese

SATURDAY, JUNE 4

SNACK CART

Smore's Brownie

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, JUNE 5

SNACK CART

Muffins

MONDAY, JUNE 6

Courtyard Exercise Class @ 10am

SNACK CART

Ice Cream Bars

TUESDAY, JUNE 7

Courtyard Exercise Class @ 10am

SNACK CART

Chips & Cookies

WEDNESDAY, JUNE 8

Courtyard Exercise Class @ 10am

SNACK CART

Donuts & Veggie Snacks

THURSDAY, JUNE 9

Courtyard Exercise Class @ 10am

SNACK CART

Cupcakes

FRIDAY, JUNE 10

Courtyard Exercise Class @ 10am

SNACK CART

Wine & Cheese

SATURDAY, JUNE 11

SNACK CART

Smoothies

dakim® BrainFitness™

Brain fitness will help keep your mind sharp!

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

SUNDAY, JUNE 12

8:30 Morning Mimosas (DR)
9:00 Church Shuttles (BUS)
10:30 Early Morning Bingo (PER)
11:00 Dakim Brain Fitness (LIB)
1:00 Afternoon Stretch (PER)
1:30 Icecream Bars (CAFE)
2:30 Creative Crafting with Liliana (PER)
6:00 Movie Night (TVR)

MONDAY, JUNE 13

9:00 Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Water Coloring (PER)
11:00 Dakim Brain Fitness (LIB)
1:30 Group Crossword (PER)
2:30 Creative Crafting (PER)
4:00 Poker Game (GR)
6:00 Movie Night (TVR)

TUESDAY, JUNE 14

9:00-3:00 Doctor Appointment Shuttles (VAN)
9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
11:00 Dakim Brain Fitness (LIB)
1:30 Name That Tune (PER)
2:00 Bingo! (PER)
3:00 Trivia with Stephanie (PER)
6:00 Movie Night (TVR)

WEDNESDAY, JUNE 15

9-11:00 Shopping Shuttle: The Hub (BUS)
9:00 Donuts, Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Wii Games (GR)
11:00 Today in History (LR)
11:00 Dakim Brain Fitness (LIB)
1:30 Jewelry Making Class (PER)
4:00 Poker Game (GR)
6:00 Movie Night (TVR)

THURSDAY, JUNE 16

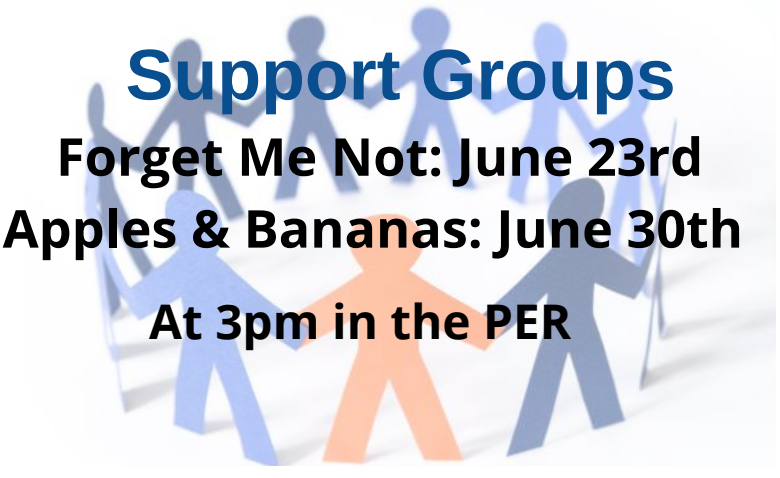
9:00-3:00 Doctor Appointment Shuttles (VAN)
9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Balloon Volleyball (PER)
1:30 Surprise Cocktail with RJ! (CAFE)
1:30 Dress up: Stripes & Ties! (LR)
2:00 Bingo! (PER)
3:00 Ranjani Music Therapy (MPR)
6:00 Movie Night (TVR)

FRIDAY, JUNE 17

9:00 Coffee with Bailey's & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Scenic Drive (BUS)
11:00 Dakim Brain Fitness (LIB)
1:00 Lemon Bundt Cake (CAFE)
2:30 Creative Crafting (PER)
4:30-5:00 Wine with Dinner (DR)
6:00 Movie Night (TVR)

SATURDAY, JUNE 18

10:30 Early Morning Bingo (PER)
11:00 Dakim Brain Fitness (LIB)
1:00 Lemonade in the CAFE (CAFE)
2:00 Gardening (CY)
2:30 Creative Crafting (PER)
4:00 Play Pool in Game Room (GR)
6:00 Movie Night (TVR)



Support Groups

Forget Me Not: June 23rd

Apples & Bananas: June 30th

At 3pm in the PER

SUNDAY, JUNE 19 • FATHER'S DAY

8:30 Morning Mimosas (DR)
9:00 Church Shuttles (BUS)
10:30 Early Morning Bingo (PER)
11:00 Dakim Brain Fitness (LIB)
12:00 Beer Flights during lunch (DR)
1:00 Afternoon Stretch (PER)
2:30 Creative Crafting with Liliana (PER)
3:00 Special Performance (MPR)
6:00 Movie Night (TVR)

MONDAY, JUNE 20

9:00 Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Water Coloring (PER)
11:00 Dakim Brain Fitness (LIB)
1:30 Board Games (GR)
2:30 Creative Crafting (LIB)
3:00 Resident Council Meeting (MPR)
4:00 Poker Game (GR)
6:00 Movie Night (TVR)

TUESDAY, JUNE 21

9:00-3:00 Doctor Appointment Shuttles (VAN)
9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Mini Manicures (PER)
11:00 Dakim Brain Fitness (LIB)
1:00 Special Treat (CAFE)
2:00 Bingo! (PER)
3:00 Trivia with Stephanie (PER)
6:00 Movie Night (TVR)

WEDNESDAY, JUNE 22

9-11:00 Shopping Shuttle: Dollar Store (BUS)
9:00 Donuts, Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
11:00 Today in History (LR)
11:00 Dakim Brain Fitness (LIB)
11:30 Picnic at Lake Elizabeth (BUS)
1:30 Summer Crafts (PER)
3:00 Mai Abe Music Therapy (MPR)
6:00 Movie Night (TVR)

THURSDAY, JUNE 23

9:00-3:00 Doctor Appointment Shuttles (VAN)
9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Mini Manicures (PER)
1:30 Dress up: Bright Colors (Summer)! (LR)
2:00 Bingo! (PER)
3:00 Forget Me Not (PER)
6:00 Movie Night (TVR)

FRIDAY, JUNE 24

9:00 Coffee with Bailey's & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Rose Garden (BUS)
11:00 Dakim Brain Fitness (LIB)
1:00 Pies in the Cafe (CAFE)
2:30 Creative Crafting (PER)
3:00 Claudio Performance (MPR)
4:30-5:00 Wine with Dinner (DR)
6:00 Movie Night (TVR)

SATURDAY, JUNE 25

10:30 Early Morning Bingo (PER)
11:00 Dakim Brain Fitness (LIB)
11:30 Gardening (CY)
1:30 Scenic Drive (BUS)
2:30 Creative Crafting (PER)
4:00 Play Pool in Game Room (GR)
6:00 Movie Night (TVR)

Help Team Carlton Fremont raise money for the Walk to End Alzheimer's!

We will be Raffling off Baskets on Thursday June 30th at 1:30pm in the Lobby!

WALK TO END ALZHEIMER'S
alzheimer's association

SUNDAY, JUNE 26

8:30 Morning Mimosas (DR)
9:00 Church Shuttles (BUS)
10:30 Early Morning Bingo (PER)
11:00 Dakim Brain Fitness (LIB)
1:00 Afternoon Stretch (PER)
1:30 Therapy Dog (CY)
2:30 Creative Crafting with Bernadette (PER)
6:00 Movie Night (TVR)

MONDAY, JUNE 27

9:00 Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Group Brain Games (PER)
11:00 Dakim Brain Fitness (LIB)
11:30 Lunch Outing : BJ's Restaurant
2:30 Creative Crafting (PER)
4:00 Poker Game (GR)
6:00 Movie Night (TVR)

TUESDAY, JUNE 28

9:00-3:00 Doctor Appointment Shuttles (VAN)
9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
10:30 Coloring Corner (PER)
11:00 Dakim Brain Fitness (LIB)
1:00 Special Treat (CAFE)
2:00 Bingo! (PER)
3:00 Trivia with Stephanie (PER)
6:00 Movie Night (TVR)

WEDNESDAY, JUNE 29

9-11:00 Shopping Shuttle: Errand Day (BUS)
9:00 Donuts, Coffee & Chit-Chat (CAFE)
9:30 Live2BHealthy Exercise (MPR)
10:30 Flower Arranging (PER)
11:00 Today in History (LR)
11:00 Dakim Brain Fitness (LIB)
1:30 Resident Feedback Meeting (MPR)
3:00 Yakov Performance (MPR)
6:00 Movie Night (TVR)

THURSDAY, JUNE 30

9:00-3:00 Doctor Appointment Shuttles (VAN)
9:00 Coffee & Chit-Chat (CAFE)
9:30 Morning Stretch (MPR)
12:00 Treat during Lunch (DR)
1:30 Dress up: Baseball! (LR)
1:30 Raffle Baskets (LR)
2:00 Bingo! (PER)
3:00 Apples & Bananas Support Group (PER)
6:00 Movie Night (TVR)

WALK TO END ALZHEIMER'S
alzheimer's association

CONNECT WITH US

Website CarltonSeniorLiving.com/blog
Facebook @CSLFremont
Instagram @CarltonSeniorLiving
LinkedIn Carlton Senior Living
Twitter @CarltonSrSenior

Joselyn Arroyo
Wait Staff Lead
April 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!

Resident Spotlight

Jean Steele

Jean Steele was born and raised in Manitoba, Canada. She grew up on a farm there and one of her favorite childhood memories is playing with her neighbors on the farm. She got married in 1956 and moved to California due to her husband's job offer in 1962. Together they have 4 children, 5 grand children, 2 great grandchildren, and 1 great-great grandchild! Jean's occupation was a campus monitor. She worked for the Newark Unified School District for 26 years and worked with both high school and middle school children. At Carlton, Jean enjoys the exercise class and loves the music performances! She also really enjoys doing word searches and used to love bowling! Three words to describe herself are determined, motivated, and social. On thing she would like everyone to know is that she is a very easy-going person and very rarely gets upset. Jean has really enjoyed living here the last 3 ½ years. She is very thankful for all the friendly staff. Some words of wisdom from Jean are to "be kind to one another and to care for one another, especially now. I am hopeful for world peace."

Employee Spotlight

Daniel Guzman Tamayo

Daniel Guzman Tamayo was born and raised in Fremont, CA. He has worked for Carlton for almost 2 years now as one of our amazing waitstaff. He loves working at Carlton because of the coworkers, the residents he gets to interact with, and the overall calm work environment. Outside of work, Daniel enjoys playing sports, going to the gym, and hanging out with friends. Something special about Daniel is that he is looking to pursue a degree in Industrial Mechanical Engineering to start building new roller coaster rides! If he were stranded on an island, he would bring a fishing rod, kayak, and a lighter. Daniel would describe himself as ambitious, motivated, and funny. Some words of wisdom from Daniel is "it's not about how you start, it's about how you finish".

Happy Work Anniversary

2 Years
Amy Clausen - Care Partner
3 Years
Yaritza Yanez - DFI
Jamie Galarsa - Care Partner
4 Years
Alma Venegas - Wait Staff
15 Years
Dagoberto Altamirano - Dishwasher
Meghian Geul - Director of Resident Services
21 Years
Savi Prakash - Care Partner

Thank you for your hard work and dedication!

Resident Council Meeting

June 20th at 3pm in the MPR

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

Salon Services

Please Call Melissa to make an appointment (510) 449-1857

Resident Feedback Meeting

Wednesday June 29th at 1:30pm in MPR

Doctor Shuttle Transportation

We offer transportation for medical appointments on Tuesdays and Thursdays with a drop-off time starting at 9:00 am and a final pick-up time of 3:30 pm.

Doctor Shuttle transportation must be requested at least 48 hours (2 days) in advance. Contact the Front Desk to reserve a time slot.

Special Trip Transportation

Special Trip transportation must be requested at least 48 hours (2 days) in advance. Trip must be approved by Amanda. There is a charge for this service.

Church Shuttles

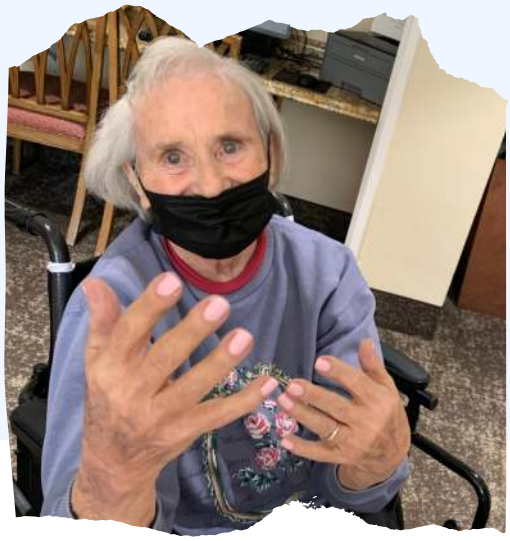
Church Shuttles are available on Sundays beginning at 9:00 AM. Visit the Front Desk for location information and to sign up.

Celebrating Mother's Day

Therapy Dog Visit!

Dress Up Days!

Congratulations Amanda! Best of the Best Personal Expressions Manager Quarter 1 2022



Mini Manicures

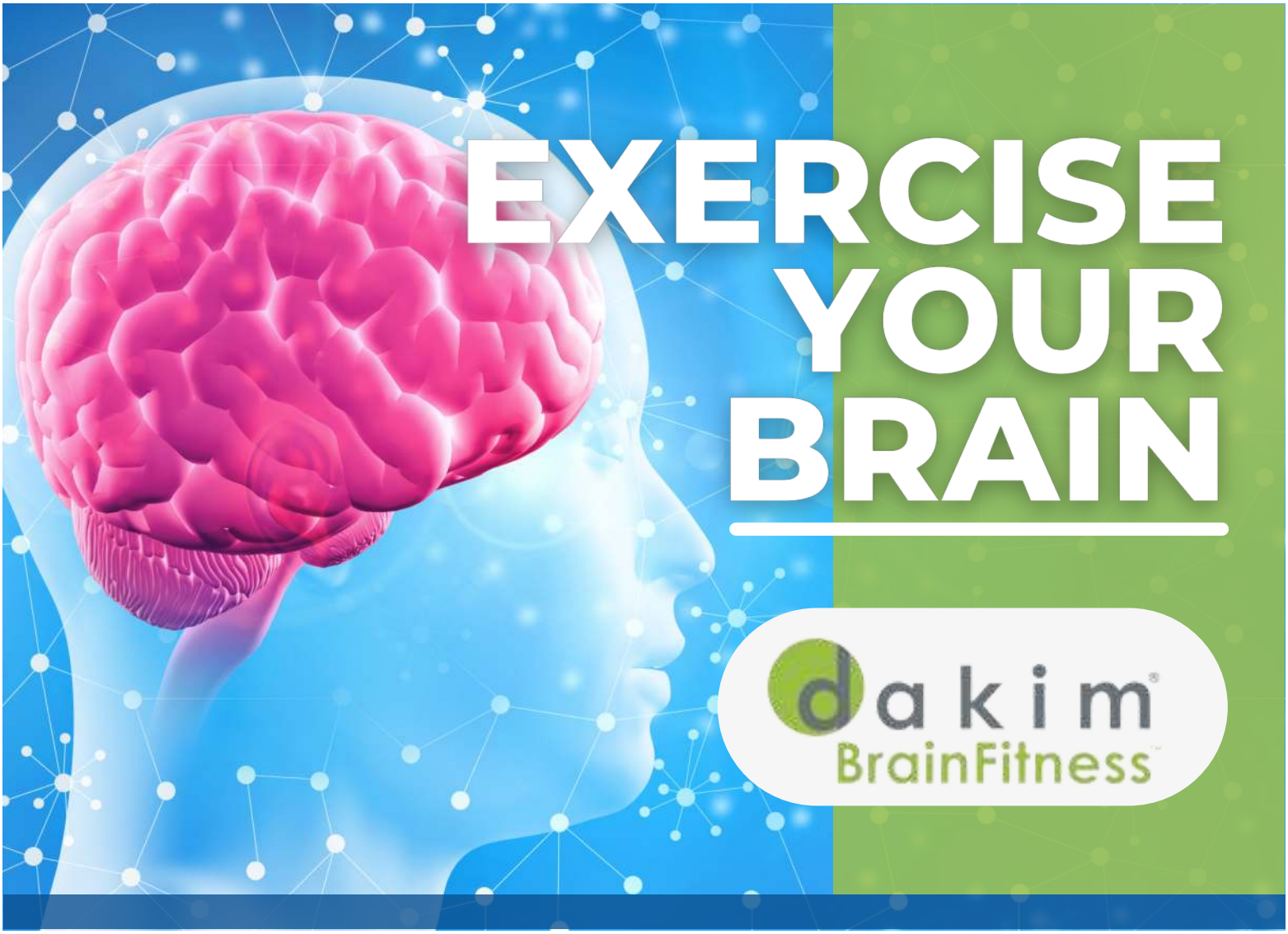
Stay Healthy All Year Long with These Tips from the CDC

Mixed-Up Father's Day

Unscramble the letters to reveal words associated with Father's Day. These images include some helpful hints.

1) FHIGSIN _____
2) ILDHOYA _____
3) NESSEPTR _____
4) TEDDVOE _____
5) EASMG _____
6) RFAEHT _____
7) OLTOS _____
8) OLATBOLF _____
9) ETRANP _____
10) EMEMSIOR _____
11) IYLFMA _____
12) ADYDD _____
13) NIVGIG _____
14) ECKNTEI _____
15) SCADR _____
16) IENOELACTRB _____
17) IDNENR _____
18) SRTSPO _____

1.) FISHING, 2.) HOLIDAY 3.) PRESENTS, 4.) DEVOTED, 5.) GAMES, 6.) FATHER, 7.) TOOLS
8.) FOOTBALL, 9.) PARENT, 10.) MEMORIES, 11.) FAMILY, 12.) DADDY, 13.) GIVING, 14.) NECKTIE
15.) CARDS, 16.) CELEBRATION, 17.) DINNER, 18.) SPORTS



DAKIM IS EASY AND FUN

Dakim is a clinically proven cognitive exercise program designed for seniors. Its ever-changing exercises are fun and the program self-adjusts the level of challenge to the ability of the user. And while it's very entertaining and enjoyable to use, it gives each user a rigorous and thorough workout in six cognitive domains: long-term memory, short-term memory, language, computation, visuospatial orientation and critical thinking. And Dakim BrainFitness is so enjoyable seniors say they look forward to their next session.

READY TO GET STARTED?

No computer experience is necessary!
Contact Carlton's Personal Expressions or Programming team for assistance.