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.

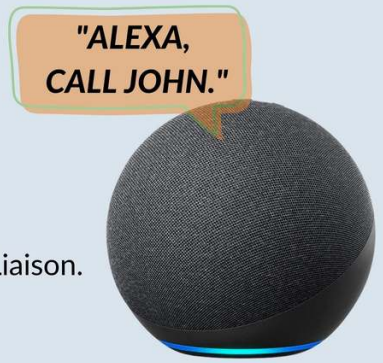
To share your contact information and schedule a time to meet with Speak2 for the calling feature setup please scan the QR code below and complete the prompts on the link.

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.

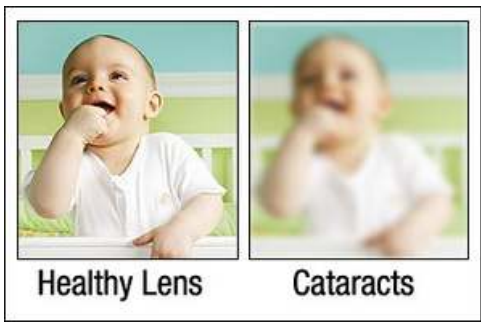
Have a question for the Speak2 Team?
Contact them at **support@speak2family.com**



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.

Carlton SENIOR LIVING

Management Team

Shantela Yadao
Executive Director

Yoliana Sanchez-Cruz
Executive Assistant

Maricel Ong
Director of Resident Services

Brandee Acosta
Director of Memory Care

Patricia Bushnell
Resident Liaison

Joshika Ram
Dining Room Manager

Issai Herrera
Personal Expressions Managers

Romarie Aquino
Medication Manager

Theme Days

June 2nd • Higher Education Day
Wear Your School Colors

June 9th • Donald Duck Day
Wear Cartoon Characters

June 16th • Father's Day
Wear Stripes

June 23rd • Summer Begins
Wear a Bright Colors

June 30th • Baseball
Wear your Best Gear

Welcome to Our Family

Marie Eris

&

Glenna Trudeau

Please welcome our newest neighbors to the community.

June Birthdays

Residents

Nelson Chong - June 6th

Martha Frausto - June 8th

Miriam Martin - June 13th

Ronald Combs- June 24th

Geraldine Kaletta - June 24th

Happening in June

Shopping Shuttles

Safeway - 6/6
Macy's - 6/13
Dollar Tree - 6/20
Petco - 6/27

Lunch Outings

Wing Stop- 6/1
Angelo's Italian Restaurant - 6/8
Chaat Cafe - 6/22

Scenic Drives

Stanford University (30m) - 6/5

Metcalf county Park (16m)-- 6/12

Morgan Hill Downtown (17m) - 6/19

Lexington Reservoir (21m) - 6/26

Visit the Front Desk to sign up.
Seating is limited.

WEDNESDAY, JUNE 1

9:00	Morning Stretch (LR)
9:30	Walk on the Trail (L)
10:30	Lunch Outing (L)
1:15	Noodle Hockey (LR)
3:30	Get Fit Bootcamp (AR)
6:00	Bingo (LR)
7:00	Evening Walk (L)
8:00	Evening Movie (TV3)

THURSDAY, JUNE 2

9:00	Morning Stretch (LR)
9:30	Walk on the Trail (LR)
10:15	Seated Volleyball (LR)
1:15	Golf Putting (LR)
2:00	Live 2B Healthy (AR)
2:30	Happy Hour (LR)
6:00	Bingo (LR)
7:00	Evening Walk (L)
8:00	Evening Movie (TV3)

FRIDAY, JUNE 3

9:00	Morning Stretch (LR)
9:30	Walk on the Trail (LR)
10:30	All-Denomination Service w/Patrica (LR)
11:00	Chair Yoga (AR)
1:30	Noodle Hockey (LR)
2:00	Crochet & Knitting Group (AR)
6:00	Bingo (LR)
7:00	Evening Walk (L)
7:15	Evening Sunset (P)
8:00	Evening Movie (TV3)

SATURDAY, JUNE 4

9:00	Morning Stretch (LR)
9:30	Walk on the Trail (LR)
10:15	Hot Chocolate Served Fireside (LR)
10:30	Brain Games (LR)
1:15	Word Games (AR)
2:00	Live 2B Healthy (AR)
2:30	Basketball (LR)
6:00	Bingo (LR)
7:00	Evening Walk (L)
8:00	Evening Movie (TV3)

LOCATION KEY

(LR) Living Room
(DR) Dining Room
(AR) Activity Room
(TV3) TV Room
(GR) Game Room
(L) Lobby
(CY) Courtyard

Activities are subject to change.

SUNDAY, JUNE 5

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Catholic Mass via Live Stream (AR)
1:15 Scenic Drive (L)
1:30 Word Search (LR)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

MONDAY, JUNE 6

9:00 Morning Stretch (LR)
9:30 Chair Yoga (AR)
9:30 Walk of the Trail (AR)
10:15 Shopping Shuttle (L)
1:15 Movie Matinee with Popcorn (TV3)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

TUESDAY, JUNE 7

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Communion Service (LR)
10:30 Hearing AID Clinic (GR)
1:30 Basketball (LR)
2:00 Live 2B Healthy (AR)
3:00 Move the Block (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

WEDNESDAY, JUNE 8

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Lunch Outing to (L)
1:15 Noodle Hockey (LR)
2:00 Chair Yoga (AR)
3:30 Get Fit Bootcamp (AR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

THURSDAY, JUNE 9

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:15 Seated Volleyball vs. Staff (LR)
1:15 Golf Putting (LR)
2:00 Live 2B Healthy (AR)
2:30 Happy Hour (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

FRIDAY, JUNE 10

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:30 All-Denomination Service w/Patricia
11:00 Chair Yoga (AR)
1:30 Noodle Hockey (LR)
2:00 Crochet ant Knitting (AR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

SATURDAY, JUNE 11

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:00 Hot Chocolate Served Fireside (LR)
10:30 Sing-A-Long (LR)
1:15 Word Games (AR)
2:00 Live 2B Healthy (AR)
2:30 Basketball (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

Hearing Aid Clinic

Meet with Ken and have your hearing aids cleaned free of charge.

Every First Tuesday in the Living Room

SUNDAY, JUNE 12

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Catholic Mass via Live Stream (AR)
1:15 Scenic Drive (L)
1:30 Word Search (LR)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

MONDAY, JUNE 13

9:00 Morning Stretch (LR)
9:30 Chair Yoga (AR)
10:15 Shopping Shuttle (L)
1:15 Movie Matinee with Popcorn (TV3)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

TUESDAY, JUNE 14

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Communion Service (LR)
1:30 Basketball (LR)
2:00 Live 2B Healthy (AR)
3:00 Move the Block (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

WEDNESDAY, JUNE 15

9:00 Monterey Bay Aquarium (L)
9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
1:15 Noodle Hockey (LR)
2:00 Chair yoga (AR)
3:30 Get Fit Bootcamp (AR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

THURSDAY, JUNE 16

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:15 Seated Volleyball vs. Staff (LR)
1:15 Putting Competition (LR)
2:00 Live 2B Healthy (AR)
2:30 Happy Hour (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

FRIDAY, JUNE 17

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:30 All-Denomination Service w/Patrica (LR)
11:00 Chair Yoga (AR)
1:30 Noodle Hockey (LR)
2:00 Crochet & Knitting Group (AR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

SATURDAY, JUNE 18

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:00 Hot Chocolate Served Fireside (LR)
10:30 Sing-A-Long (LR)
1:15 Word Games (AR)
2:00 Live 2B Healthy (AR)
2:30 Basketball (LR)
6:00 Bingo (LR)
8:00 Evening Movie (TV3)

SUNDAY, JUNE 19 • FATHER'S DAY

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Catholic Mass via Live Stream (AR)
11:15 Father's Day Brunch (DR)
1:15 Scenic Drive (L)
1:30 Word Search (LR)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

MONDAY, JUNE 20

9:00 Morning Stretch (LR)
9:30 Chair yoga (AR)
9:30 Walk of the Trail (L)
10:15 Shopping Shuttle (L)
1:15 Movie Matinee with Popcorn (TV3)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

TUESDAY, JUNE 21

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Communion Service (LR)
1:30 Basketball (LR)
2:00 Live 2B Healthy (AR)
3:00 Move the Block (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

WEDNESDAY, JUNE 22

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Lunch Outing (L)
1:15 Noodle Hockey (LR)
2:00 Chair Yoga (AR)
3:30 Get Fit Bootcamp (AR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

THURSDAY, JUNE 23

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:15 Seated Volleyball vs. Staff (LR)
1:15 Putting Competition (LR)
2:00 Live 2B Healthy (AR)
2:30 Happy Hour with Live Music (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

FRIDAY, JUNE 24

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:30 All-Denomination Service w/Patrica (LR)
11:00 Chair Yoga (AR)
1:30 Noodle Hockey (LR)
2:00 Crochet & Knitting Group (AR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

SATURDAY, JUNE 25

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:00 Hot Chocolate Served Fireside (LR)
10:30 Sing-A-Long (LR)
1:15 Word Games (AR)
2:00 Live 2B Healthy (AR)
2:30 Basketball (LR)
6:00 Bingo (LR)
8:00 Evening Movie (TV3)

Father's Day Brunch

Sunday, June 19th

11:15 AM ~ 1:00 PM

SUNDAY, JUNE 26

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Catholic Mass via Live Stream (AR)
1:15 Scenic Drive (L)
1:30 Word Search (LR)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

MONDAY, JUNE 27

9:00 Morning Stretch (LR)
9:15 Chair Yoga (AR)
9:30 Walk of the Trail (L)
10:15 Shopping Shuttle (L)
1:15 Movie Matinee with Popcorn (TV3)
3:00 Bingo (LR)
6:30 Evening Movie (TV3)

TUESDAY, JUNE 28

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Communion Service (LR)
1:30 Basketball (LR)
2:00 Live 2B Healthy (AR)
3:00 Move the Block (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

WEDNESDAY, JUNE 29

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (L)
10:30 Lunch Outing (L)
1:15 Noodle Hockey (LR)
2:00 Chair Yoga (AR)
3:30 Get Fit Bootcamp (AR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

THURSDAY, JUNE 30

9:00 Morning Stretch (LR)
9:30 Walk on the Trail (LR)
10:15 Seated Volleyball (LR)
1:15 Putting Competition (LR)
2:00 Live 2B Healthy (AR)
2:30 Happy Hour with Live Music (LR)
6:00 Bingo (LR)
7:00 Evening Walk (L)
8:00 Evening Movie (TV3)

CONNECT WITH US

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

Maria Guzman
M.C. Care Provider
May 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

Michael Van

Michael was born in Vietnam and later moved to the United States. He went to Ohio State where he got a bachelor's degree. Michael was living in Milpitas before he arrived in our community and he speaks fluent Chinese and English.

Michael has two children a son and a daughter. He is interested in our daily walks, computers, music, travel, scenic drives and our lunch outings. He loves finger foods and is looking forward to yoga, Tai Chi, and meditation.

Employee Spotlight

Betty Hales

Betty Hales was born in Newark, New Jersey. Now she resides in San Jose, California. Betty is married to a fabulous husband has two daughters.

Betty has been with Carlton for 6 years as a careprovider now will now be working in the Personal Expressions department providing activities for our amazing residents.

Celebrating Mother's Day

Salon Services

Stop by the salon and see Tracy for your beauty needs.

Monday - Saturday
By Appointment Only

Tracy: (408) 646-6243

The salon is located on the (2nd Floor).

Resident Council Meeting

6/21/22 ~ 1:15p.m.
Living Room

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

Doctor Shuttle Transportation

We offer transportation for medical appointments on Tuesdays and Thursdays from 7:00 am to 2:15 pm. Doctor Shuttle transportation must be requested 5 days in advance; however, we'll do our best to accommodate emergency or last-minute appointments.

Tuesday Destinations
Los Gatos, O'Connor, Good Samaritan, Kaiser Santa Clara
The latest appointment time for Kaiser Santa Clara is 1:30 pm

Thursday Destinations
East San Jose, Kaiser Santa Teresa, San Jose Medical, Downtown San Jose
The latest appointment time for downtown and east-side locations is 1:30 pm

---

Please call the front desk at (408) 972-1400 to reserve a time slot and be prepared to provide the following:

Your Name, Apartment Number, Appointment Date, Appointment Time, Appointment Address, Physician's Name and Phone Number

We'll also need to know if you use a walker or wheelchair. If your doctor has indicated that assistance is required when leaving the community please let us know if you'll require a companion -or- if a family member will meet you at the appointment location. There is a fee for companion services.

Stay Healthy All Year Long with These Tips from the CDC

Happy Birds 2022

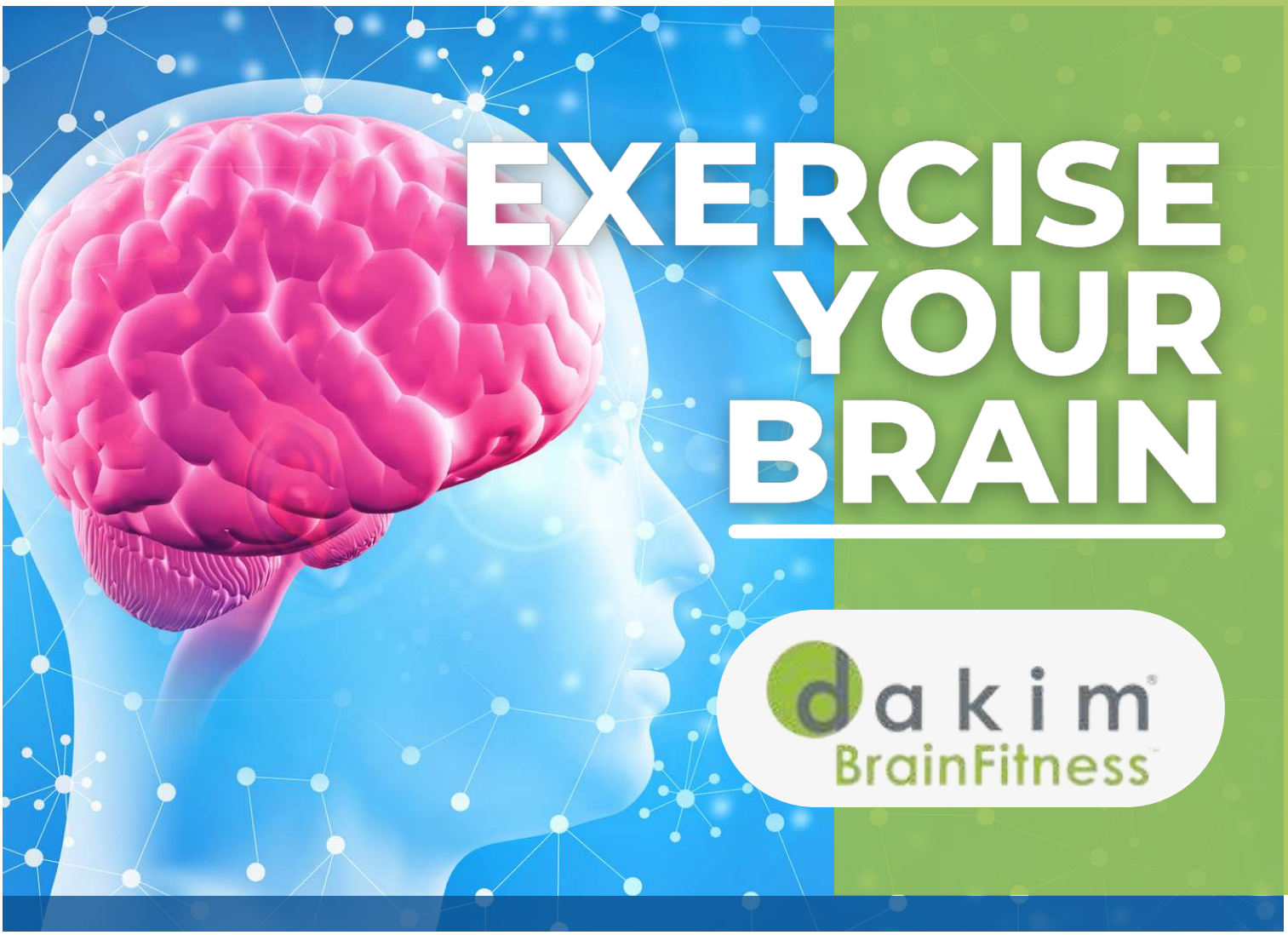
Mother's Day Brunch 2022

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



EXERCISE YOUR BRAIN

dakim BrainFitness™

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.