August 2022

The Carlton Monthly

Love ✧ Honor ✧ Provide

MC Theme of the Month:

In August, we'll celebrate all things related to hot dogs and hot rods. Residents will be encouraged to join in programming centered around the geography, cultural experiences, food tasting, and travel related to different experiences of the theme Hot Dogs & Hot Rods. For theme-related programs, see the activities highlighted in blue in our monthly newsletter. Join us in celebrating....

Hot Dogs & Hot Rods

Memory Corner

Good Cholesterol and Alzheimer's

In April 2022, new research published in the Alzheimer's Association journal Alzheimer's & Dementia revealed that increasing HDL or "good cholesterol" levels can help lower the risk for Alzheimer's disease. The research linked small HDL particles in the brain to better cognitive function.

HDL Cholesterol and Amyloid Plaques

Dr. Hussein Yassine and his research team found that participants with high levels of HDL had improved scores on cognitive tests. Yassine and the team believe that HDL may help "escort" amyloid plaques out of the brain. (Amyloid plaques are found in the brains of people with Alzheimer's disease.) These plaques are formed when peptides fold incorrectly and adhere to brain cells. This causes inflammation and disrupts normal brain cell functioning.

What can you do to increase good cholesterol?

Move your body.

Get up and walk around as much as you can. Instead of sitting and drinking coffee, grab a coffee and stroll around your neighborhood. At work, schedule walking meetings or move around on your breaks. Take your phone calls outdoors or on an exercise bike or treadmill.

Feed your body.

For a few decades, we were taught that all fat was bad. It is time to unlearn that. Many foods are filled with healthy unsaturated fats. Indulging in yummy foods such as avocados, salmon, trout, nuts, berries, cremini mushrooms, and olive oil will boost HDL, while oatmeal reduces LDL ("bad cholesterol"). Check food labels: soybean oil, often used in pre-packaged food, decreases HDL and increases LDL.

Fiber is your friend.

Soluble fiber has been shown to reduce cholesterol absorption into your bloodstream, so fill up on fiber—around 25 grams per day. Beans, legumes, vegetables, many fruits, whole grains, berries, and even popcorn can help reduce cholesterol by trapping fats so they cannot be absorbed.

Shed extra weight.

Losing just five pounds can help lower LDL. Some people have had luck following a low-carb diet, which can help you lose weight by keeping you feeling satiated with fewer overall calories. Without as many carbs, your blood sugar will spike less and your energy level will be more even.

Downtown Pleasant Hill Management Team

Tracey Ingleman
Executive Director

Anthony Jones
Executive Assistant

Sheila Roberts
Director of Resident Services

Jagruti (JC) Paleja
Personal Expressions Manager

Lisa Spivey
Retirement Counselor

Vicki Vasconi
Resident Liaison

Yulia Pavlova
Chef

Elissa Shaffer
Dining Room Manager

Frank Taitano
Plant Operations Manager

Dianne Duarte
Housekeeping Manager

Janilyn Santos
Medication Manager

Felicia Pounds
Director of Memory Care

Rhodesia James
MC Programming

Imee Nungay
Personal Care Manager

Theme Days

International Cat Day, 8/8
Wear Cat print

Car Show, 8/13
Wear 50's

Ferragosto Festival, 8/15
Wear Red/ White/ Green

Indian Independence Day, 8/15
Wear White/ Orange/ Green

Daffodil Day, 8/26
Wear Yellow

Carlton SENIOR LIVING

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!

August Birthdays

Residents

Tom Jordan, 8/4

karen Vermeys, 8/11

Earlene Hawley, 8/18

Have a Very Happy Birthday from all of us here at DPH!

Welcome

Elissa Shaffer

New
Dining Room
Manager

MONDAY, AUGUST 1

9:30 Eldersong Sing Along* (LR)
10:30 Piano Tunes with Todd Netland* (LR)
1:00 Adult Coloring (LR)
2:00 Ball Toss (LR)
3:00 Trivia (LR)
6:00 Bingo (LR)

TUESDAY, AUGUST 2

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
1:00 Quarterly Creation (LR)
2:00 Word Game (LR)
3:00 Happy Hr w/ Sandra (LR)
4:00 Aromatherapy (LR)
6:00 Adult Coloring (LR)

WEDNESDAY, AUGUST 3

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 Nature Walk (Courtyard)
11:00 Aromatherapy (LR)
1:00 Finishing Lines (LR)
2:00 Reminiscing (LR)
3:00 Cookies Social (LR)
4:00 Aromatherapy (LR)
6:00 Water Color Painting (LR)

THURSDAY, AUGUST 4

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 Drum Circle* (LR)
11:00 Aromatherapy (LR)
1:00 Poetry Circle* (LR)
2:00 Nails w/ Lisa (LR)
3:00 Ice Cream Social (LR)
4:00 Aromatherapy (LR)
6:00 Gentle Hand Massage w/ Lotion (LR)

FRIDAY, AUGUST 5

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
1:00 Arts & Craft (LR)
3:00 Happy Hour w/ Sandra (LR)
4:00 Aromatherapy (LR)
6:00 Bingo (LR)

SATURDAY, AUGUST 6

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation*(LR)
10:30 Garden Club (Courtyard)
11:00 Aromatherapy (LR)
1:00 Quarterly Creation (LR)
2:00 Root Beer Floats (DR)
3:00 Bean Bag Toss (LR)
4:00 Aromatherapy (LR)
6:00 Nature Walk (Courtyard)

Pure Smiles Mobile Dental Care

Jayme Daley DRH,RDHAP

Make an appointment today!
(925) 233-6888

SUNDAY, AUGUST 7

9:30 Eldersong Sing Along (LR)
10:30 Church Service (LR)
1:00 Gorgeous Nails (LR)
2:15 Live Music w/ Andy (LR)
3:30 Tell me about? (LR)
Reminiscing/ Picture albums & more
6:00 Bingo (LR)

MONDAY, AUGUST 8

9:30 Eldersong Sing Along* (LR)
10:30 Piano Tunes with Todd Netland* (LR)
1:00 Adult Coloring (LR)
2:00 Beach Ball Toss (LR)
3:00 Help roll the Yarn (LR)
3:45 Trivia (LR)
6:00 Bingo (LR)

TUESDAY, AUGUST 9

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
11:00 Dementia Support Group (PDR)
1:00 Quarterly Creation (LR)
2:00 Trivia (LR)
3:00 Happy Hr w/ Sandra (LR)
4:00 Aromatherapy (LR)

WEDNESDAY, AUGUST 10

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 Nature Walk (LR)
11:00 Aromatherapy (LR)
1:00 Music w/ Sheila (LR)
2:00 Popsicle Social (LR)
3:00 Scenic Ride (L)
4:00 Aromatherapy (LR)
6:00 Gentle Hand Massage w/ Lotion (LR)

THURSDAY, AUGUST 11

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 Drum Circle* (LR)
11:00 Aromatherapy (LR)
1:00 Let's start a Conversation (LR)
2:00 Poetry Circle* (LR)
3:00 Ice Cream Social (LR)
4:00 Aromatherapy (LR)
6:00 Nature Walk (Courtyard)

FRIDAY, AUGUST 12

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
1:00 Arts & Craft (LR)
3:00 Happy Hour w/ Sandra (LR)
4:00 Aromatherapy (LR)
4:30 Resident Birthday Celebration (DR)
6:00 Gentle hand massage w/ lotion (LR)

SATURDAY, AUGUST 13

9:30 Live 2 B Healthy* (LR)
10:00 Classic Car Show (Parking Lot)
Music w/ Tradewinds Band (AL/MC)
w/ Boys team charity of WC
1:00 Quarterly Creation (LR)
2:00 Banana Split Social (LR)
3:00 Horshoes fun (LR)
4:00 Aromatherapy (LR)
6:00 Bingo (LR)

LOCATION KEY

(LR) Living Room
(DR) Dining Room
(MC CY) MC Courtyard
(CY) Courtyard

Activities noted with * are offered through Eversound

Activities are subject to change.

SUNDAY, AUGUST 14

9:30 Eldersong Sing Along (LR)
10:30 Church Service (LR)
1:00 Gorgeous Nails (LR)
2:00 Jigsaw Puzzles (LR)
3:00 Let's start a Conversation (LR)
Reminiscing...
6:00 Bingo (LR)

MONDAY, AUGUST 15

9:30 Eldersong Sing Along* (LR)
10:30 Piano Tunes with Todd Netland* (LR)
1:00 Adult Coloring (LR)
2:00 Ball Toss (LR)
3:00 Help fold the laundry (LR)
3:45 Trivia (LR)
6:00 Bingo (LR)

TUESDAY, AUGUST 16

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
1:00 Quarterly Creation (LR)
2:00 Laugh Out Loud Humor time (LR)
3:00 Maverick Mikes Happy Hr w/ Eddie (LR)
4:00 Aromatherapy (LR)
6:00 Gentle Hand Massage w/ lotion (LR)

WEDNESDAY, AUGUST 17

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 Reminiscing (LR)
11:00 Aromatherapy (LR)
1:00 Classic Cars, Water Color Painting (LR)
2:00 Hot Rods of 60' s/ 70's Trivia (LR)
3:00 Get set ready for the party (LR)
4:30 Summer themed Candlelight Dinner (DR)

THURSDAY, AUGUST 18

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 Drum Circle* (LR)
11:00 Aromatherapy (LR)
1:00 Let's take care of the babies (LR)
2:00 Poetry Circle* (LR)
3:00 Cones & Cars Ice Cream Social (LR)
4:00 Aromatherapy (LR)
6:00 Bingo (LR)

FRIDAY, AUGUST 19

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
1:00 Arts & Craft (LR)
3:00 Hot Diggity Dog Happy Hr w/ Sandra (LR)
New Resident Housewarming
4:00 Aromatherapy (LR)
6:00 Nature Walk (Courtyard)

SATURDAY, AUGUST 20

9:30 Live 2 B Healthy* (LR)
10:00 Car Wash to Raise money for
Alzheimer's Research (Parking Lot)
1:00 Quarterly Creation (LR)
2:00 Finishing Lyrics (LR)
3:00 Beer & Bowling (LR)
4:00 Aromatherapy (LR)
6:00 Bingo (LR)

Dementia Support Group

on
Tuesday August 9

from 11:00 AM-12:00 pm
Everyone is welcome!

SUNDAY, AUGUST 21

9:30 Eldersong Sing Along (LR)
10:30 Church Service (LR)
1:00 Gorgeous Nails (LR)
2:15 Live Music w/ Andy (LR)
3:30 Tell me about? (LR)
Reminiscing...
6:00 Bingo (LR)

MONDAY, AUGUST 22

9:30 Eldersong Sing Along* (LR)
10:30 Piano Tunes with Todd Netland* (LR)
1:00 Adult Coloring (LR)
2:00 Ball Toss (LR)
3:00 Help roll the yarn (LR)
3:30 Nature Walk (Courtyard)
6:00 Bingo (LR)

TUESDAY, AUGUST 23

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
1:00 Quarterly Creation (LR)
2:30 Trivia (LR)
3:00 Happy Hr w/ Eddie (LR)
4:00 Aromatherapy (LR)
6:00 Gentle Hand Massage (LR)

WEDNESDAY, AUGUST 24

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 Nature Walk (Courtyard)
11:00 Aromatherapy (LR)
1:00 Finishing Lines (LR)
2:00 Reminiscing (LR)
3:00 Scenic Ride (L)
4:00 Aromatherapy (LR)
6:00 Water Color Painting (LR)

THURSDAY, AUGUST 25

9:30 Live 2 B Healthy* (LR)
10:00 Eldersong Sing Along (LR)
1:00 Nail Spa (LR)
2:00 Jigsaw Puzzle (LR)
3:00 Ice cream Sandwich Social (LR)
3:30 Nature Walk (Courtyard)
6:00 Bingo (LR)

FRIDAY, AUGUST 26

9:30 Eldersong Sing Along (LR)
10:30 Nature Walk (Courtyard)
1:00 Ball Toss (LR)
2:00 Jigsaw Puzzles (LR)
3:00 Happy Hour w/ Sandra (LR)
4:00 Aromatherapy (LR)
6:00 Adult Coloring (LR)

Happy Birthday
Rhodesia

SATURDAY, AUGUST 27

9:30 Live 2 B Healthy* (LR)
10:00 Eldersong Sing Along (LR)
1:00 Water Color Painting (LR)
2:00 Finishing Lyrics (LR)
3:00 Ice Cream Social (LR)
3:30 Nature Walk (Cortyard)
6:00 Bingo (LR)

Assisted living & Memory Care combined Activity

Classic Car Show

Saturday, August 13

SUNDAY, AUGUST 28

9:30 Eldersong Sing Along (LR)
10:30 Church Service (LR)
1:00 Gorgeous Nails (LR)
2:00 Jigsaw Puzzles (LR)
3:00 Tell me about? (LR)
Reminiscing...
6:00 Bingo (LR)

MONDAY, AUGUST 29

9:30 Eldersong Sing Along* (LR)
10:30 Piano Tunes with Todd Netland* (LR)
1:00 Adult Coloring (LR)
2:00 Balloon Toss (LR)
3:00 Help fold the laundry (LR)
3:30 Nature Walk (Courtyard)
6:00 Bingo (LR)

TUESDAY, AUGUST 30

9:30 Live 2 B Healthy* (LR)
10:00 Guided Meditation* (LR)
10:30 SingFit* (LR)
11:00 Aromatherapy (LR)
1:00 Quarterly Creation (LR)
2:30 Trivia (LR)
3:00 Happy Hr w/ Eddie (LR)
4:00 Aromatherapy (LR)
6:00 Adult Coloring (LR)

WEDNESDAY, AUGUST 31

9:30 Dance Yoga with Rho* (LR)
10:00 Guided Meditation* (LR)
10:30 Nature Walk (Courtyard)
11:00 Aromatherapy (LR)
1:00 Finishing Lines (LR)
2:00 Fun w/ Parachute (LR)
3:00 Cookies Social (LR)
4:00 Aromatherapy (LR)
6:00 Water Color Painting (LR)

Happening in August

Resident Birthday Celebration: 8/12

Scenic Ride: 8/10 & 8/24

Car Show: 8/13
AL/ MC combined

Candle Light Dinner: 8/17

Car Wash to raise money
for Alzheimer's Research: 8/20

New Resident Housewarming: 8/19

Jagruti (JC) Paleja
Personal Expressions Manager
Downtown Pleasant Hill Community
Assisted Living &
Memory Care combined

Hello Downtown Pleasant Hill Families,

I would like to take an opportunity to introduce myself and my role at Downtown Pleasant Hill Community.

Along with Assisted Living, now I am also in charge of creating and overseeing Activities for our residents in Memory care.

If you have any ideas or suggestions please feel free to reach out to me at jpaleja@carltonseniorliving.com

Walk to End Alzheimer's® -

JOIN MY TEAM AND THE FIGHT AGAINST ALZHEIMER'S.

Dear Carlton Family,

Please Scan the code and Register today
Join Team:
Carlton Senior Living DPH!

WALK TO END ALZHEIMER'S
alzheimer's association

Donation is not mandatory!

Classic CAR SHOW

Saturday, August 13
from 10:00 AM-12:00 PM

CAR WASH SERVICE
FOR A DONATION:

SATURDAY, AUGUST 20
FROM 10:00 AM-12:00 PM

MINI CAR: $ 10.00

SUV: $ 20.00

It's Time to Sparkle and Shine!

All proceeds will go to
fund Alzheimer's Research Foundation

You are Invited!

Join us for a
Summer themed
Candlelight Dinner
with your loved one
(**One Guest/ resident is Welcome**)
on Wednesday, August 24
from 4:30 PM-5:30 PM
email JC @
Jpaleja@carltonseniorliving.com
to RSVP by August 21

CARLTON FAMILY ANNUAL BBQ

LIVE MUSIC AND MORE

WEDNESDAY, OCTOBR 26TH
FROM 4:00 PM-7:00 PM

stay tuned for details to come...

Stay Healthy All Year Long with These Tips from the CDC

Thank You for Being a Friend

The words listed below can be found vertically and horizontally.

F	A	I	T	H	F	U	L	I	R
S	G	T	R	U	S	T	O	C	C
M	D	Z	O	W	E	I	Y	A	O
I	Z	I	K	X	S	H	A	R	E
L	A	U	G	H	H	B	L	I	K
E	Q	Q	Z	L	X	S	X	N	C
V	M	L	W	O	H	M	B	G	K
E	T	V	Q	V	B	U	D	D	Y
V	K	Y	S	E	F	T	O	P	Y
R	P	O	S	I	T	I	V	E	D

LOVE
TRUST
SMILE
BUDDY
CARING
FAITHFUL
LAUGH
LOYAL
POSITIVE
SHARE

Carlton SENIOR LIVING

EXERCISE IMPROVES BALANCE AND STRENGTH

Studies have found that an exercise approach which includes balance training, leg strengthening, and gait can lower fall risk in older adults.

Having several exercise options available can help meet the needs of a resident population with diverse levels of fitness. Options available to residents at Carlton Senior Living Downtown Pleasant Hill include the following:

Individual physical and occupation therapy:

Carlton works with medical providers in creating wellness plans specific to the needs of the individual.

Group activities and exercise classes offered within the community:

- Live 2 B Healthy
- Balance Fitness
- Walking Club
- Morning Stretch
- Guided Meditation
- Sports & Games
- Dance Yoga
- SingFit
- Bowling
- Wii Sports

Visit our website for more information: CarltonSeniorLiving.com/communities