



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.





# San Jose 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

### **August 4th • Elvis Day**

Where something Vintage

### **August 11th • Baseball**

Support Your Favorite Team

### **August 18th • Beach Day**

Beach Attire

### **August 25th • Mermaid Day**

Bright Green, Blue, Fish Scales



## Welcome to Our Family

### **Gary Goettelmann**



Please welcome our newest neighbors to the community.

## August Birthdays

### *Resident*

*Lina Partal 8/1*

### *Staff*

*Musu Jusu 8/6*

*Faith Agbayani 8/9*

*Analya Carnat 8/31* ✨



## CONNECT WITH US



**Website** [CarltonSeniorLiving.com/blog](http://CarltonSeniorLiving.com/blog)



**Facebook** @CarltonSeniorLivingSJ



**Instagram** @CarltonSeniorLiving



**LinkedIn** Carlton Senior Living



**Twitter** @CarltonSrSenior

## THURSDAY, AUGUST 4

- 9:00 Calming Classics (LR)
- 9:30 Walk on the Trail (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 SingFit (LR)
- 1:00 Live 2B Healthy (LR)
- 2:00 [Matinee Movie "Grease"](#) (LR)
- 3:30 [Karaoke 1950's](#) (LR)
- 5:00 Evening Movie (LR)

## MONDAY, AUGUST 1

- 9:00 Good Morning America (LR)
- 9:30 Stronger Seniors (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Old Wives Tales (LR)
- 1:00 Blackout Bingo (LR)
- 2:00 Trivia Time (LR)
- 3:00 Candy the Comedian (AL LR)
- 5:00 Evening Movie (LR)

## FRIDAY, AUGUST 5

- 9:00 Classical Music (LR)
- 9:30 James Boot Camp for Seniors (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Ice Cream Sandwich Trivia (LR)
- 1:00 Quarterly Creation (LR)
- 2:00 Balloon Toss (LR)
- 3:00 Timeline (LR)
- 5:00 Evening Movie

## TUESDAY, AUGUST 2

- 9:00 Kelly and Ryan (LR)
- 9:30 Morning Meditation (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Shout It Out (LR)
- 1:00 Live 2B Healthy (LR)
- 2:00 Conversation Cards (LR)
- 3:00 Noodle Volleyball (LR)
- 5:00 Evening Movie (LR)

## SATURDAY, AUGUST 6

- 9:00 Calming Classics (LR)
- 9:30 Morning Exercises (LR)
- 10:15 Daily Chronicles LR
- 12:30 [Eversound: Hot Rod Trivia](#) (LR)Ω
- 1:00 Live 2b Healthy (LR)
- 2:00 Drum Circle (LR)
- 3:00 SingFit (LR)
- 5:00 Evening Movie (LR)

## WEDNESDAY, AUGUST 3

- 9:00 National Geographic (LR)
- 9:30 Priority One Exercises (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Memory Fitness (LR)
- 1:30 Yoga with Maryam (AL AR)
- 2:30 SingFit (LR)
- 3:00 Ceramics (AR)
- 5:00 Evening Movie (LR)


### LOCATION KEY

(LR) Living Room  
(DR) Dining Room  
(AR) Activity Room  
(CY) Courtyard  
(AL) Assisted Living

Ω Activity offered through Eversound  
*Activities are subject to change.*



## SUNDAY, AUGUST 7

- 9:00 Spiritual Sunday (LR)
- 9:30 Flexible Seniors Stretches (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Brain Fitness (LR)
- 1:30 Intergenerational Hour (LR)
- 2:30 SingFit (LR)
- 3:00 [Eversound: Hot August Nights \(LR\)](#) 
- 5:00 Evening Movie (LR)

## THURSDAY, AUGUST 11

- 9:00 Good Morning America (LR)
- 9:30 Motown Workout (Park)
- 10:15 Daily Chronicles (LR)
- 11:00 Baseball Candlelight Luncheon (DR)
- 11:30 Timo on Steel Drums (CY)
- 1:00 Live 2B Healthy (LR)
- 2:00 Baseball Games (LR)
- 3:00 Sing Fit (LR)
- 5:00 Evening Movie (LR)

## MONDAY, AUGUST 8

- 9:00 Good Morning America (LR)
- 9:30 James Boot Camp for Seniors (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Old Wives Tales (LR)
- 1:00 [Scenic Drive, Cruising Car \(outing\)](#)
- 2:00 [Happy Days TV Trivia \(LR\)](#)
- 3:00 [Magic 8 Ball Day \(LR\)](#)
- 5:00 Evening Movie (LR)

## FRIDAY, AUGUST 12

- 9:00 Let's enjoy nature (LR)
- 9:30 Guided Mediation with Peggy (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Roller Rink Trivia (LR)
- 1:00 Music Therapy (LR)
- 2:00 Cornhole Toss (LR)
- 3:00 Blackout Bingo (LR)
- 5:00 Evening Movie (LR)

## TUESDAY, AUGUST 9

- 9:00 Kelly and Ryan (LR)
- 9:30 Morning Meditation (LR)
- 10:00 [Fruit Pie Making with Friends \(AL AR\)](#)
- 12:30 [Elvis True or False \(LR\)](#)
- 1:00 Live 2B Healthy (LR)
- 2:00 [Creating Elvis's favorite sandwich \(AR\)](#)
- 3:00 [Elvis Karaoke Hour \(LR\)](#)
- 5:00 ["Viva Las Vegas" Movie \(LR\)](#)

## SATURDAY, AUGUST 13

- 9:00 All American Classics (LR)
- 9:30 Morning Walk (CY)
- 10:15 Daily Chronicles LR)
- 12:30 [History of Woman's Rights \(LR\)](#)
- 1:00 Live 2b Healthy (LR)
- 2:00 Balloon Ball Toss (LR)
- 3:00 SingFit (LR)
- 5:00 Evening Movie (LR)

## WEDNESDAY, AUGUST 10

- 9:00 National Geographic (LR)
- 9:30 Older and Wiser workout (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 [Muffin Corn Dog Making \(AR\)](#)
- 1:30 Yoga with Maryam (AL AR)
- 2:30 [How Beef Hot Dogs are made \(LR\)](#)
- 3:00 [Flying Frankfurter Toss \(LR\)](#)
- 5:00 Evening Movie (LR)



## SUNDAY, AUGUST 14

- 9:00 Spiritual Sunday (LR)
- 9:30 Stronger Seniors (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 SingFit (LR)
- 1:30 Intergenerational Hour (LR)
- 2:30 Eversound: Welcome to Hawaii (LR) 🌀
- 3:00 Blackout Bingo (LR)
- 5:00 Evening Movie (LR)

## THURSDAY, AUGUST 18

- 9:00 Calming Classics (LR)
- 9:30 James Boot Camp for Seniors (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 [Woman's Right to Vote Day \(LR\)](#)
- 1:00 Live 2B Healthy (LR)
- 2:00 SingFit (LR)
- 3:00 [Happy Hour/Fresh Coconut Water \(LR\)](#)
- 5:00 Evening Movie (LR)

## MONDAY, AUGUST 15

- 9:00 Good Morning America (LR)
- 9:30 James Boot Camp (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Old Wives Tales (LR)
- 1:00 Scenic Drive (outing)
- 2:00 [Jay Lenos Garage \(LR\)](#)
- 3:00 [Residents Cookbook \(LR\)](#)
- 5:00 Evening Movie (LR)

## FRIDAY, AUGUST 19

- 9:00 Let's Enjoy Nature (LR)
- 9:30 Motown Stretches (LR)
- 10:00 Dani Burton (AL LR)
- 12:30 Gold Rush Trivia (LR)
- 1:00 Blackout Bingo (LR)
- 2:00 [Eversound: Poetry Circle🌀 \(LR\)](#)
- 3:00 Afternoon Walk (CY)
- 5:00 Evening Movie

## TUESDAY, AUGUST 16

- 9:00 Kelly and Ryan (LR)
- 9:30 Priority One Exercises (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 National Tell a Joke Day (LR)
- 1:00 Live 2B Healthy (LR)
- 2:00 Wine\* & Charcuterie Board Tasting (CY)
- 3:00 [Time Slips \(LR\)](#)
- 5:00 Evening Movie (LR)

\*non-alcohol

## SATURDAY, AUGUST 20

- 9:00 All American Classics (LR)
- 9:30 Morning Fitness (LR)
- 10:15 Daily Chronicles LR
- 12:30 Mosquito Trivia (LR)
- 1:00 Live 2b Healthy (LR)
- 2:00 Painting with Friends (CY)
- 3:00 SingFit (LR)
- 5:00 Evening Movie (LR)

## WEDNESDAY, AUGUST 17

- 9:00 National Geographic (LR)
- 9:30 Donovan Green Workout (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Quarterly Creations (LR)
- 1:30 Yoga with Maryam (MC AR)
- 2:30 Vacation Memories Day (LR)
- 3:30 Memory Fitness word Game (LR)
- 5:00 Evening Movie (LR)

Happy Hour  
Thursday 18th  
3:00 PM

ASSIANT LIVING AND MEMORY CARE  
IN THE MAIN LIVING ROOM



## SUNDAY, AUGUST 21

- 9:00 Spiritual Sunday (LR)
- 9:30 Morning Stretches (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Blackout Bingo (LR)
- 1:30 Intergenerational Hour (LR)
- 2:30 **Cars & Cones Day (LR)**
- 3:00 SingFit (LR)
- 5:00 Evening Movie (LR)

## THURSDAY, AUGUST 25

- 9:00 Classical Mustic (LR)
- 9:30 Fabulous Fitness (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Chocolate Covered Raisin Day (LR)
- 1:00 Live 2B Healthy (LR)
- 2:00 Wizard of Oz Art (LR)
- 3:00 SingFit (LR)
- 5:00 Evening Movie (LR)

## MONDAY, AUGUST 22

- 9:00 Golf Land (outing)
- 9:30 Morning Meditation (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 **The Story Behind Marks Hot Dogs (LR)**
- 1:00 **Scenic Drive Marks Hot Dogs (outing)**
- 2:00 Trivia Time (LR)
- 3:00 National Boa Day, Tasting (LR)
- 5:00 Evening Movie (LR)

## FRIDAY, AUGUST 26

- 9:00 Kelly and Ryan (LR)
- 9:30 Sit and Be Fit (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Mid-Day Walk (CY)
- 1:00 Painting with Friends (CY)
- 2:00 Bean Bag Toss (CY)
- 3:00 Blackout Bingo (LR)
- 5:00 Evening Movie (LR)

## TUESDAY, AUGUST 23

- 9:00 Bay Area News (LR)
- 9:30 Sit and Be Fit (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Word Scapes (LR)
- 1:00 Live 2B Healthy (LR)
- 2:00 **Pigs in a Blanket (LR)**
- 3:00 Board Games (LR)
- 5:00 Evening Movie (LR)

## SATURDAY, AUGUST 27

- 9:00 Good Morning America (LR)
- 9:30 Morning Stretches (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Golf Trivia (LR)
- 1:00 Live 2b Healthy (LR)
- 2:00 Happy Hour (CY)
- 3:00 SingFit (LR)
- 5:00 Evening Movie (LR)

## WEDNESDAY, AUGUST 24

- 9:00 National Geographic (LR)
- 9:30 Priority One Exercises (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Waffle Iron Brownies (LR)
- 1:00 Ice Cream Social (LR)
- 2:00 Senior Chair Yoga (AL AR)
- 3:00 Wordscapes (LR)
- 5:00 Evening Movie (LR)





## SUNDAY, AUGUST 28

- 9:00 Spiritual Sunday (LR)
- 9:30 Morning Stretches (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 James Boot Camp (LR)
- 1:00 Scenic Drive (outing)
- 2:30 Hot Rod and Hot Dog Trivia (LR)
- 3:00 Karaoke Time 1950's (LR)
- 5:00 Evening Movie (LR)



## MONDAY, AUGUST 29

- 9:00 Good Morning America (LR)
- 9:30 Morning Exercise & (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 James Boot Camp (LR)
- 1:00 Creative Painting (CY)
- 2:00 Eversound: History of the Hot Dog (LR)
- 3:00 Singfit (LR)
- 5:00 Evening Movie (LR)



## TUESDAY, AUGUST 30

- 9:00 My Three Sons (LR)
- 9:30 Donavan Green Workout (LR)
- 10:15 Daily Chronicles (LR)
- 12:30 Fred McMurray Day (LR)
- 1:00 Live 2B Healthy (LR)
- 2:00 Drum Circle (CY)
- 3:00 August Birthday Happy Hour (AL LR)
- 5:00 Evening Movie (LR)



## WEDNESDAY, AUGUST 31

- 9:00 National Geographic (LR)
- 9:30 Daily Chronicles (LR)
- 10:00 Ceramics (AR)
- 12:30 Blackout Bingo (LR)
- 1:30 Brain Teasers (LR)
- 2:00 Senior Chair Yoga (AL AR)
- 3:00 Noodle Volleyball (LR)
- 5:00 Evening Movie (LR)



## Resident Spotlight

*Robert Jurkowski*

Robert was born on December 13, 1948, in a suburb of Chicago called Waukegan. He was raised in a Household with both his parents and a brother named David. Robert graduated High school and went on to the University of Illinois. Robert graduated with a bachelor's and Master degree in Physics. He joined the Navy and served his time on a nuclear submarine. Once Robert completed his tour of duty, he went to work for General Electric as a Nuclear Physics.



## Employee Spotlight



*Venus Cordero*

Venus was born in Ilocos Sur, Philippines. She comes from a large family of 12. Venus has 2 daughters and 4 grandchildren. She is fluent in 3 languages Tagalog, Ilocano and English. Venus has worked for Carlton for 14 years. Her hobbies are making flowers arrangements and traveling. She has traveled to Japan. When Venus retires, she plans to travel to Paris and Italy.







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!](#)

## Hearing Aid Clinic

Every first Tuesday of the month



## Podiatrist

Depending on the participants, she is usually here on the second Wednesday of the month.

## Salon Services

MONDAY-SATURDAY  
BY APPOINTMENT ONLY  
TRACY:(408)646-6243



## Doctor Shuttle Transportation

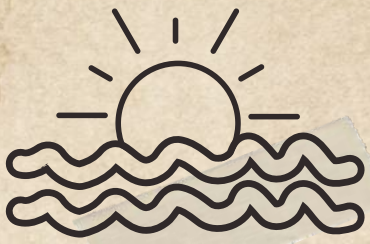
We offer transportation for medical appointments on Tuesdays and Thursdays with a drop-off time starting at 8:00 am and a final pick-up time of 3:00 pm.

Please let the front desk know if you will be accompanying your loved one or if you need a care partner

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

For any of the above services,  
please contact the front desk.  
(408) 972-1400





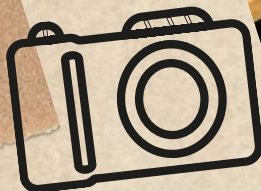
Summer



Fun



TREATS  
FOR MY FRIENDS  
IN MEMORY CARE  
NANCY



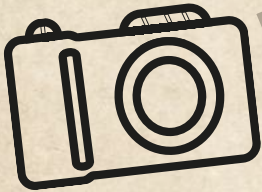
SIT BACK, RELAX





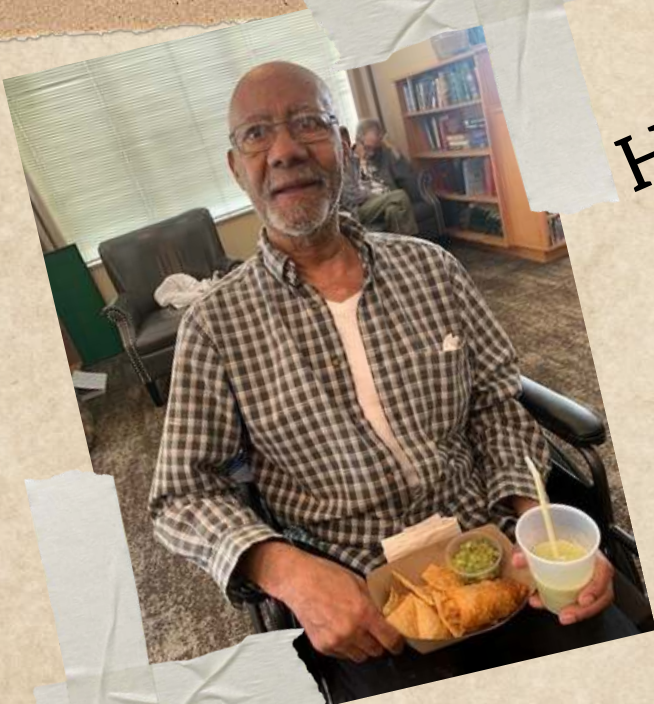
Summer

Fun



### TO DO LIST

- ✓ YOGA
- ✓ HIKING
- ✓ AVOCADO  
HAPPY HOUR



Hiking with Friends







Summer

Fun



✓ WATER THE  
PUMPKIN PATCH





# Stay Healthy All Year Long with These Tips from the CDC

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

**Cover your cough or sneeze  
with a tissue, then throw  
the tissue in the trash  
and wash your hands.**



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

CS311170 May 12, 2020 4:21 PM

## Wash YOUR HANDS!



Hands  
that look  
clean can still  
have icky  
germs!



[www.cdc.gov/handwashing](https://www.cdc.gov/handwashing)



CS 30099A

# 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 San Jose 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:**

- Walking on the Trail
- Chair Yoga
- Golf Putting
- Live 2B Healthy
- Seated Volleyball
- SingFit
- Get Fit Bootcamp
- Noodle Hockey
- Morning Stretch
- Basketball