



November 2022

The Carlton Monthly

Love ✦ Honor ✦ Provide



MC Theme of the Month:

In November, we'll celebrate all things related to Family Heritage. 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 of Family Heritage. For theme-related programs, see the activities highlighted in **brown** in our monthly newsletter. Join us in celebrating....

Family Heritage



Memory Corner

The Weather and Dementia by Activity Connection



Weather affects most of us in one way or another. Perhaps we feel energetic when it's sunny and sluggish on overcast days. And no one likes being stuck in a hot car or a freezing movie theater. Alzheimer's and dementia can affect the brain's control centers, resulting in increased sensitivity to heat and cold.

A 2018 research study followed 3,300 people diagnosed with Alzheimer's in the United States, France, and Canada. The results demonstrated that cognitive ability changed depending on the season. It appeared to be higher in the fall and summer when days were longer and sunnier. People experienced more episodes of sundowning (an escalation in anger, irritation, and confusion occurring late afternoon or evening) during winter and early spring. They also had more sleep-pattern disturbances and depression during shorter, darker days. Here are a few things to note:

Watch the Weather

- Heat exposure can lead to hyperthermia (elevated body temperature), headaches, nausea, dizziness, fainting, fatigue, and behavioral changes such as increased anxiety and agitation.
- Cold exposure can lead to hypothermia (below-average body temperature) and symptoms such as shivering, increased confusion, pallor, and lethargy.
- Cold and rainy weather can cause people to stay indoors, reducing opportunities for social interaction. Be on the alert for signs of isolation and depression.

Take Precautions

- Ensure clothing is appropriate for the weather. Keep indoor temperatures consistently warm or cool enough for comfort.
- Encourage regular activity and opportunities for social interaction.
- Provide opportunities for regular and adequate eating and drinking. Hydration is essential.
- People who tend to wander are at increased risk in the heat or cold. Additional monitoring may be indicated.



Miriam Faris
Executive Director
Monday-Friday



Christin Pannell
Executive Assistant
Tuesday-Saturday



Genevieve Eller
Director of Resident
Services
Tuesday-Saturday



Toni Jones
Director of Memory
Care
Sunday-Thursday



Ryan Pugh
Care Manager,
Assisted Living
Sunday-Thursday



Mina Kutulas
Care Manager,
Memory Care
Tuesday-Saturday



Houa Vue
Evening Supervisor
Sunday-Thursday



Jesse Vasquez
Resident Liaison
Sunday-Thursday



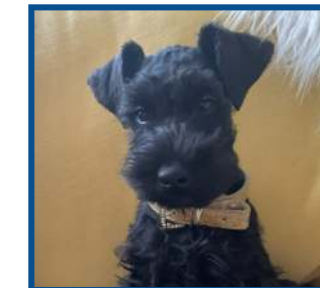
Jessalyn Eernisse
Personal Expressions
Manager
Tuesday-Saturday



Innes McFarlane
Retirement Counselor
Tuesday-Saturday



Val McEvelly
Chef
Tuesday-Saturday



Bentley
Memory Care
Community Dog

TRANSPORTATION POLICIES

General Transportation Guidelines

We offer transportation **Monday through Friday between 9:00 AM and 4:30 PM**. Transportation is available on a first come, first served basis. We require at least 48 hours' notice for transportation requests. All transportation is subject to Jessalyn's approval and driver availability.

Doctor Shuttle

Our doctor shuttle is on hiatus. The shuttle will resume when our bus is back in service. Please speak with Jessalyn if you have any questions.

Other Transportation

A few small-scale outings and shopping trips will be available in November. Regular outings and scenic drives will resume when our bus is back in service. Please speak with Jessalyn if you have any questions.

We can provide transportation to religious services on Sunday mornings by appointment. Please request your appointment at least 48 hours in advance.

Transportation Charges

All transportation in the city of Davis during regular driving hours is **FREE**. For transportation outside of Davis, there is a \$15/half hour service charge (one half hour minimum, and then \$7.50 per quarter hour thereafter, rounding up). The same charge applies to transportation that requires the driver to leave the community before 9:00 AM or to stay out past 4:30 PM.

How to Schedule Transportation

Option 1 (preferred): Contact Jessalyn. Text or e-mail is preferred. Jessalyn's contact information is available at the front desk.

Option 2: Request your transportation at the front desk. Jessalyn will review the request and contact you to confirm availability.

Carlton Spotlight



Corrinne Bressler

Corrinne Bressler was born in Kingsburg, California, near Fresno, on June 21, 1925. She grew up in the suburbs but spent her summers on her grandparents' farm. During her teenage years she lived in San Francisco, where she attended San Francisco Polytechnic High School. Her future husband, David, attended the same high school, although they were not together at the time.

Corrinne worked at a telephone company and as a homemaker. She cooked dinner for her family every night for more than fifty years. She and David had two daughters: Anne and Elsa. The family lived in Vancouver, B.C. and Florence, Italy before settling in Davis. Corrinne loved Florence and speaks Italian.

During her retirement years, she helped raise her grandson, Medric. In her 70s she became the oldest person to graduate from the Sausalito Sailing Academy. She enjoys swimming and was nationally ranked into her 90s. She was a regular churchgoer and volunteered in the altar guild. She loves cats and dogs and had two particularly beloved dogs, Ginger, a Rhodesian Ridgeback, and Hera, a St. Bernard.

Here at Carlton, Corrinne enjoys watching history documentaries, reading young adult and children's literature, art appreciation, and listening to opera and oldies.

Sir Bentley



Meet Bentley! Bentley is our new memory care community dog. He was born on July 21, 2022. He is a standard schnauzer. He will be at work every day Toni is in the office. He loves people and is very friendly and gentle. His favorite things include running as fast as he can, chewing on his bone, and laying in his fluffy bed. He has great hair and great eyelashes! Come say hello any time! He will be extremely happy to meet you.



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!

TUESDAY, NOVEMBER 1

10:00 AM - Fabulous Fitness (AR)
 11:00 AM - Daily Chronicles 🎵 (AR)
 1:00 PM - Chair Yoga with Katie (AR)
 2:30 PM - Bingo 🎵 (AR)
 3:00 PM - SingFit 🎵 (LR)
 4:00 PM - Trivia 🎵 (AR)
 6:00 PM - Evening Movie (LR)

WEDNESDAY, NOVEMBER 2

10:00 AM - Morning Stretch (AR)
 11:00 AM - Daily Chronicles 🎵 (AR)
 1:15 PM - Afternoon Stroll (CY)
 2:00 PM - Live 2B Healthy Exercise (AR)
 3:00 PM - Bean Bag Toss (AR)
 4:00 PM - Time Slips (AR)
 6:00 PM - Evening Movie (LR)

THURSDAY, NOVEMBER 3

10:00 AM - Fabulous Fitness (AR)
 11:00 AM - Daily Chronicles 🎵 (AR)
 1:15 PM - Afternoon Stroll (CY)
 2:00 PM - Bingo (AR)
 3:00 PM - Antonio's Magnificent Music (LR)
 4:00 PM - Trivia 🎵 (AR)
 6:00 PM - Evening Movie (LR)

FRIDAY, NOVEMBER 4

10:00 AM - Morning Stretch (AR)
 11:00 AM - Daily Chronicles 🎵 (AR)
 1:15 PM - Afternoon Stroll (CY)
 2:00 PM - Live 2B Healthy Exercise (AR)
 3:00 PM - Music Therapy with Kaitlyn (LR)
 4:00 PM - Discussion Circle: Where Did Your Family Come From? (AR)
 6:00 PM - Evening Movie (LR)

SATURDAY, NOVEMBER 5

Happy Birthday Bruce S!

10:00 AM - Fabulous Fitness (AR)
 11:00 AM - Daily Chronicles 🎵 (AR)
 1:15 PM - Afternoon Stroll (CY)
 2:00 PM - Brain Games (AR)
 3:15 PM - "Shake It" with Alvin (LR)
 4:00 PM - Happy Hour (LR)
 6:00 PM - Evening Movie (LR)

LOCATION KEY

(LR) Living Room
 (DR) Dining Room
 (CY) Courtyard
 (B) Bus
 (DR) Dining Room

All activities are subject to change.

SUNDAY, NOVEMBER 6

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Brain Games (LR)
2:00 PM - Bingo 🎵 (AR)
3:00 PM - SingFit 🎵 (LR)
4:00 PM - Quarterly Creation (AR)
6:00 PM - Evening Movie (LR)

THURSDAY, NOVEMBER 10

9:10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Bingo (AR)
3:00 PM - Veterans Day Discussion (LR)
4:00 PM - Trivia 🎵 (AR)
6:00 PM - Evening Movie (LR)

MONDAY, NOVEMBER 7

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Drum Circle (LR)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - Remembering Songs About Gratitude (LR)
4:00 PM - Junk Drawer Detective (LR)
6:00 PM - Evening Movie (LR)

FRIDAY, NOVEMBER 11

Veterans Day

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - SingFit 🎵 (LR)
4:00 PM - Discussion Circle: Did Anyone in Your Family Serve in the Military? (LR)
6:00 PM - Evening Movie (LR)

TUESDAY, NOVEMBER 8

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:00 PM - Chair Yoga with Katie (AR)
2:00 PM - Bingo 🎵 (AR)
3:00 PM - SingFit 🎵 (LR)
4:00 PM - Trivia 🎵 (AR)
6:00 PM - Evening Movie (LR)

SATURDAY, NOVEMBER 12

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Brain Games (AR)
2:30 PM - Afternoon Concert: Tom Boyd on the 12 String Guitar (LR)
3:00 PM - Hand Massage & Manicure (AR)
4:00 PM - Happy Hour (LR)
6:00 PM - Evening Movie (LR)

WEDNESDAY, NOVEMBER 9

Happy Birthday Katherine K!

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - DIY Thanksgiving Centerpieces (AR)
4:00 PM - Time Slips (AR)
6:00 PM - Evening Movie (LR)

Please welcome our newest neighbors to the community.

Arnett Hein



SUNDAY, NOVEMBER 13

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Brain Games (LR)
2:00 PM - Bingo 🎵 (AR)
3:00 PM - SingFit 🎵 (LR)
4:00 PM - Quarterly Creation (AR)
6:00 PM - Evening Movie (LR)

THURSDAY, NOVEMBER 17

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - SingFit 🎵 (AR)
3:00 PM - Macy's Thanksgiving Day Parade Discussion (LR)
4:00 PM - Trivia 🎵 (AR)
6:00 PM - Evening Movie (LR)

MONDAY, NOVEMBER 14

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Drum Circle (LR)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - Remembering Tupperware (LR)
4:00 PM - Junk Drawer Detective (LR)
6:00 PM - Evening Movie (LR)

FRIDAY, NOVEMBER 18

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - Music Therapy with Kaitlyn (LR)
4:00 PM - Discussion Circle: How Does Your Family Celebrate Thanksgiving? (AR)
6:00 PM - Evening Movie (LR)

TUESDAY, NOVEMBER 15

Happy Birthday Mike H!

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:00 PM - Chair Yoga with Katie (AR)
2:00 PM - Bingo (AR)
3:00 PM - SingFit 🎵 (AR)
4:00 PM - Trivia 🎵 (AR)
6:00 PM - Evening Movie (LR)

SATURDAY, NOVEMBER 19

9:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Brain Games (AR)
3:00 PM - Hand Massage & Manicure (AR)
4:00 PM - Happy Hour (LR)
6:00 PM - Evening Movie (LR)

WEDNESDAY, NOVEMBER 16

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - Bean Bag Toss (AR)
4:00 PM - Happy Hour & Thanksgiving Dinner (LR)
6:00 PM - Evening Movie (LR)

Eversound headphones are used at activities with a 🎵 next to them!

Eversound is an assisted listening device that amplifies the voice of the activity leader.



eversound

SUNDAY, NOVEMBER 20

Happy Birthday Virginia S!

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Brain Games (LR)
2:00 PM - Bingo 🎵 (AR)
3:00 PM - SingFit 🎵 (AR)
4:00 PM - **Quarterly Creation (AR)**
6:00 PM - Evening Movie (LR)

THURSDAY, NOVEMBER 24

Thanksgiving

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Bingo (AR)
3:00 PM - **A Wild Turkey Tale (LR)**
4:00 PM - Trivia 🎵 (AR)
6:00 PM - Evening Movie (LR)

MONDAY, NOVEMBER 21

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - **Turkey Tail Bingo (AR)**
4:00 PM - Junk Drawer Detective (LR)
6:00 PM - Evening Movie (LR)

FRIDAY, NOVEMBER 25

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Poetry Session (LR)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - SingFit 🎵 (LR)
4:00 PM - **Discussion Circle: Lessons from our Grandparents (LR)**
6:00 PM - Evening Movie (LR)

TUESDAY, NOVEMBER 22

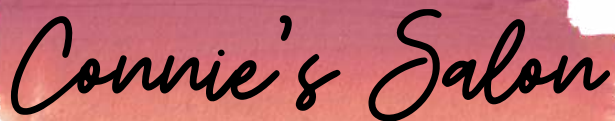
10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Drum Circle (LR)
2:00 PM - Bingo (AR)
3:00 PM - SingFit 🎵 (AR)
4:00 PM - **Thankful for Thanksgiving Humor (AR)**
6:00 PM - Evening Movie (LR)

SATURDAY, NOVEMBER 26

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Brain Games (AR)
3:00 PM - Hand Massage & Manicure (AR)
4:00 PM - Happy Hour (LR)
6:00 PM - Evening Movie (LR)

WEDNESDAY, NOVEMBER 23

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - Bean Bag Toss (AR)
4:00 PM - Time Slips (LR)
6:00 PM - Evening Movie (LR)



Connie's Salon

Open Tuesday, Wednesday, &
Thursday, 9:00 AM to 5:00 PM

To schedule an appointment, call
(951) 963-9354.

SUNDAY, NOVEMBER 27

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Brain Games (LR)
2:00 PM - Bingo 🎵 (AR)
3:00 PM - SingFit 🎵 (AR)
4:00 PM - Quarterly Creation (AR)
6:00 PM - Evening Movie (LR)

CONNECT WITH US



Website CarltonSeniorLiving.com/blog



Facebook @CarltonSeniorLivingDavis



Instagram @CarltonSeniorLiving



LinkedIn Carlton Senior Living



Twitter @CarltonSrSenior

MONDAY, NOVEMBER 28

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Poetry Session (LR)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - November Birthday Party (DR)
4:00 PM - Junk Drawer Detective (LR)
6:00 PM - Evening Movie (LR)

Would your loved one like to be included on our Wall of Honor?



TUESDAY, NOVEMBER 29

Happy 100th Birthday Doris B!

10:00 AM - Fabulous Fitness (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Drum Circle (LR)
2:00 PM - Bingo 🎵 (AR)
3:00 PM - SingFit 🎵 (AR)
4:00 PM - Trivia 🎵 (AR)
6:00 PM - Evening Movie (LR)

Please contact Jessalyn Eernisse,
Personal Expressions Manager.

She will need a photograph,
preferably of them in their military
uniform. Please also let her know
their rank, branch, years of service
or wars they served during, and any
other information you want
included (medals, ship name, etc).

WEDNESDAY, NOVEMBER 30

10:00 AM - Morning Stretch (AR)
11:00 AM - Daily Chronicles 🎵 (AR)
1:15 PM - Afternoon Stroll (CY)
2:00 PM - Live 2B Healthy Exercise (AR)
3:00 PM - Doris' 100th Birthday Party (AL LR)
4:00 PM - Time Slips (LR)
6:00 PM - Evening Movie (LR)

Searching for November

The words listed below can be found vertically and horizontally.



AUTUMN

BLACK FRIDAY

CHILLY

CHRYSANTHEMUM

DAYLIGHT SAVINGS

ELECTION DAY

ELEVENTH

NOVEMBER

REMEMBRANCE DAY

SAGITTARIUS

SCORPIO

THANKSGIVING

TOPAZ

VETERANS DAY



BALANCE TRAINING HELPS PREVENT FALLS



Studies have found that an exercise approach that includes balance training and leg strengthening helps to prevent falls.

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

Individual physical and occupation therapy:

Carlton can work with your medical provider to create an individual wellness plan. Please speak with our Director of Resident Services to learn more about local PT and OT options.

Group activities and exercise classes offered within the community:

- Chair Yoga with Mindful Yolo
- Live 2B Healthy Exercise
- Dance Fitness with Katelynn
- Balance Bar Fitness
- Fitness Ball Workout
- Fabulous Fitness
- Morning Strolls
- Nintendo Bowling
- Bean Bag Toss