



April 2025

The Carlton Times

Nourishing Mind, Body, and Soul



Alexa and Privacy

The Alexa devices provided by Speak2 and your Carlton community are not standard consumer Alexas. They use Alexa Smart Properties, which has no personal accounts, no links to users, and no stored information. Additionally, Speak2 has a HIPAA and PHI compliance tool that runs continuously ensure they meet requirements. Your security and privacy are of the utmost importance!

Your Speak2 Alexa device is completely anonymous, which means:

- No credit card, email, or phone number are stored.
- Speak2 protects you from any marketing or direct contact by outside, unwelcome sources.
- The device cannot be reset or used outside of the specific Wi-Fi and address of your Carlton community.
- If the device is moved outside your Carlton community, it will not work and it will not reset.

Your Alexa device only “listens” when it hears its assigned wake word (Alexa or Echo). It is not recording, listening, or streaming data to Amazon. When it hears the wake word, the device will show a blue light. If there is no blue light, it is not “listening.”

If you do not want your device to respond to its wake word, press the mute button on the top of the device. A red light indicates that the device is muted. Alexa will not respond to any commands when it is muted.

Questions about Alexa? Speak with your Resident Liaison or Activities Manager.



Meet The Management Team



Gianni Amari
Executive Director
Tuesday-Saturday



Yaritza Yanez
Director of Resident Services
Tuesday-Saturday



Elisa Capulong
Care Manager
Sunday-Thursday



Bernadette Moya
Medication Supervisor
Sunday-Thursday



Cristian Cruz
Resident Liaison
Sunday - Thursday



Katie Mayers
Activities Manager
Tuesday - Saturday



Dron Kumar
Maintenance Manager
Tuesday-Saturday



Hugo Esquivel
Executive Chef
Tuesday-Saturday



Olivia Allen
Sales Director
Tuesday-Saturday



Ashley Gibson
Sales Assistant
Sunday-Thursday

Transportation Guidelines



Doctor Shuttles

Tuesdays and Thursdays

Times: Drop-offs start at 9:00 AM,
final pick-up at 3:30 PM

Booking: 48-hour notice required

*Please be in lobby 30 minutes before your
appointment*



Special Trip Transportation

Arranged outside normal shuttle hours

Must be requested 48 hours in advance and
approved by Katie.

Charges apply



Church and Shopping Shuttles

Church Services

Sundays, 9:00 AM–12:00 PM

Shopping Shuttle

Local store trips (check schedule for times)



Transportation Charges

Shuttle Rides: Free

Special Trips: Contact Katie for
pricing

How to Schedule:

Contact the front desk to reserve a time slot on our doctor or church shuttles.
For "Special Trip" transportation, please contact Katie.

**Questions about our transportation program?
Contact Katie Mayers, Activities Manager.**

April Happenings

Outings

Explore new places and enjoy some of our favorite spots.

Scenic Drives

(Niles, Ardenwood, Kata Japanese Garden, Coyote Point)
Sundays, 1:00 pm

Lunch at Bills' Cafe

Wednesday, April 2nd, 11:00am BUS

Ghiradelli Ice Cream and Chocolate Factory Outlet

Wednesday, April 9th, 11:00am

Moffet Field Museum & Lunch at Roger's Bar and Restaurant

Wednesday, April 16th, 10:00am,

Lunch at La Pinata

Wednesday, April 29th, 11:30am

Filoli Garden

Wednesday, April 30th, 10:00am



Events

April Fools!

Tuesday, April 1, 3pm, LR
"Who am I game"!

Passover Story and Ritual

Saturday, April 12th, 3pm MPR

Easter Sunday

Easter Egg Hunt!
Sunday April 20th, 3pm

Earth Day, California Historical Nursery Park

Tuesday, April 23rd, 11am

Theme Day

Show a little Carlton Spirit by dressing up for these special days!

Easter: Wear Pastels!

Sunday April 20th
Photoshoot in the Living Room
at 3:00 PM

RESIDENT

Spotlight

Meet Lois!

Lois was born on December 18th, 1937 in San Francisco, CA. She spent 30 years living in Newark, CA before moving to South Lake Tahoe for 31 years. Lois grew up with one brother, Bob who is 8 years younger than her and one sister, Joan, who has passed away. Lois was raised by her mother and father, James and Pauline Attinger. Her father, James, worked in the manufacturing of lead plates for a printing company in San Francisco, while her mother, Pauline was a homemaker.

Lois took some college courses but did not graduate with a degree. She was a full-time mother but occasionally would take on part-time work such as office jobs for FUSD and Fremont Bank. Lois met her late husband, William Loveless Jr in 1958. William and Lois met at a friend's bachelor and bachelorette party; they were together for 61 years. Lois and William had 3 children, Lisa, Kathleen, and Wendy.

Lois has traveled to Paris, Canada, and traveled all over California. Lois's most memorable experience was living on the second floor of her grandparents' house in San Francisco, when they heard Japan had bombed Pearl Harbor. Lois would like to be remembered as being kind, artistic, and smart. Lois enjoys listening to mild jazz and loves Mary Cassatt, the American painter. Lois's favorite food is American food and Belgian French-style cuisine. Her favorite dish is crab Louie. The person Lois admires most is her mother, Pauline for her honesty, straight forwardness and her good work ethic. Some words of wisdom from Lois would be to "treat people the way you would want to be treated, and be honest."



Lois Loveless

HAPPY BIRTHDAY

Robert S. - April 6

Philip H. - April 8

Dorothy S. - April 8

Tom C. - April 15

Josefina B. - April 20

Marion C. - April 22



TUESDAY, APRIL 1

April Fool's Day!

- 9:00 - Coffee & Chit-Chat (C)
- 9:30 - Morning Stretch (LR)
- 10:30 - Food Committee Meeting (GR)
- 11:00-11:30 - BP and Weight Checks (GYM)
- 1:00 - "Who Am I" Game (LR)**
- 2:00 - Bingo! (AR)
- 3:30 - Social Hour, Drinks and Chat (LR)**
- 6:00 - Movie Night (TV)

WEDNESDAY, APRIL 2

- 9:00 - Bagels, Coffee & Chit-Chat (C)
- 9:00 to 11:00 - Shopping Shuttle: Target (BUS)
- 9:30 - Live 2 B Healthy Exercise (MPR)
- 11:00 - Words in a Word Game (LR)
- 1:00 - Fremont Library at Carlton (LR)**
- 1:00 - This Week in History Discussion (LR)
- 1:30 - Bible Study (LIB)
- 2:00 - Trivia (LR)
- 6:00 - Movie Night (TV)

THURSDAY, APRIL 3

National Chocolate Mousse Day!

- 9:00 - Coffee & Chit-Chat (C)
- 9:30 - Morning Stretch (LR)
- 10:30 - Carlton Updates with Cristian (AR)
- 12:00 - SIGN UP: Food Delivery from Special Noodle (PDR)**
- 2:00 - Bingo (AR)
- 3:30 - Book Club (GR)
- 6:00 - Movie Night (TV)

FRIDAY, APRIL 4

- 9:00 - Coffee with Baileys & Chit-Chat (C)
- 9:30 - Live 2 B Healthy Exercise (AR)
- 10:30 - Games Corner: Trivia (LR)
- 1:00pm - Ceramics (AR)
- 2:00 - People and Places Discussion (LR)
- 3:00 - Happy Hour & Drinks with Mishla (MPR)**
- 6:00 - Movie Night (TV)

SATURDAY, APRIL 5

- 10:30 - Early Morning Bingo (AR)
- 10:30 - Pet Therapy Dog Visit - Grinch (LV)
- 12:00 - Movie Matinee & Pizza (TV)**
- 1:00 - Chair Dance Class (MPR)
- 2:00 - Games Corner: Trivia (LR)
- 4:00 - Independent Puzzle (GR)
- 6:00 - Movie Night (TV)

Resident Meetings

Resident Meetings are open to all community residents. Share your opinion and participate in meetings for community updates.

Resident Council Meeting: Monday, April 21

**Resident Feedback Meeting:
Wednesday, April 16**

All meetings are held in the
Multipurpose Room at 3:00 PM

SUNDAY, APRIL 6

8:00 to 10:00 - Morning Mimosas (C)
9:00 to 12:00 - Church Shuttle (BUS)
9:00 - Walking Club (LR)
1:00 - Scenic Drive (BUS)
1:00 - Afternoon Exercise Class (MPR)
2:00 - Bingo! (AR)
1:30 - Special Treat (C)
6:00 - Movie Night (TV)

THURSDAY, APRIL 10

9:00 - Coffee & Chit-Chat (C)
9:30 - Morning Stretch (MPR)
12:00 - SIGN UP: Food Delivery: Boudin SF
1:00 - Words in Words (LR)
1:30 - Bible Study (LIB)
2:00 - Bingo! (AR)
3:00 - Music and Drinks: Mr. Bill & Co. (MPR)
6:00 - Movie Night (TV)

MONDAY, APRIL 7

9:00 - Coffee & Chit Chat (C)
9:00 to 12:00 - SIGN UP: Errand Day (BUS)
9:30 - Live 2 B Healthy Exercise (AR)
10:30 - Loteria with Ivan (AR)
2:00pm - Current Events (MPR)
3:30 - Ax Throw Game (LR)
6:00 - Movie Night (TV)

FRIDAY, APRIL 11

9:00 - Coffee with Baileys & Chit-Chat (C)
9:30 - Live 2 B Healthy Exercise (MPR)
10:30 - Games Corner: Trivia (LR)
11:00 - Carlton University: CPR & First Aid Basics: How Our Employees Can Help You (MPR)
2:00 - People and Places Discussion (MPR)
3:00 - Happy Hour & Music with Kimberlye Gold (MPR)
6:00 - Movie Night (TV)

TUESDAY APRIL 8

9:00 - Coffee & Chit-Chat (C)
9:30 - Morning Stretch (MPR)
10:30 - Cornhole (LR)
2:00 - Bingo! (AR)
3:30 - Social Hour, Drinks and Chat (LR)
4:00 - Independent Puzzle (GR)
6:00 - Movie Night (TV)

SATURDAY, APRIL 12

10:30 - Early Morning Bingo (AR)
10:30 - Pet Therapy Dog Visit - Grinch (LR)
12:00 - Movie Matinee & Pizza (TV)
1:00 - Chair Dance Class (MPR)
2:00 - Trivia (LR)
3:30 - Music and Drinks with Jess B. (MPR)
4:30 - Play Pool in Game Room (GR)
6:00 - Movie Night (TV)

WEDNESDAY, APRIL 9

9:00 - Donuts, Coffee & Chit-Chat (C)
9:30 - Live 2 B Healthy Exercise (MPR)
10:00 - PT Program (AR)
10:30 - Games Corner: Ax Throwing (LR)
1:00 - This Week in History Discussion (MPR)
1:30 - Bible Study (LIB)
2:00 - Trivia (LR)
6:00 - Movie Night (TV)

Best of the Best Employee of the Month

March 2025



**Olga
Aguilera**
Housekeeper



SUNDAY, APRIL 13

8:00 to 10:00 - Morning Mimosas (C)
9:00 to 12:00 - Church Shuttle (BUS)
9:00 - Walking Club (LR)
1:00 - Scenic Drive (BUS)
1:00 - Afternoon Exercise Class (MPR)
1:30 - Special Treat (C)
4:00 - Play Pool in the Game Room (GR)
6:00 - Movie Night (TV)

MONDAY, APRIL 14

9:00 - Coffee & Chit-Chat (C)
9:30 - Morning Stretch (LR)
10:30 - Craft: Make Easter Eggs for Easter Egg Hunt (AR)
2:00 - Current Events (MPR)
3:30 - Charades (LR)
4:00 - Play Pool in the Game Room (GR)
6:00 - Movie Night (TV)

TUESDAY, APRIL 15

9:00 - Coffee & Chit-Chat (C)
9:30 - Morning Stretch (LR)
10:30 - Charades (AR)
2:00 - Bingo! (AR)
3:30 - Social Hour, Drinks and Chat (LR)
4:00 - Play Pool in the Game Room (GR)
6:00 - Movie Night (TV)

WEDNESDAY, APRIL 16

9:00 - Donuts, Coffee & Chit-Chat (C)
9:30 - Live 2 B Healthy Exercise (MPR)
10:00 - SIGN UP: Moffet Field Museum & Lunch at Eureka! (BUS)
11:30 - New Resident Luncheon (MPR)
2:00 - This Week in History Discussion (AR)
3:00 - Resident Feedback Meeting (AR)
6:00 - Movie Night (TV)

THURSDAY, APRIL 17

Roaring Twenties Theme!

9:00 - Coffee & Chit-Chat (C)
9:30 - Morning Stretch (LR)
10:30 - Trivia - Prohibition Era (LR)
1:00 - Gatsby Glam (AR)
1:30 - Photo Booth (LR)
2:00 - Bingo (AR)
3:00 - Speakeasy Cocktails (C)
3:30 - Jazz with Mission Gold Jazz Band (MPR)
6:00 - Movie Night (TV)

FRIDAY, APRIL 18

9:00 - Coffee with Baileys & Chit-Chat (C)
9:30 - Live 2 B Healthy Exercise (AR)
10:30 - Corn Hole (LR)
1:00 - Games Corner: Uno (GR)
2:00 - People and Places Discussion (MPR)
3:00 - Happy Hour Drinks & Music with Darryl Berk (MPR)
6:00 - Movie Night (TV)

SATURDAY, APRIL 19

10:30 - Early Morning Bingo (AR)
10:30 - Pet Therapy Dog Visit - Grinch (LR)
12:00 - Movie Matinee & Pizza: (TV)
1:00 - Chair Dance Class (AR)
2:00 - Trivia (LR)
4:30 - Play Pool in Game Room (GR)
6:00 - Movie Night (TV)



Salon

Salon Hours:
Open Tuesdays

To book your appointment, call
Melissa at (510) 449-1857.

SUNDAY, APRIL 20

Easter Sunday - Dress in Pastels

8:00 to 10:00 - Morning Mimosas (C)
9:00 to 12:00 - Church Shuttle (BUS)
9:00 - Walking Club (LR)
1:00 - Scenic Drive (BUS)
1:00 - Chair Exercise Class (AR)
2:00 - Bingo! (AR)
3:00 - Easter Photo (LR)
3:30 - Easter Egg Hunt! (First Floor)
6:00 - Movie Night (TV)

THURSDAY, APRIL 24

9:00 - Coffee & Chit-Chat (C)
9:30 - Morning Stretch (AR)
10:30 - Words in a Word Game (LR)
1:30 - Bible Study (LIB)
2:00 - Bingo (AR)
4:30 - Resident Birthday Celebration (DR)
3:30 - Trivia (LR)
6:00 - Movie Night (TV)

MONDAY, APRIL 21

9:00 - Coffee & Chit Chat
9:00 to 12:00 - Shopping Shuttle: Errand Day (BUS)
9:30 - Live 2 B Healthy Exercise (AR)
10:30 - Words in a Word Game (LR)
1:00 - Current Events Discussion (AR)
2:00 - Sign up: Beading with Elisa (AR)
6:00 - Movie Night (TV)

FRIDAY, APRIL 25

9:00 - Coffee with Baileys & Chit-Chat (C)
9:30 - Live 2 B Healthy Exercise (AR)
10:30 - Games Corner: Uno (GR)
1:30 - Bible Study (LIB)
2:00 - People and Places Discussion (MPR)
3:00 - Happy Hour with Chef Hugo (MPR)
3:30 - Music & Drinks with Claudio Medeiros (MPR)
6:00 - Movie Night (TV)

TUESDAY, APRIL 22

Earth Day

9:00 - Coffee & Chit-Chat (C)
9:30 - Morning Stretch (AR)
10:30 - Jeopardy (LR)
3:00 - SIGN UP: Paint Birdfeeders Craft (AR)
2:00 - Bingo! (AR)
3:30 - Social Hour, Drinks and Chat (LR)
6:00 - Movie Night (TV)

SATURDAY APRIL 26

10:30 - Early Morning Bingo (AR)
10:30 - Pet Therapy Dog Visit - Grinch (LR)
12:00 - Movie Matinee & Pizza: (TV)
1:00 - Chair Dance Class (AR)
2:00 - Trivia (LR)
3:30 - SIGN UP: Flower Arranging (AR)
4:30 - Play Pool in Game Room (GR)
6:00 - Movie Night (TV)

WEDNESDAY, APRIL 23

9:00 - Donuts, Coffee & Chit-Chat (C)
9:30 - Live 2 B Healthy Exercise (AR)
11:00 - SIGN UP: Excursion to California Historical Nursery Park
1:00 - SIGN UP: Mini Manicures with Yari (AR)
1:30 - Bible Study (LIB)
2:00 - This Week in History Discussion (MPR)
3:00 - Music with Bruce Brill (MPR)
6:00 - Movie Night (TV)

Welcome to the
Carlton Family

**Debra R.
Irene St. C**

SUNDAY, APRIL 27

8:00 to 10:00 - Morning Mimosas (C)
9:00 to 12:00 - Church Shuttle (BUS)
9:00 - Walking Club (LR)
10:00 - Games Corner: Uno (GR)
12:00 - Special Treat
1:00 - Scenic Drive (BUS)
1:00 - Chair Exercise Class (AR)
2:00 - Bingo! (AR)
6:00 - Movie Night (TV)

CARLTON ACTIVITIES: FUN & MEANINGFUL CONNECTION



MONDAY APRIL 28

9:00 - Coffee & Chit-Chat (C)
9:00-12:00 - Shopping Shuttle: Errand Day (BUS)
9:30 - Live 2 B Healthy Exercise (AR)
10:30 - Loteria with Ivan (AR)
1:00 - Current Events Discussion (AR)
2:00 - SIGN UP: Sip and Paint with Bernadette (AR)
3:30 - Social Hour, Drinks and Chat (LR)
6:00 - Movie Night (TV)

Location Key

(AR) Activity Room
(BA) Back Area
(BUS) Outing
(C) Cafe
(DR) Dining Room
(GR) Game Room
(LIB) Library
(LR) Living Room
(MPR) Multipurpose Room
(TV) TV Room



Activities are subject to change.

TUESDAY, APRIL 29

9:00 - Donuts, Coffee & Chit-Chat (C)
9:00 - 11:00 - Shopping Shuttle: Errand Day (BUS)
9:30 - Live 2 B Healthy Exercise (MPR)
11:30 - SIGN UP: Lunch at La Pinata (BUS)
1:00 - SIGN UP: Mini Manicures (15min) (AR)
2:00 - This Week in History Discussion (LR)
6:00 - Movie Night (TV)

Resident of the Month



**Gary
Ikeda**



Nomination forms are located in the mailroom.

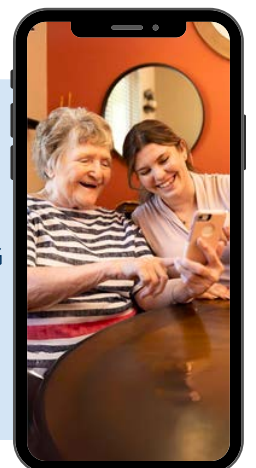
WEDNESDAY, APRIL 30

9:00 - Donuts, Coffee & Chit-Chat (C)
9:00 - 11:00 - Shopping Shuttle: Errand Day (BUS)
9:30 - Live 2 B Healthy Exercise (MPR)
10:00 - SIGN UP: Filoli Excursion with Lunch (BUS)
1:00 - Angel the Harpist (LR)
2:00 - This Week in History Discussion (MPR)
3:00 - SIGN UP: Crafting with Cristian (AR)
6:00 - Movie Night (TV)

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CARLTON SENIOR LIVING





April is Parkinson's Disease Awareness Month

Parkinson's disease (PD) is a neurodegenerative disorder of the nervous system. It occurs when brain cells that make dopamine, a chemical that coordinates movement, stop working or die. It is a chronic, progressive disease.

Parkinson's is the second-most common neurodegenerative disease, after Alzheimer's disease. About 1 million Americans are currently living with PD. Its exact cause is unknown, but research suggests that there are both genetic and environmental components. Age is the biggest risk factor for developing PD; it is most common in older adults. Rates of diagnosis have risen significantly in the past decade. This increase is aligned with the growing number of Americans who are aged 65 and older.

Symptoms generally develop slowly, often over the course of several years, and can vary widely from person to person. PD is commonly associated with its "motor" or movement symptoms, which typically include muscle stiffness, slowness of movement, and/or resting tremors. Some people may also experience trouble walking or difficulty with balance and coordination, especially as the disease progresses.

PD's "non-motor" or non-movement symptoms are not always visually obvious, but are wide ranging and can affect many bodily functions. They often begin occurring long before the "classic" motor symptoms of PD. Non-motor symptoms include mood changes, such as depression, anxiety, and apathy. Up to 30% of those living with Parkinson's report changes to their cognition, typically confusion, paranoia, and dementia. It can affect sleep patterns, causing fatigue and daytime sleepiness as well as insomnia. PD may also cause constipation, loss of smell, pain, and speech and swallowing issues.

There is currently no cure for Parkinson's disease. However, there are a variety of medications and therapies--including physical therapy, occupational therapy, speech therapy, and talk therapy--that may help ease symptoms. Research has shown that regular exercise and physical activity can significantly aid both motor and non-motor symptoms. PD symptoms vary widely from person to person, so treatment should be individually tailored to each patient's needs.

Living with Parkinson's can be challenging, but with proper symptom management and a flexible mindset, it is possible to maintain a "normal" lifestyle with good to great quality of life.