



December 2025

The Carlton Monthly

Nourishing Mind, Body, and Soul



Pictured: CSL Orangevale



With Gratitude This Season

As the holiday season arrives and we look back on the past year, our hearts are truly full. This has been a year of shared moments, challenges met together, and many meaningful connections.

To our residents and families, thank you for your trust, your kindness, and for allowing us the privilege of caring for those you love. Your support, partnership, and presence throughout the year mean more to us than you know. It is an honor we never take lightly.

To our incredible staff, thank you for your dedication, your compassion, and the countless moments of care you give every single day. You show up with strength, patience, and heart, and it is because of you that our community feels warm, safe, and connected. You are the soul of what we do, and we appreciate you deeply.

As we close this year, we are filled with gratitude for each person who makes this community so special. We hope this holiday season brings you peace, joy, and time with the people who matter most. Here is to a hopeful, healthy, and wonderful new year, a fresh start filled with new opportunities, continued connections, and moments that make life meaningful.

Warmly,
Carlton Senior Living



How Lollipops Help Calm Dementia Behaviors

By Kimberly West ADC, CDP, MDE, VMC

Individuals with dementia often experience a wide range of behavioral changes that can be distressing for both the person living with dementia and their caregivers. Agitation, restlessness, repetitive movements, anxiety, and even aggression can surface as communication abilities decline and the brain struggles to process the environment. These behaviors are often expressions of unmet needs, whether physical, emotional, or sensory.

Research studies have shown that something as simple as a lollipop can reduce disruptive behaviors and provide meaningful relief. The act of sucking on a lollipop offers comfort, satisfies oral fixation, and delivers a sweet sensory experience that can soothe anxiety and redirect challenging behaviors. In one-on-one or group settings, a lollipop can help ease frustration and bring calm, making the interaction more peaceful and connected. Recognizing the therapeutic potential of lollipops gives caregivers another practical tool for responding to challenging behaviors. Far more than just a sweet treat, lollipops can be used intentionally to support emotional regulation and engagement. When offered thoughtfully, they provide a simple way to reduce stress and bring moments of ease. Even a simple lollipop shows how comfort can come from unexpected places while also serving as a useful sensory tool.

Specific Benefits at a Glance:

Note: Always check for safety before offering lollipops, as hard candy may pose a choking risk. As an extra precaution, provide supervision.



- Offer a lollipop during moments of agitation, pacing, or restlessness to redirect energy and provide comfort.
- Lollipops might also encourage cooperation by focusing attention on the sweet taste.
- The sweet taste can lift mood by triggering the brain's natural reward response.
- Use a lollipop as a simple way to spark conversation and reminisce about childhood treats and favorite candies.
- Sucking motions are naturally calming and can help ease anxiety, agitation, or restlessness.
- A lollipop offers a safe outlet for oral fixations that might otherwise lead to chewing inappropriate items.
- Sucking on a lollipop stimulates saliva production, which can ease dry mouth (common due to medications).
- It also aids in appetite stimulation for those reluctant to eat.

In the world of dementia care, it's often the smallest gestures that bring the biggest comfort. A lollipop may look like just a sweet treat, but in the right moments, it can calm, redirect, and spark joy. By thoughtfully incorporating lollipops into daily routines, caregivers can add a touch of sweetness that makes life a little calmer, happier, and more connected for those living with dementia.

This "EZ Does It" article is from Activity Connection. Learn more about their resources at ActivityConnection.com.

Meet The Management Team



Jonathan Centeno
Director of Resident
Services



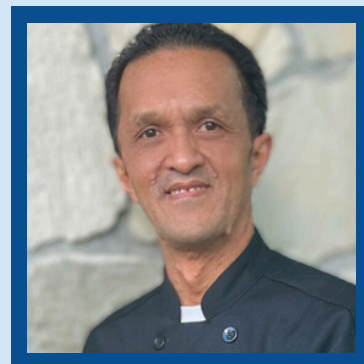
Laura Mosley
Executive Assistant



Yesenia Flores
Medication Manager



Jason Broers
Maintenance Manager



Roel Alidio
Kitchen/Dining Manager



Olga Islas
Care Manager



Tommy Ong
Sales Director



Matt Batista
Activities Manager



Doctor Shuttle

Medical Appointments Only

Tuesdays and Thursdays

Within a 10 mile radius

Time

Drop-off starts at 9:30 AM

Last pick-up at 4:30 PM

Reservations

Request at least 48 hours in advance.

Contact the Front Desk to reserve your spot.

**For more information about transportation services, please contact the front desk:
(925) 497-8338**


Hair by Celeste

Open Tuesday & Saturday, 10:00 AM-3:00 PM

To schedule an appointment, call the front desk (925) 497-8338



An assisted listening device that amplifies the activity leader's voice.

Look for the  symbol to find activities with Eversound headphones!



MEMORY LANE TV

You might notice a different program on the TV in Memory Care.

Featuring soothing images and sounds, it creates an engaging environment, encouraging relaxation without the need to follow a storyline.



The GEMS Model

ADAPTED FROM TEEPA SNOW'S
POSITIVE APPROACH TO CARE

Dementia can affect a person's abilities in ways that change from moment to moment. The GEMS State Model, developed by dementia care expert Teepa Snow, helps us recognize and respond to these changes with flexibility, empathy, and respect.

Rather than focusing on what's lost, this model emphasizes what's still possible — encouraging care partners to support the unique strengths of each individual, just like polishing a precious gem.

Why “GEMS”?

Every person living with dementia is valuable, unique, and capable of shining—especially when we adjust our approach to meet their needs.

The GEMS Model helps:

- ✓ Recognize changing abilities without judgment
- ✓ Adapt care to highlight what a person can still do
- ✓ Reduce frustration by matching the right support to the right moment
- ✓ Offer connection through patience, environment, and cues

What It Means for Families & Care Partners

This model creates a shared language and a more supportive approach:

- ✓ Focuses on **retained abilities**, not just losses
- ✓ Uses **visual, verbal, and touch cues** to connect
- ✓ Adjusts environments and tasks to promote success
- ✓ Encourages **flexible, in-the-moment assessment**

With the right environment and approach, every Gem can shine—even when abilities shift.

We Practice What We Teach

Through Carlton University and our Positive Approach to Care® training, our team members are taught to recognize and support each unique stage of dementia. This helps us provide truly compassionate care rooted in dignity, connection, and trust.

Source:

Model developed by Teepa Snow and the team at Positive Approach to Care®, based on the Cognitive Disabilities Model by Claudia Allen, MA, OTR.

To learn more, visit:
www.teepasnow.com

HONEY UPDATE

We've adopted a cow, and this page shares her journey with everyone who'd like to follow along. Each month, we'll post updates, photos, and little stories from her life on the farm.



Meet Your
Host Farm

COTTONWOOD DAIRY

Owners:

Brett, Brian, Aaron, Gavin, Rob and
Tim Sorensen

Fun Fact:

The dairy farm was established in 1953. The
farm is more than 60 years old.

Location:

Fallon, NV



Meet Your
Calf

HONEY

Birthday: September 6, 2025

Gender: Heifer (Female)

Breed: Holstein

Birth Height: 30 inches

Birth Weight: 90 Pounds

Caretaker: Farmer Tim



1 Month
Update

SHE GREW 2 INCHES

1 Month Height:

32 Inches

1 Month Weight:

110 Pounds



RESIDENT *Spotlight*

Lenny is originally from the Bronx but loves the Yankee and Raiders team. Ghirardelli chocolates are his favorite thing to snack on or to lighten his day up.



Lenny I

NATURE CONNECTIONS



Theme of the Month

Gifts & Giving

In December, we'll celebrate all things related to gifts and giving. Residents will be encouraged to join in programming centered around geography, cultural experiences, food tasting, and travel related to different experiences of gifts and giving. For theme-related programs, see the activities highlighted in green in our monthly newsletter. Join us in celebrating... Gifts & Giving

Mind, Body & Soul

What does it mean to live well? The definition is different for everyone. But one thing we all have in common is the need to nourish our **Mind, Body, and Soul**. At Carlton, you can **live your life** and enjoy exciting opportunities to stimulate your mind, promote your health, and enrich your soul each day through our activities.

Check out our daily offerings to nourish your **Mind, Body, and Soul** ! Here are a few highlights:



Mind

Painting Sessions

Trivia

Daily Chronicle

Friendly Feud

This or That



Body

Morning Exercise

Ballon Toss

Bowling

Cardio
Drumming

Live 2B Healthy



Soul

SingFit

Happy Hour

Socials

Fun with Kids

Cooking Demos

Gardening Club

December Happenings

Events

Mondays: Music Therapy with Lesly

1:00 PM - 2:00 PM (LR)

Tue -Thru- Sat : Live 2b Healthy

1:00 PM - 2:00 PM (LR)

Wednesdays : Happy Hour

2:00 PM - 3:00 PM (LR)

Wednesdays : Music with Lynne

3:00 PM - 4:00 PM (LR)

Wednesdays : Piano with Pete

5:00 PM - 6:00 PM (LR)

Sundays : Music with Andy

1:00 PM - 2:00 PM (LR)

**Thursday: Christmas Around
The World**

3:00 PM - 5:30 PM (LR)



Outing

12/18

**See Christmas tree -Pleasant Hill
Downtown**

Scenic Drives

12/18

**See Christmas Decorations
Pleasant Hill Neighborhood**

Theme Days

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

12/11

**Christmas Attire
Wear red and green**

12/14

**Hanukkah
Wear a blue shirt.**

12/25

**Christmas Day
Wear red and green.**

**HAPPY
Holidays!**

HAPPY BIRTHDAY

STANLEY P - 12/02
MARINA G - 12/03
CAROL C - 12/10
MARIA M - 12/20
LINDA T - 12/20
MARIANNE F - 12/16



THURSDAY, DECEMBER 4

9:30 **Carlton Corner (LR)** ☺
 9:45 Exercises (LR)
 10:00 Music Expression (LR)
 10:30 Cardio drumming (LR)
 11:00 Trivia Game (LR)
 12:30 Comedy MLTV (LR)
 1:00 **Live 2 B Healthy (LR)**
 2:00 **Christmas Cookies Decorating (LR)**
 3:00 **Science with Seniors (LR)**
 3:30 This or That (LR)
 4:00 Sing Along (LR)
 6:00 Bingo (LR)
 7:00 Movie: The Wizard of Oz

MONDAY, DECEMBER 1

9:20 **Carlton Corner (LR)** ☺
 9:45 Exercises (LR)
 10:00 Sing Along (LR)
 10:20 Book Club (LR)
 11:00 Trivia Game (LR)
 12:30 Comedy MLTV (LR)
 1:00 **Music with Leslie (LR)**
 2:20 Flowers Arrangement (LR)
 3:00 Ballon Toss (LR)
 3:25 **Bingo - Christmas edition (LR)**
 6:00 Connect Expression (LR)
 7:00 Movie : Oklahoma!

FRIDAY, DECEMBER 5

9:20 **Carlton Corner (LR)** ☺
 9:45 Exercises (LR)
 10:00 Sing Along (LR)
 10:30 Balloon Toss with noodles (LR)
 11:00 Music Expression (LR)
 12:30 Lucy Show (LR)
 1:00 **Sing FIT (LR)**
 2:00 Christmas Songs (LR)
 2:30 **Snow Man Crafts (LR)** ☺
 3:00 Nail Bar (LR) / Sports (LR) ☺
 4:00 Comedy MLTV (LR)
 6:00 Trivia Game (LR)
 7:00 Movie: Candleshoe

TUESDAY, DECEMBER 2

9:30 **Carlton Corner (LR)** ☺
 9:45 Exercises (LR)
 10:00 Sing Along (LR)
 10:30 Balloon Toss with noodles (LR)
 11:00 **Sing fit (LR)**
 12:30 Lucy Show (LR)
 1:00 **Live 2 B Healthy (LR)**
 2:00 Sing Along (LR)
 2:30 Nail Care / Sport Game (LR)
 3:00 **Christmas Crafts (LR)**
 4:00 Comedy MLTV (LR)
 6:00 Trivia Game (LR)
 7:00 Movie: Hocus Pocus 2

SATURDAY, DECEMBER 6

9:30 **Carlton Corner (LR)** ☺
 9:45 Exercises (LR)
 10:00 Music Expression (LR)
 10:30 Book Club (LR)
 11:00 Balloon Toss (LR)
 12:30 Lucy Show (LR)
 1:00 **Live 2 B Healthy (LR)**
 2:00 Sing Along (LR)
 2:30 Color Expression -Paint Rocks (LR)
 3:30 Bingo (LR)
 4:15 **Trivia Game -Christmas Edition (LR)**
 6:00 **Sing Fit (LR)**
 7:00 Movie: Oklahoma!

WEDNESDAY, DECEMBER 3

9:30 **Carlton Corner (LR)** ☺
 9:45 Exercises (LR)
 10:00 Music Expression (LR)
 10:30 **This or That (LR)**
 11:00 **Creative- Story - Christmas Traditions (LR)**
 12:30 Comedy MLTV (LR)
 1:00 Individual Stations (LR)
 2:00 Happy Hour (LR)
 3:00 **Expression music with Lynne (LR)**
 4:00 BINGO ☺ (LR)
 5:30 Piano with Pete and Chorus (LR)
 7:00 Movie: Casper 1995

Welcome to the
Carlton Family

SUSAN N
ANITA A

SUNDAY, DECEMBER 7

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Guess the Animal (LR)
- 11:00 **Spiritual Sunday (LR)**
- 12:30 Lucy Show (LR)
- 1:00 Music with Andrew (LR)
- 2:00 **Sing Along - Christmas Songs (LR)**
- 2:30 Art Expression - Coloring (LR)
- 3:40 Bingo (LR)
- 6:00 **Sing Fit (LR)**
- 7:00 Movie: Titanic (LR)

THURSDAY, DECEMBER 11

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Cardio Drumming (LR)
- 11:00 Trivia Game (LR)
- 12:30 Comedy MLTV (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Cardio drumming (LR)
- 3:00 **Christmas Around the World**
- 6:00 Bingo (LR)
- 7:00 Movie: The Wizard of Oz

MONDAY, DECEMBER 8

- 9:20 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:20 Book Club (LR)
- 11:00 Trivia Game (LR)
- 12:30 Comedy MLTV (LR)
- 1:00 **Music with Leslie (LR)**
- 2:20 Flowers Arrangement (LR)
- 3:00 Ballon Toss (LR)
- 3:25 **Bingo - Christmas edition (LR)**
- 6:00 Connect Expression (LR)
- 7:00 Movie : Oklahoma!

FRIDAY, DECEMBER 12

- 9:20 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:30 **Music with Leslie (LR)**
- 12:30 Lucy Show (LR)
- 1:00 **Sing FIT (LR)**
- 2:00 Christmas Songs (LR)
- 2:30 **Poetry Circle (LR)**
- 3:00 Nail Bar (LR) / Sports (LR) ☺
- 4:00 Comedy MLTV (LR)
- 6:00 Trivia Game (LR)
- 7:00 Movie: Candleshoe

TUESDAY, DECEMBER 9

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:30 Balloon Toss with noodles (LR)
- 11:00 **Sing fit (LR)**
- 12:30 Lucy Show (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Sing Along (LR)
- 2:30 Nail Care / Sport Game (LR)
- 3:00 **Christmas Crafts (LR)**
- 4:00 Comedy MLTV (LR)
- 6:00 Trivia Game (LR)
- 7:00 Movie: Hocus Pocus 2

SATURDAY, DECEMBER 13

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Book Club (LR)
- 11:00 Balloon Toss (LR)
- 12:30 Lucy Show (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Sing Along (LR)
- 2:30 Color Expression -Paint Rocks (LR)
- 3:30 Bingo (LR)
- 4:15 **Trivia Game -Christmas Edition (LR)**
- 6:00 **Sing Fit (LR)**
- 7:00 Movie: Oklahoma!

WEDNESDAY, DECEMBER 10

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 **This or That (LR)**
- 11:00 **Creative- Story - Christmas Traditions (LR)**
- 12:30 Comedy MLTV (LR)
- 1:00 Individual Stations (LR)
- 2:00 Happy Hour (LR)
- 3:00 **Expression music with Lynne (LR)**
- 4:00 BINGO ☺ (LR)
- 5:30 Piano with Pete and Chorus (LR)
- 7:00 Movie: Casper 1995



SUNDAY, DECEMBER 14

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Guess the Animal (LR)
- 11:00 **Spiritual Sunday (LR)**
- 12:30 Lucy Show (LR)
- 1:00 Music with Andrew (LR)
- 2:00 **Sing Along - Christmas Songs (LR)**
- 2:30 Art Expression - Coloring (LR)
- 3:40 Bingo (LR)
- 6:00 **Sing Fit (LR)**
- 7:00 Movie: Titanic (LR)

THURSDAY, DECEMBER 18

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Cardio drumming (LR)
- 11:00 Trivia Game (LR)
- 12:30 Comedy MLTV (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 **Christmas Cookies Decorating (LR)**
- 3:00 **Art Connect (LR)**
- 3:30 This or That (LR)
- 4:00 Sing Along (LR)
- 6:00 Bingo (LR)
- 7:00 Movie: The Wizard of Oz

MONDAY, DECEMBER 15

- 9:20 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:20 Book Club (LR)
- 11:00 Trivia Game (LR)
- 12:30 Comedy MLTV (LR)
- 1:00 **Music with Leslie (LR)**
- 2:20 Flowers Arrangement (LR)
- 3:00 Ballon Toss (LR)
- 3:25 **Bingo - Christmas edition (LR)**
- 6:00 Connect Expression (LR)
- 7:00 Movie : Oklahoma!

FRIDAY, DECEMBER 19

- 9:20 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:30 Balloon Toss with noodles (LR)
- 11:00 Music Expression (LR)
- 12:30 Lucy Show (LR)
- 1:00 **Sing FIT (LR)**
- 2:00 Christmas Songs (LR)
- 2:30 **Timeslips (LR)**
- 3:00 Nail Bar (LR) / Sports (LR) ☺
- 4:00 Comedy MLTV (LR)
- 6:00 Trivia Game (LR)
- 7:00 Movie: Candleshoe

TUESDAY, DECEMBER 16

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:30 Balloon Toss with noodles (LR)
- 11:00 **Sing fit (LR)**
- 12:30 Lucy Show (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Sing Along (LR)
- 2:30 Nail Care / Sport Game (LR)
- 3:00 **Christmas Crafts (LR)**
- 4:00 Comedy MLTV (LR)
- 6:00 Trivia Game (LR)
- 7:00 Movie: Hocus Pocus 2

SATURDAY, DECEMBER 20

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Book Club (LR)
- 11:00 Balloon Toss (LR)
- 12:30 Lucy Show (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Sing Along (LR)
- 2:30 Color Expression -Paint Rocks (LR)
- 3:30 Bingo (LR)
- 4:15 **Trivia Game -Christmas Edition (LR)**
- 6:00 **Sing Fit (LR)**
- 7:00 Movie: Oklahoma!

WEDNESDAY, DECEMBER 17

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 **This or That (LR)**
- 11:00 **Creative- Story - Christmas Traditions (LR)**
- 12:30 Comedy MLTV (LR)
- 1:00 Individual Stations (LR)
- 2:00 Happy Hour (LR)
- 3:00 **Expression music with Lynne (LR)**
- 4:00 BINGO ☺ (LR)
- 5:30 Piano with Pete and Chorus (LR)
- 7:00 Movie: Casper 1995

Location Key

(LR) Living Room

(CY) Courtyard

(DR) Dining Room



SUNDAY, DECEMBER 21

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Guess the Animal (LR)
- 11:00 **Spiritual Sunday (LR)**
- 12:30 Lucy Show (LR)
- 1:00 Music with Andrew (LR)
- 2:00 **Sing Along - Christmas Songs (LR)**
- 2:30 Art Expression - Coloring (LR)
- 3:40 Bingo (LR)
- 6:00 **Sing Fit (LR)**
- 7:00 Movie: Titanic (LR)

THURSDAY, DECEMBER 25

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Cardio drumming (LR)
- 11:00 Trivia Game (LR)
- 12:30 Comedy MLTV (LR)
- 1:00 **Christmas Cookies Decorating (LR)**
- 2:00 **Christmas- TV Show MLTV (LR)**
- 3:00 **Art Connect - Christmas Edition (LR)**
- 3:30 This or That (LR)
- 4:00 Sing Along (LR)
- 6:00 Bingo (LR)
- 7:00 Movie: The Wizard of Oz

MONDAY, DECEMBER 22

- 9:20 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:20 Book Club (LR)
- 11:00 Trivia Game (LR)
- 12:30 Comedy MLTV (LR)
- 1:00 **Music with Leslie (LR)**
- 2:20 Flowers Arrangement (LR)
- 3:00 Ballon Toss (LR)
- 3:25 **Bingo - Christmas edition (LR)**
- 6:00 Connect Expression (LR)
- 7:00 Movie : Oklahoma!

FRIDAY, DECEMBER 26

- 9:20 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:30 Balloon Toss with noodles (LR)
- 11:00 Music Expression (LR)
- 12:30 Lucy Show (LR)
- 1:00 **Sing FIT (LR)**
- 2:00 Christmas Songs (LR)
- 2:30 **Poetry Circle (LR)**
- 3:00 Nail Bar (LR) / Sports (LR) ☺
- 4:00 Comedy MLTV (LR)
- 6:00 Trivia Game (LR)
- 7:00 Movie: Candleshoe

TUESDAY, DECEMBER 23

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:30 Balloon Toss with noodles (LR)
- 11:00 **Sing fit (LR)**
- 12:30 Lucy Show (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Sing Along (LR)
- 2:30 Nail Care / Sport Game (LR)
- 3:00 **Christmas Crafts (LR)**
- 4:00 Comedy MLTV (LR)
- 6:00 Trivia Game (LR)
- 7:00 Movie: Hocus Pocus 2

SATURDAY, DECEMBER 27

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Book Club (LR)
- 11:00 Balloon Toss (LR)
- 12:30 Lucy Show (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Sing Along (LR)
- 2:30 Color Expression -Paint Rocks (LR)
- 3:30 Bingo (LR)
- 4:15 **Trivia Game -NY Edition (LR)**
- 6:00 **Sing Fit (LR)**
- 7:00 Movie: Oklahoma!

WEDNESDAY, DECEMBER 24

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 **This or That (LR)**
- 11:00 **Documentary - Christmas Traditions (LR)**
- 12:30 Comedy MLTV (LR)
- 1:00 Individual Stations (LR)
- 2:00 Happy Hour (LR)
- 3:00 **Expression music with Lynne (LR)**
- 4:00 BINGO ☺ (LR)
- 5:30 Piano with Pete and Chorus (LR)
- 7:00 Movie: Casper 1995

Volunteer with us!

Carlton
SENIOR LIVING
ELK GROVE

Sundays | DECEMBER 28th | 2:00 PM

Art Expression - Coloring (LR)

**RSVP: mbatista@carltonseniorliving.com
at least 3 days before the volunteer day**

SUNDAY, DECEMBER 28

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 Guess the Animal (LR)
- 11:00 **Spiritual Sunday (LR)**
- 12:30 Lucy Show (LR)
- 1:00 Music with Andrew (LR)
- 2:00 Sing Along (LR)
- 2:30 Art Expression - Coloring (LR)
- 3:40 Bingo (LR)
- 6:00 **Sing Fit (LR)**
- 7:00 Movie: Titanic (LR)

MONDAY, DECEMBER 29

- 9:20 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:20 Book Club (LR)
- 11:00 Trivia Game (LR)
- 12:30 Comedy MLTV (LR)
- 1:00 **Music with Leslie (LR)**
- 2:20 Flowers Arrangement (LR)
- 3:00 Ballon Toss (LR)
- 3:25 **Bingo - NY edition (LR)**
- 6:00 Connect Expression (LR)
- 7:00 Movie : Oklahoma!

TUESDAY, DECEMBER 30

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Sing Along (LR)
- 10:30 Balloon Toss with noodles (LR)
- 11:00 **Sing fit (LR)**
- 12:30 Lucy Show (LR)
- 1:00 **Live 2 B Healthy (LR)**
- 2:00 Sing Along (LR)
- 2:30 Nail Care / Sport Game (LR)
- 3:00 **NY Crafts (LR)**
- 4:00 Comedy MLTV (LR)
- 6:00 Trivia Game (LR)
- 7:00 Movie: Hocus Pocus 2

WEDNESDAY, DECEMBER 31

- 9:30 **Carlton Corner (LR)** ☺
- 9:45 Exercises (LR)
- 10:00 Music Expression (LR)
- 10:30 **This or That (LR)**
- 11:00 **Documentary - NY Traditions (LR)**
- 12:30 Comedy MLTV (LR)
- 1:00 Individual Stations (LR)
- 2:00 Happy Hour (LR)
- 3:00 **Expression music with Lynne (LR)**
- 4:00 BINGO ☺ (LR)
- 5:30 Piano with Pete and Chorus (LR)
- 7:00 Movie: Casper 1995

Dementia Support Group

**Wednesday
December 17th
5pm**

Join us in Memory Care for our Dementia Support Group, 5pm with Kenathan from MD Choice

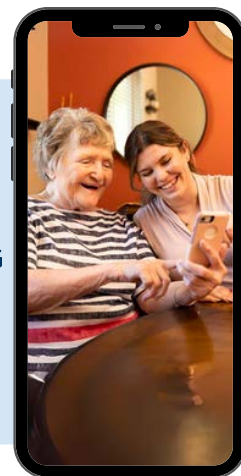
Please RSVP to Matt

mbatista@carltonseniorliving.com



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How to Reduce Transfer Risks and Prevent Falls in Memory Care

Adults living with dementia fall four times per year on average — nearly twice as often as those without dementia. These falls often happen when a resident tries to move without help from a wheelchair to a chair or bed or from a sitting to a standing position. When residents are assisted with transfers, they only fall 1% of the time.

Reduce Transfer Risks and Prevent Falls with Interventions

Now that we understand the most common risk factors, what are the best solutions for preventing transfer falls?

- **Modify wheelchair:** Add anti roll-back system to wheelchairs.
- **Transfer aids:** Provide transfer poles, bed canes, or halos to assist residents with transfers. A hospital bed with a half rail should be considered as a safety measure as well.
- **Establish transfer technique policy:** It is crucial to have 100% staff compliance on your community's policy for proper transfer techniques, such as using gait belts when appropriate and transfer equipment when applicable (i.e. hoist, sit-to-stand device, etc.)
- **Training:** There can never be enough training, so train and re-train the care staff on transfer techniques on a regular basis.
- **Physical/Occupational Therapy:** Leverage therapy referrals regularly to ensure residents have the appropriate mobility aids and transfer assistance for their changing condition.