



December 2024

# The Carlton Times

Nourishing Mind, Body, and Soul



Pictured: CSL Davis

# Start Your Day with Alexa

Alexa's "Start My Day" feature is the best way for you to get all of your community's daily information.

When you ask Alexa to start your day, Alexa will read the day's menu, activities schedule, and any community messages. Aside from providing useful information, this also lets your community know that you are up and about.

To use this feature, simply say, "Alexa, start my day."

Alexa, start my  
day.

You're going to have a  
great day. Would you like  
to hear the activities?



## Tips

- Alexa will only read information that is available. For example, if you do not hear the menu, it means that the menu is not currently available.
- Speak slowly and clearly when giving Alexa a command.
- If it doesn't work the first time, try again!
- If you are done listening or do not want Alexa to continue speaking, say "Alexa, stop," or "Alexa, off."

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





**Miriam Faris**  
Executive Director  
Monday - Friday



**Christin Pannell**  
Executive Assistant  
Monday - Friday



**Innes McFarlane**  
Sales Director  
Tuesday - Saturday



**Jess Beck**  
Resident Liaison  
Monday - Friday



**Mina Kutulas**  
Director of  
Resident Services  
Tuesday - Saturday



**Drew Alltop**  
Medication Manager  
Monday - Friday



**Kelly  
Bascom-Watson**  
Care Manager  
Sunday - Thursday



**Janine Young**  
Evening Supervisor  
Sunday - Thursday



**Amanda Carrillo**  
Dining Room Manager  
Tuesday - Saturday



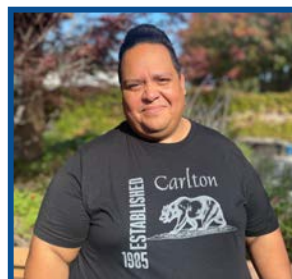
**Elvin Lal**  
Chef  
Sunday - Thursday



**Genai Bradshaw**  
Memory Care  
Activities Manager  
Tuesday - Saturday



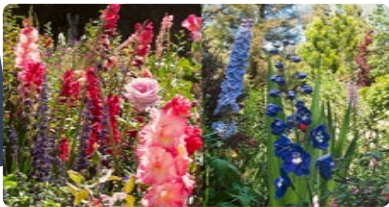
**Jesse Vasquez**  
Assisted Living  
Activities Manager  
Sunday - Thursday



**Miguel Valtierra**  
Maintenance Manager  
Tuesday - Saturday

# John Vannucci

## Resident Spotlight



John Vannucci was born on August 4th, 1952, to parents Joy and Paul in Woodland, California. The oldest child, John, had a younger sister, Lynn, with whom he was extremely close growing up. His favorite memories growing up included visiting Sugar Pine Point, an estate run by extended family in Lake Tahoe, and celebrating Christmas Eve as a family, which has always been a tradition deeply rooted in his Italian heritage. Growing up, John dreamed of becoming an artist. He started painting at 8 years old, and his love for art only grew stronger as he honed his skills and experimented with different mediums. He found his true passion in acrylic paint, which he believes allows him to express his creativity and emotions best.

John attended Holy Rosary School, where he recalls that the nuns and priests were very liberal and focused on the positive gospels, such as "do unto others as you would have them do unto you." He was an altar boy and attended church at St. Joseph's regularly with his family growing up. He went on to attend Woodland High School. John's professional journey took him to Los Angeles, where he spent 45 years making significant contributions to the fields of printing and book publishing. His work, including projects for UC Davis such as "The Integrated Pest Control Management" book, earned him a well-deserved reputation. His career also led him to pursue his passion for gardening, serving notable clients like David Hyde Pierce, Tim Curry, and Michael Feinstein.

John and his beloved husband Bob met at a speed dating event hosted by the Episcopal Church at the corner of Hollywood and Vine. As John describes, they hit it off from the moment they met, and it was "love at first sight." They enjoyed 14 beautiful years together, filled with love, laughter, and shared experiences. John has two step-daughters, Kim and Kristen, whom he adores and cherishes; 5 grandchildren, Ben, Julienne, Rakan, and Ramzi, who shares the same birthday as John, and Rashad, who brought joy and laughter into their lives; and most recently has welcomed two great-grandchildren to this world, Charlotte and Ellie, who have brought a new level of happiness and love to the family. Three words best describe John: happy, kind, and helpful.

**To learn more about John, we invite you to stop by the spotlight board in our community on the first floor across from the mailroom.**

# 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 Jesse's approval and driver availability.

## Outings & Scenic Drives

Scenic drives are offered every Sunday at 3:15 PM.

We offer a variety of outings every month. Check the activity schedule to see what's on! Note: you are required to sign up at the front desk for most outings.

## Church Shuttle

Our church shuttle provides transportation to religious services in Davis on Sunday mornings between 9:00 AM and 12:30 PM. Transportation is available by appointment only; please see Jesse to reserve a seat. Our shuttle route is posted at the kiosk, in the activity room, and at the front desk. Other churches can be added to the route, just ask!

## Transportation Charges

All transportation in the city of Davis during regular driving hours is **FREE**. For transportation outside of Davis, there is a \$22.50/half hour service charge (one half hour minimum, and then \$11.25 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: Contact Jesse and Vic**. Text or e-mail is preferred. Text both Jesse (530-902-1947) and Vic (530-379-5045), or email both at [jvasquez@carltonseniorliving.com](mailto:jvasquez@carltonseniorliving.com) & [cpdpe2@carltonseniorliving.com](mailto:cpdpe2@carltonseniorliving.com) to ensure a speedy response.

**Option 2:** Stop by the Activities Office located in the 3rd floor Activity Room to voice your request to Jesse or Vic.

## SUNDAY, DECEMBER 1

10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks: Christmas Snack Mix (AR)  
1:30 PM - SIGN UP:  
Davis Musical Theater Outing - My Fair Lady (FD)  
2:00 PM - Sunday Matinee: Better Off Dead (TR)  
2:30 PM - 25¢ Bingo (AR)  
4:00 PM - Davis Community Bell Church Bell Choir (LR)

## MONDAY, DECEMBER 2

9:30 AM - SIGN UP:  
Shopping Shuttle To Target (FD)  
10:00 AM - Women's Bible Study (ST)  
10:30 AM - Mindful Meditation With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:15 PM - Rummikub (AR)  
6:00 PM - Documentary: Will & Harper (TR)

## TUESDAY, DECEMBER 3

9:00 AM - Morning Pianist Performance  
With Terry Toy (LR)  
10:15 AM - Fabulous Fitness (AR)  
10:30 AM - Chair Yoga With Katie (LR)  
1:00 PM - Balance Bar Fitness (AR)  
2:00 PM - Resident Information Session (TR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Trivia (LR)  
6:00 PM - Movie: The Whale (TR)

## WEDNESDAY, DECEMBER 4

10:15 AM - Morning Walk (FD)  
10:30 AM - Chair Yoga With Katie (LR)  
11:00 AM - Holiday Decorating & Tree Setup (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Documentary: Night On Earth -  
Moonlit Plains (TR)  
2:00 PM - Funny Money Auction (LR)  
4:00 PM - Happy Hour (LR)  
6:00 PM - Movie:  
Those Magnificent Men In Their Flying Machines (TR)

## THURSDAY, DECEMBER 5

10:15 AM - Dance Fitness With Katelynn (AR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Balance Bar Fitness (AR)  
2:00 PM - Bridge (ST)  
3:00 PM - Word Games: Word In A Word (AR)  
4:00 PM - Singing Circle (LR)  
6:00 PM - Movie: Elf (TR)

## FRIDAY, DECEMBER 6

10:15 AM - News Currents (AR)  
10:30 AM - Mindful Meditation With Katie (LR)  
11:15 AM - Morning Stroll (FD)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Mahjong (ST)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Wordle (AR)  
6:00 PM - Movie: Jurassic Park (TR)

## SATURDAY, DECEMBER 7

10:30 AM - West Valley Chorus Holiday  
Performance (LR)  
11:00 AM - Balance Bar Fitness (AR)  
1:00 PM - Mexican Train (AR)  
1:30 PM - Movie Matinee: Four Christmases (TR)  
2:00 PM - Tastings With Elaine:  
Beer Tasting (AR)  
3:00 PM - Indoor Garden Cultivating (AR)  
4:00 PM - Happy Hour Concert: Jack Convery (LR)

## Follow Us!



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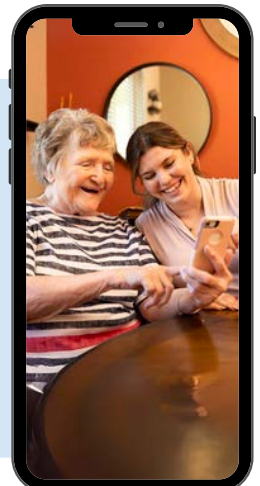
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## SUNDAY, DECEMBER 8

10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks:  
The Best Sugar-Free Fudge (AR)  
2:00 PM - Sunday Matinee: Home Alone (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)  
6:45 PM - Blue Note Jazz Musical Workshop (LR)

## MONDAY, DECEMBER 9

9:30 AM - SIGN UP:  
Shopping Shuttle To Nugget & CVS (FD)  
10:00 AM - Women's Bible Study (ST)  
10:30 AM - Mindful Meditation With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:15 PM - Bananagrams (AR)  
6:00 PM - Documentary:  
Music By John Williams (TR)

## TUESDAY, DECEMBER 10

10:30 AM - Chair Yoga With Katie (LR)  
11:00 AM - Therapeutic Art With Matthew (AR)  
1:00 PM - Balance Bar Fitness (FC)  
2:00 PM - Culinary Council With  
Amanda and Chef Elvin (AR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Trivia (LR)  
6:00 PM - Movie:  
James Bond - Diamonds Are Forever (TR)

## WEDNESDAY, DECEMBER 11

10:00 AM - St. James Mass (TR)  
10:15 AM - Morning Walk (FD)  
10:30 AM - Chair Yoga With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (LR)  
2:00 PM - Documentary: Night On Earth -  
Frozen Nights (TR)  
4:00 PM - Happy Hour With Terry Toy, Pianist (LR)  
4:00 PM - Word Games: Word In A Word (AR)  
6:00 PM - Movie: Ben Hur (TR)

## THURSDAY, DECEMBER 12

10:15 AM - Dance Fitness With Katelynn (AR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Ceramics With Susan (AR)  
2:00 PM - Bridge (ST)  
3:00 PM - Word Games: Word In A Word (AR)  
4:00 PM - Sing-A-Long With Daphna (AR)  
6:00 PM - Movie: A Christmas Story (TR)

## FRIDAY, DECEMBER 13

10:15 AM - News Currents (AR)  
10:30 AM - Chair Yoga With Katie (LR)  
11:15 AM - Morning Walk (FD)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Mahjong (ST)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Rummikub (AR)  
6:00 PM - Movie: Cast Away (TR)

## SATURDAY, DECEMBER 14

10:15 AM - News Currents (TR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Mexican Train Dominoes (AR)  
1:30 PM - Movie Matinee: Ever After (TR)  
2:00 PM - Tastings With Elaine: Dried Fruit (AR)  
4:00 PM - Happy Hour Concert:  
Roland Jacobs (LR)

*Please welcome our newest  
neighbors to the community!*

**Geraldine "Gerri" Adler  
Mickie Harris**



## SUNDAY, DECEMBER 15

9:00 AM - Morning Stroll (FD)  
10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks: Toll House Famous Fudge (AR)  
2:00 PM - Matinee Movie: Home Alone 2 (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)

## MONDAY, DECEMBER 16

9:30 AM - SIGN UP:  
Shopping Shuttle To Target (FD)  
10:00 AM - Women's Bible Study (ST)  
10:30 AM - Chair Yoga With Katie (LR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:15 PM - Bananagrams (AR)  
6:00 PM - Documentary:  
Return To Space (TR)

## TUESDAY, DECEMBER 17

10:00 AM - Fabulous Fitness (AR)  
10:30 AM - Chair Yoga With Katie (LR)  
11:00 AM - Nintendo Bowling (TR)  
1:00 PM - Balance Bar Fitness (AR)  
2:00 PM - Activities Brainstorming Meeting (AR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Trivia (AR)  
6:00 PM - Movie: The Robe (TR)

## WEDNESDAY, DECEMBER 18

10:15 AM - Morning Walk (FD)  
10:30 AM - Mindful Meditation With Katie (LR)  
11:10 AM - SIGN UP:  
Lunch Outing - Jack's Urban Eats (FD)  
1:00 PM - Live 2B Healthy Exercise (LR)  
2:00 PM - Crafts: Joy Holiday Sign (AR)  
2:00 PM - Documentary: Night On Earth -  
Jungle Nights (TR)  
4:00 PM - Word Games - A Through Z (AR)  
4:00 PM - Happy Hour (LR)  
6:00 PM - Movie: The Sound Of Music (TR)

## THURSDAY, DECEMBER 19

10:15 AM - Dance Fitness With Katelynn (AR)  
11:00 AM - Morning Walk (FD)  
1:00 PM - Book Club Discussion: Before The  
Coffee Get's Cold (TR)  
2:00 PM - Bridge (ST)  
2:00 PM - Grief Support Group (TR)  
3:00 PM - Rummikub (AR)  
4:00 PM - Singing Circle (LR)  
4:45 PM - SIGN UP:  
Christmas Lights Scenic Drive (FD)  
6:00 PM - Movie: The Holiday (TR)

## FRIDAY, DECEMBER 20

10:00 AM - News Currents (AR)  
11:00 AM - Balance Bar Fitness (AR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Mahjong (ST)  
3:00 PM - Funny Money Bingo (AR)  
6:00 PM - Movie: Road To Perdition (TR)

## SATURDAY, DECEMBER 21

### Winter Solstice

10:15 AM - Balance Bar Fitness (AR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Mexican Train Dominos (AR)  
1:30 PM - Matinee Movie:  
Stand And Deliver (TR)  
2:00 PM - Tastings With Elaine:  
Variety Of Chocolate Chips Cookies (AR)  
3:00 PM - Indoor Garden Cultivating (AR)  
4:00 PM - Happy Hour Concert (LR)

### LOCATION KEY

**1st Floor:** FD = Front Desk,  
CY = Courtyard, LR = Living Room,  
DR = Dining Room, PDR = Private Dining  
Room

**2nd Floor:** ST = Study, TR = Theater,  
FC = Fitness Center

**3rd Floor:** AR = Activity Room

*All activities are subject to change.*



## SUNDAY, DECEMBER 22

9:00 AM - Morning Stroll (FD)  
10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (AR)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks: Grinch Kabobs (AR)  
2:00 PM - Movie: Blast From The Past (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)

## MONDAY, DECEMBER 23

10:00 AM - Women's Bible Study (ST)  
10:15 AM - Fabulous Fitness (AR)  
11:00 AM - Morning Walk (FD)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:15 PM - Rummikub (AR)  
6:00 PM - Documentary:  
Mysteries Of The Terracotta Warriors (TR)

## TUESDAY, DECEMBER 24

10:15 AM - Balance Bar Fitness (AR)  
10:30 AM - Chair Yoga With Katie (LR)  
11:00 AM - Morning Walk (FD)  
1:00 PM - Fabulous Fitness (AR)  
2:00 PM - Nintendo Bowling (TR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - Trivia (LR)  
6:00 PM - Movie: White Christmas (TR)

## WEDNESDAY, DECEMBER 25

### Christmas | Hanukkah Begins At Sundown

10:15 AM - Fabulous Fitness (AR)  
1:00 PM - Balance Bar Fitness (AR)  
1:45 PM - Documentary: Night On Earth -  
Dark Seas (TR)  
2:00 PM - Crafts: Open Crafts (AR)  
4:00 PM - Word Games: Boggle (AR)  
5:00 PM - Lighting the Menorah (LR)  
6:00 PM - Movie: It's A Wonderful Life (TR)

## THURSDAY, DECEMBER 26

### Kwanzaa Begins

10:15 AM - Balance Bar Fitness (AR)  
11:00 AM - Morning Stroll (FD)  
1:00 PM - Ceramics With Susan (AR)  
1:00 PM - SIGN UP:  
UC Davis Shrem Museum (FD)  
2:00 PM - Bridge (ST)  
3:00 PM - Word Games: Word In a Word (AR)  
4:00 PM - Singing Circle (LR)  
5:00 PM - Lighting the Menorah (LR)  
6:00 PM - Movie: Fiddler On The Roof (TR)

## FRIDAY, DECEMBER 27

10:30 AM - Balance Bar Fitness (AR)  
11:00 AM - Morning Walk (FD)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Mahjong (ST)  
3:00 PM - Funny Money Bingo (AR)  
5:00 PM - Lighting The Menorah (LR)  
6:00 PM - Movie: The Outlaw Josey Wales (TR)

## SATURDAY, DECEMBER 28

10:15 AM - Balance Bar Fitness (AR)  
11:15 AM - Morning Stroll (FD)  
1:00 PM - Mexican Train Dominos (AR)  
1:30 PM - Matinee Movie:  
The Secret Life Of Walter Mitty (TR)  
2:00 PM - Tastings With Jesse:  
Jams and Spreads (AR)  
4:00 PM - Happy Hour Concert: Jon Spivack (LR)  
5:00 PM - Lighting The Menorah (LR)

*Connie's Salon*

Connie's Salon  
Open Tuesday, Wednesday, &  
Thursday, 9:00 AM to 5:00 PM

To schedule an appointment,  
call/text: (916) 215-5493.

## SUNDAY, DECEMBER 29

9:00 AM - Morning Stroll (FD)  
10:00 AM - St. James Mass (TR)  
10:15 AM - Balance Bar Fitness (FC)  
12:45 PM - Davis Community Church Worship (TR)  
1:30 PM - Carlton Cooks: Sugar-Free "Sugar" Cookies  
With Sugar-Free "Sugar" Icing (AR)  
2:00 PM - Matinee Movie: The Hustler (TR)  
3:00 PM - 25¢ Bingo (AR)  
3:15 PM - Scenic Drive (FD)  
4:00 PM - Trivia (AR)  
5:00 PM - Lighting The Menorah (LR)

## MONDAY, DECEMBER 30

9:30 AM - SIGN UP:  
Shopping Shuttle To Nugget Market (FD)  
10:00 AM - Women's Bible Study (ST)  
11:00 AM - Nintendo Bowling (TR)  
1:00 PM - Live 2B Healthy Exercise (AR)  
2:00 PM - Bridge (ST)  
2:15 PM - Bean Bag Toss (LR)  
3:40 PM - Bananagrams (AR)  
5:00 PM - Lighting The Menorah (LR)  
6:00 PM - Documentary:  
Unknown - Cosmic Time Machine (TR)

## TUESDAY, DECEMBER 31

### New Year's Eve

10:15 AM - Balance Bar Fitness (AR)  
11:00 AM - Nintendo Bowling (TR)  
1:00 PM - Strength Training With Angela (AR)  
3:00 PM - Funny Money Bingo (AR)  
4:00 PM - New Year's Eve Countdown (LR)  
*\*We will ring in the new year at 4:30 PM*  
6:00 PM - Movie: When Harry Met Sally (TR)

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**3rd Floor:** AR = Activity Room

*All activities are subject to change.*

# December Outings

Outing - Davis Musical Theater -  
My Fair Lady  
Sunday, December 1st at 1:30PM

Shopping Shuttle - Target  
Monday, December 2nd at 9:30AM

Shopping Shuttle - Nugget & CVS  
Monday, December 9th at 9:30AM

Shopping Shuttle - Target  
Monday, December 16th at 9:30AM

Lunch Outing - Jack's Urban Eats  
Wednesday, December 18th at 11:10AM

Outing - UC Davis Shrem Museum  
Thursday, December 26th at 1:00PM

*Sign-up for outings are required.  
Please sign up at the front desk. Space is limited.*



Carlton Senior Living  
**HOLIDAY  
Brunch**  
Saturday, December 21  
From 11:00 - 2:00 PM

We will be hosting a festive  
Christmas Brunch for you and  
your loved one.

\$30 per adult  
\$10 per child under 12

RSVP's are required for dining  
time slots:  
11AM, 12PM, 1PM.

Please R.S.V.P with our  
front desk or Jesse by  
Saturday, December 14th

Carlton Book Club Novel  
**Before The Coffee  
 Get's Cold**  
 By Toshikazu Kawaguchi

In a small back alley in Tokyo, there is a café which has been serving carefully brewed coffee for more than one hundred years. But this coffee shop offers its customers a unique experience: the chance to travel back in time.

In *Before the Coffee Gets Cold*, we meet four visitors, each of whom is hoping to make use of the café's time-travelling offer, in order to: confront the man who left them, receive a letter from their husband whose memory has been taken by early onset Alzheimer's, to see their sister one last time, and to meet the daughter they never got the chance to know.

If interested in this novel, please see Jesse, Activities Manager, to borrow a copy.

**We will hold the discussion group on  
 Thursday, December 19th at 1:00PM  
 in the Theater**

# December Theme Days

## *Rudolph the Red Nosed Reindeer Day*

**3rd**

**WEAR SHADES OF RED, RUDOLPH  
 NOSES AND ANTLERS**

## *Pajama Day*

**11th**

**WEAR YOUR FAVORITE HOLIDAY  
 PAJAMAS**

## *Grinch Day*

**12th**

**WEAR YOUR FAVORITE GRINCH  
 SWAG OR SHADES OF GREEN**

## *Elves Day*

**17th**

**DRESS UP AS ONE OF SANTA'S  
 HELPERS OR BUDDY THE ELF**

## *Ugly Sweater Day*

**18th**

**WEAR YOUR FAVORITE UGLY  
 SWEATER.**

## *"Dress to Impress" - Holiday Brunch*

**21st**

**WEAR A NICE HOLIDAY SWEATER OR  
 DRESS ELEGANT IN HOLIDAY COLORS**

## *Holiday Movie Day*

**25th**

**DRESS UP AS YOUR FAVORITE  
 CHARACTER FROM ANY HOLIDAY  
 MOVIE**

# Happy Birthday!

Christine C.	December 1
Ann B.	December 5
Robert F.	December 6
Henry E.	December 11
Jack B.	December 11
Alan E.	December 15
Pat P.	December 16
Shirley A	December 22
Mary Lou B.	December 26
Viann T.	December 31





### ***Is it the Flu, a Cold, RSV, or COVID-19?***

In the U.S., flu season usually peaks between December and February. Several other respiratory viruses, including the common cold, RSV, and COVID-19, also spread during the winter months. These illnesses tend to have very similar symptoms, so it can be difficult to tell the difference between them based on symptoms alone.

The flu is caused by influenza viruses. Common symptoms of the flu include fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue. The common cold can be caused by a number of different viruses, often rhinoviruses. A cold is usually milder than the flu and is more likely to cause a runny or stuffy nose. RSV (respiratory syncytial virus) causes mild, cold-like symptoms such as a runny nose, a decrease in appetite, coughing, sneezing, fever, and wheezing. Older adults and adults with chronic heart or lung disease, weakened immune systems, or other underlying medical conditions are more likely to develop severe RSV. COVID-19 is caused by an infection with SARS-CoV-2. The flu and COVID-19 have very similar symptoms, but COVID-19 spreads more easily and symptoms tend to be more severe. It's more common to have a change in your sense of smell or taste with COVID-19 than with the flu.

Luckily, similar prevention measures can be taken to avoid all four of these illnesses:

- Wash your hands often with soap and water, and especially after touching “high contact” surfaces like door knobs and elevator call buttons. When washing, scrub your hands with soap for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth. Wash your hands before and after touching your face.
- Avoid close contact with people who are sick or experiencing cold-like symptoms.
- Cover your coughs and sneezes with a tissue or your upper shirt sleeve.
- Stay home if you are sick. Avoid eating in your community's dining room or participating in group activities until your symptoms subside.
- Wear a mask if you are feeling unwell but need to leave your apartment.

If you are experiencing any of the above symptoms, speak with your community's nurse or Director of Resident Services. Your physician can prescribe antiviral drugs to treat the flu and COVID-19. Most colds and RSV infections will go away on their own, but you can take over-the-counter medicines (such as pain relievers and fever reducers) to lessen symptoms. It is also important to get good rest and drink plenty of fluids.

For more information, visit the CDC's respiratory viruses website:  
<https://www.cdc.gov/respiratory-viruses>.