



December 2024

The Carlton Monthly

Nourishing Mind, Body, and Soul



Pictured: CSL Davis



Memory Corner

Alzheimer's Medication Update

Activity Connection



In 2021, the FDA approved aducanumab (brand name Aduhelm) for treating Alzheimer's disease. Many people suffering from Alzheimer's disease, their caregivers, and loved ones applauded the decision. Many people felt that any medication that could help with the devastation of Alzheimer's disease should be made available immediately because people with the disease have no time to wait.

One of the biological markers of Alzheimer's disease is the development of a protein called beta-amyloid in the brain. Strands of beta-amyloid appear to get tangled, and researchers think these brain tangles, or plaques, affect the brain's ability to make neural connections.

Biogen, the pharmaceutical company that developed Aduhelm, found that their medication reduced or slowed beta-amyloid growth. Aduhelm was never a cure for Alzheimer's disease, but some studies indicated that taking Aduhelm could slow the progression of disease symptoms. The effects were not dramatic, but even a few weeks of extra time is valuable to someone with a disease that progresses rapidly.

Aduhelm is a medication given monthly via IV, and each dose is hundreds of dollars. Medicaid decided not to cover the extreme cost of Aduhelm for all patients, although some would be eligible. Besides the small body of research to prove its benefits, Aduhelm also has a wide range of potential side effects.

A panel of doctors and researchers consulted with the FDA while the agency considered approving Aduhelm. Out of 11 panel members, 10 recommended that the FDA deny approval to Aduhelm. The panel members pointed to tepid test results and inconsistencies in the testing methods.

Despite the many marks against Aduhelm, the FDA voted to fast-track the drug's approval. After the decision, three doctors on the panel resigned their chairs. Dr. Aaron Kesselheim, a professor at Harvard Medical School, spoke out against the decision, saying, "Accelerated Approval is not supposed to be the backup that you use when your clinical trial data are not good enough for regular approval."

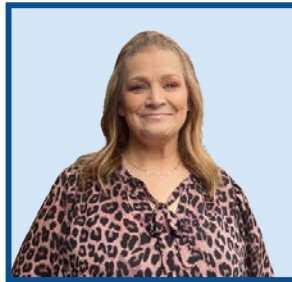
Now, just three years after its approval, Biogen has discontinued Aduhelm. November 2024 was the last month people already taking Aduhelm could purchase a refill. The company has said it would prefer to use its resources to continue seeking effective Alzheimer's treatment and is ready to move on from Aduhelm in hopes of finding a drug that works better. Biogen has told consumers that Aduhelm is not dangerous or damaged, so they shouldn't be alarmed if they have been taking it.

The Alzheimer's Association recommends that people with questions about aducanumab and its discontinuation talk to their healthcare provider or call the association's 24/7 hotline at 800-272-3900.

Davis Management Team



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

Fern F.




Resident Spotlight

Fern, born in 1949 in New Jersey, studied arts at UW Madison. As an art director, she developed children's software in New York and San Francisco. In her leisure time, Fern enjoys watercolor painting, swimming, and spending time with dogs.

Connie's Salon

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

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

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**

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 Jessie's approval and driver availability.

Outings & Scenic Drives

Scenic drives are offered every Sunday at 1:45 PM.

We offer a variety of outings every month. Check the activity schedule to see what's on! .

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 (preferred): Contact Jesse. Text or e-mail is preferred. Jesse contact information is available at the front desk.

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

Theme of the Month

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

Holiday Traditions



Carlton Memory Care includes a non-pharmacologic digital tool designed for meaningful engagement.

Memory Lane TV's rich, culturally diverse, and engaging images, sounds, and sensory stimulations make great memory loss support activities for people living with dementia.

Drawing on the latest research into positive approaches to dementia care and focused on an uplifting, frustration-free experience, Memory Lane TV gets activity groups into a positive flow.

Our digital, therapeutic content does not ask people with memory loss to follow a storyline—no confusion or frustration. They invite them to relive or create their own stories.

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

- Discussion Groups
- Positive Memories
- Daily Scoop
- "Hangman"
- Themed Crafts
- Drum Circle
- Poetry of Carlton
- Creative Writing
- Bread Making
- Weekly Baking
- Science for Seniors



Body

- Morning Exercise
- Singfit
- Afternoon Strolls
- Live2b Healthy
- Basketball
- Corn hole
- Seinic Drives
- AX Throwing
- Tennis
- Soccer
- Bocce

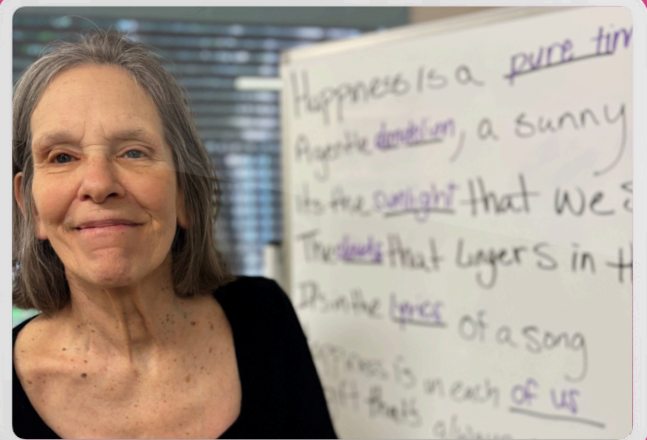


Soul

- Nature Therapy
- Songs of Worship
- Nails and Hair
- Happy Hour
- Weekly Crafts
- Sensory Kits
- Music Therapy
- Art Therapy
- Boundless Book
- Worms
- Science for Seniors

POETRY PROJECT

The Poetry Project sparks memories particularly through poetry. We use familiar poems to connect with people living with dementia. We engage them in call and response performance and the poems serve as inspiration for the creation of their own original poetry.



EVERSOUND

Wireless headphones allow each resident to control their audio volume. Say goodbye to the overwhelm of loud noises or straining to hear what is being said. With Eversound, everyone can customize their experience.

SINGFIT

An innovative therapeutic program that empowers users with a unique lyric-prompting track, ensuring a failure-free and uplifting singing experience that promotes engagement and cognitive wellness.



BOOK CLUB

A social experience using books to capitalize on the many remaining strengths of people with memory loss specifically the ability to read and engage in discussion.



DRUM CIRCLE

A joyful group activity that utilizes percussion instruments and popular music to enhance emotional expression and encourage meaningful connections between residents.

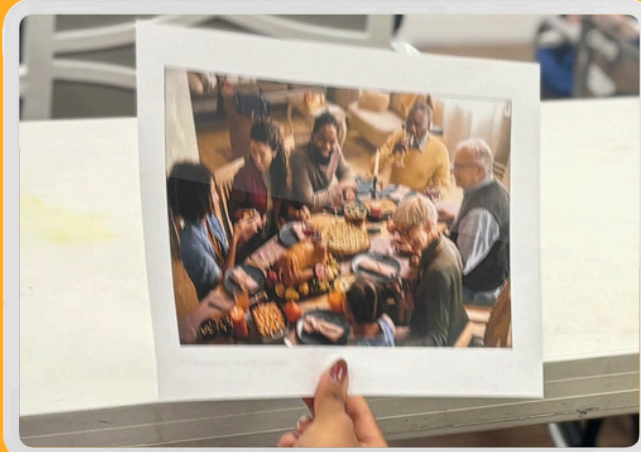
ARTISAN MIND

This program unveils artwork curated for people for people living with dementia, allowing them space to reflect and reminisce. Through guided conversation, residents participate on a multi-sensory level, contributing to self-expression and supporting creativity.



SCENIC DRIVES & OUTINGS

Regularly scheduled opportunities to explore the world outside our community. We organize outings to nearby parks, restaurants, and other local attractions. These trips allow our residents to enjoy the beauty of nature, breathe in fresh air, and experience a change of scenery.

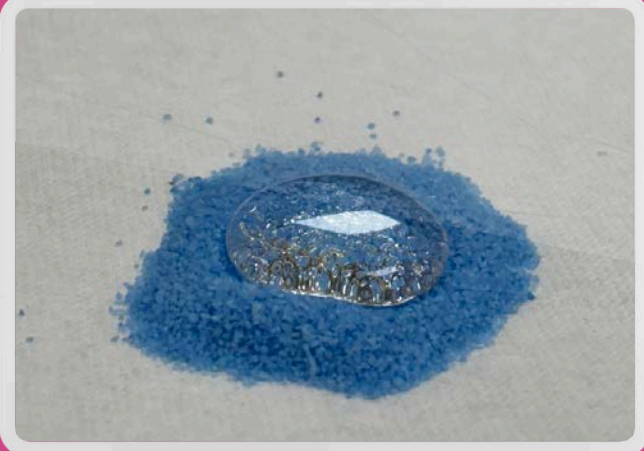


TIMESLIPS

A creative storytelling method designed to bring joy and connection to people with dementia. By using images and prompts, TimeSlips sparks imaginative narratives, fostering social engagement and boosting emotional well-being. .

SCIENCE FOR SENIORS

Stimulating science activities that provide both entertainment and enlightenment. It is a fun way to inspire curiosity and learning. This program will guide you step by step in the use of everyday materials and allows for hands on experience to help residents discover their world.





NATURE CONNECTIONS



Get ready to Jingle and Mingle!

Join us for an enchanting evening

Date: 18th December 2024

Time: 5:00 PM - 6:00 PM

Don't forget to don your favorite
Christmas sweater!

Enjoy live music performed by Andrii.

Please RSVP to:

Genai Bradshaw

Phone: (530) 298-6678

Email:

gbradshaw@carltonseniorliving.com

THE

DEMENTIA

SUPPORT GROUP

**Every 2nd Tuesday
of the Month**

TIME: 5:30 - 7:00 pm

LOCATION: Via Zoom

Information Contact:

Denise Davis

800.272.3900

www.alz.org/norcal



Scenic Drives to the Countryside

Sundays 1:45 PM - 3:00 PM

Outings:

12/4 @ 1 PM California Auto Museum

12/12 @ 10:45 AM Dos Coyotes

12/19 @ 1:00 PM California Museum

*Love*Honor*Provide*

DECEMBER EVENTS

Here are some upcoming events:

12/7 @10:30 AM Shake it w/ Alvin

12/7 @ 2:00 PM Happy Hour w/ Jack

12/10 @10:00 AM Art Therapy w/ Matt

12/12 @ 1:30 PM Artisan in Mind w/ Lizzy

12/14 @ 2:50 Pm Happy Hour w/ Roland

12/26 @ 3:00 PM Happy Hour w/ Ciprian

12/28 @2:00 PM Happy Hour w/ Jon

Every Thursday at 3:00 PM: It's music
therapy time! Get ready to sing, dance, and
feel the rhythm!

SUNDAY, DECEMBER 1

- 9:30 Memory Sensory/ Today's Discussion (AR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 Fabulous Nails by Louis/ This Day in History (LR)
- 12:45 Virtual Davis Community Worship (LR)
- 1:45 Trivia (LR)
- 2:00 Virtual Songs of Love and Worship w/ Care Partners (LR)
- 2:15 Scenic Drive to the Countryside (B)
- 3:15 Whiteboard/YouTube w/ Care Partners (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Gone with the Wind (LR)

THURSDAY, DECEMBER 5

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 **Christmas Charades by Staff (AR)**
- 1:30 Science for Seniors: Global Warming (AR)
- 2:30 **Christmas card Photo Shoot (AR)**
- 3:00 Music Therapy with Sarah (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 4:00 Evening Stroll/ Evening Tea (CY)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: It's a Wonderful Life (LR)

MONDAY, DECEMBER 2

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Louis Occupational Table Games (AR)
- 2:00 Live 2B Healthy Exercise w/ Melissa (AR)
- 3:00 Singfit ☺(AR)
- 4:00 Evening Tea with Louis (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Grumpy Old Men (LR)

FRIDAY, DECEMBER 6

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Chair Exercise with April/Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 **Drum Circle to Holiday Songs (AR)**
- 1:30 **Remembering the Sears Wish Book (AR)**
- 2:00 Live 2B Healthy Exercise w/ Lacy (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Evening Stroll/Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: The Pink Panther (LR)

TUESDAY, DECEMBER 3

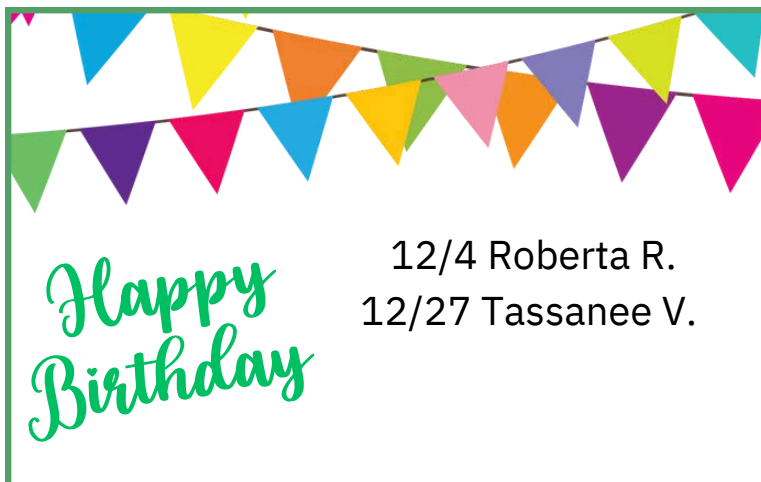
- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Chair Exercise w/ Louis (AR)
- 10:30 Coffee w/ Genai and Whiteboard Trivia (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Garden Club (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Armchair Travel: Sri Lanka (AR)
- 2:00 **Christmas Tree Decorating (LR)**
- 2:30 **Christmas Sing-along (AR)**
- 3:30 Tactile and Sensory Corner (AR)
- 4:00 Resistance Band Exercise/ Daily Scoop ☺ (AR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: The Great Outdoors (LR)

SATURDAY, DECEMBER 7

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Big Band Toe Tapping/Daily Scoop ☺(AR)
- 10:30 Shake but don't Break it w/ Alvin (LR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 11:00 Nature Connections: April Nutrient Class (CY)
- 12:30 This Day in History (LR)/ April's Polish Palace (AR)
- 1:00 Nail Care (AR)/ MLTV Melodies (LR)
- 2:00 Happy Hour w/ Jack (LR)
- 3:00 **Wrap it Sensory Kit (LR)**
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 4:00 Happy Hour with AL (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Some Like it Hot (LR)

WEDNESDAY, DECEMBER 4

- 9:30 Memory Sensory / Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Book Club: Styles of the 60s (AR)
- 1:00 Outing to the CA Car Auto Museum (B)
- 1:30 Yard Games (AR)
- 2:00 Live 2B Healthy Exercise w/ Lacey (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Happy Hour with AL (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: On Golden Pond (LR)



SUNDAY, DECEMBER 8

- 9:30 Memory Sensory/ Today's Discussion (AR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 Fabulous Nails by Louis/ This Day in History (LR)
- 12:45 Virtual Davis Community Worship (LR)
- 1:45 Scenic Drive to the Countryside (B)
- 2:00 Virtual Songs of Love and Worship w/ Care Partners (LR)
- 3:15 Whiteboard/YouTube w/ Care Partners (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: The Shop Around the Corner (LR)

THURSDAY, DECEMBER 12

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop ☺(LR)
- 10:30 Nature Connections: Coffee with a Manager (CY)
- 10:45 Lunch Outing to Dos Coyotes (B)**
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Science for Seniors: Acid Rain (AR)
- 1:30 Artisan in Mind w/ Lizzy (AR)
- 2:30 **Holiday Finish the Line (LR)**
- 3:00 Music Therapy with Sarah (LR)
- 4:00 Evening Stroll/ Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Meet Me in St. Louis (LR)

MONDAY, DECEMBER 9

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Louis Occupational Table Games (AR)
- 2:00 Live 2B Healthy Exercise w/ Melissa (AR)
- 3:00 Singfit ☺(AR)
- 4:00 Evening Tea with Louis (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Miracle on 34th Street (LR)

FRIDAY, DECEMBER 13

- 9:30 Memory Sensory / Today's Discussion (LR)
- 10:00 Chair Exercise with April / Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and Its Impact (LR)
- 1:00 **Poetry Project: Holiday Traditions (AR)**
- 1:30 **Learn about Holidays around the World (AR)**
- 2:00 Live 2B Healthy Exercise w/ Lacy (AR)
- 3:00 SingFit ☺ (AR)
- 4:00 National Cocoa Day (AR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: The Holdovers (LR)

TUESDAY, DECEMBER 10

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Seated Movements w/ Louis (LR)
- 10:00 Art Therapy with Matt (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Armchair Travel: China
- 2:00 **Name that Song Christmas BINGO (AR)**
- 2:30 Quarterly Creation (AR)
- 3:30 **Christmas Sing-along (AR)**
- 4:00 Evening Stroll/Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: Its a Wonderful Life (LR)

SATURDAY, DECEMBER 14

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Big Band Toe Tapping/Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 11:00 Nature Connections: April Nutrient Class (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Nail Care (AR)/ MLTV Melodies (LR)
- 2:00 **Christmas Card Photo (AR)**
- 2:50 Happy Hour w/ Roland (LR)
- 3:50 **T/F Holiday Traditions Trivia (LR)**
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 4:00 Happy Hour with AL (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: Little Women (LR)

WEDNESDAY, DECEMBER 11

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 This Day in History and its Impact (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 1:00 Book Club: Loves Candy (AR)
- 1:30 Yard Games (AR)
- 2:00 Live 2B Healthy Exercise w/ Lacy (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 Happy Hour with AL (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Jingle Jingle a Christmas Journey (LR)

Welcome to Our Family

Janice L.



SUNDAY, DECEMBER 15

- 9:30 Memory Sensory/ Today's Discussion (AR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 Fabulous Nails by Louis/ This Day in History (LR)
- 12:45 Virtual Davis Community Worship (LR)
- 1:45 Louis Tabletop Games (AR)
- 2:00 Virtual Songs of Love and Worship w/ Care Partners (LR)
- 3:15 Whiteboard/YouTube w/ Care Partners (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Elf (LR)

THURSDAY, DECEMBER 19

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 **Outing to the CA Museum (B)**
- 1:00 **DIY Snow Globes (AR)**
- 1:30 **T/F Christmas Traditions (AR)**
- 2:00 Science for Seniors: Air Pollution (AR)
- 3:00 Music Therapy with Sarah (AR)
- 4:00 Evening Stroll/Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: A Christmas Story (LR)

MONDAY, DECEMBER 16

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Louis Occupational Table Games (AR)
- 2:00 Live 2B Healthy Exercise w/ Melissa (AR)
- 3:00 Singfit ☺(AR)
- 4:00 Evening Tea with Louis (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: The Muppet Christmas Carol (LR)

FRIDAY, DECEMBER 20

- 9:30 Memory Sensory / Today's Discussion (LR)
- 10:00 Chair Exercise with April / Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and Its Impact (LR)
- 1:00 **Timeslips: Holidays (AR)**
- 1:30 **Gingerbread House Decorating (AR)**
- 2:00 Live 2B Healthy Exercise w/Lacy (AR)
- 3:00 SingFit ☺ (AR)
- 4:00 Remembrance of Pie (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: The Man who Invented Christmas (LR)

TUESDAY, DECEMBER 17

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Seated Movement with Louis (AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Armchair Travel: Iceland (AR)
- 2:00 Christmas Sing-along (AR)
- 2:30 Quarterly Creation (AR)
- 3:30 Tactile and Sensory Corner (AR)
- 4:00 Evening Stroll/Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: The Santa Claus (LR)

SATURDAY, DECEMBER 21

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Big Band Toe Tapping/Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Afternoon Stroll w/ Genai (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Nail Care (AR)/ MLTV Melodies (LR)
- 2:00 **DIY Holiday Light Bottle (AR)**
- 2:30 **Holiday Close Picture Quiz (AR)**
- 3:00 **Nature Connections: Winter Solstice Facts (AR)**
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 4:00 Happy Hour with AL (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: White Christmas (LR)

WEDNESDAY, DECEMBER 18

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Book Club: Under the Sea (AR)
- 1:30 Yard Games (AR)
- 2:00 Live 2B Healthy Exercise w/ Lacy (AR)
- 3:00 SingFit ☺ (LR)
- 4:00 **Winter Social w/ Andrii (LR)**
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Holiday Inn (LR)

Location Key

MEMORY CARE:

(LR) Living Room, (DR) Dining Room
(CY) Courtyard, (AR) Activity Room

ASSISTED LIVING:

(ALR) Living Room, (AAR) Activity Room,
(ACY) Courtyard, (ATR) Theater

Activities are subject to change

SUNDAY, DECEMBER 22

- 9:30 Memory Sensory/ Today's Discussion (AR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 Fabulous Nails by Louis/ This Day in History (LR)
- 12:45 Virtual Davis Community Worship (LR)
- 1:45 Scenic Drive to the Countryside (B)
- 2:00 Virtual Songs of Love and Worship w/ Care Partners (LR)
- 3:15 Whiteboard/YouTube w/ Care Partners (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: Christmas in Connecticut (LR)

MONDAY, DECEMBER 23

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Louis Fitness Class (AR)
- 10:25 Daily Scoop ☺ (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Louis Occupational Table Games (AR)
- 2:00 Live 2B Healthy Exercise w/ Melissa (AR)
- 3:00 Singfit ☺(AR)
- 4:00 Evening Tea with Louis (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melody's (LR)
- 6:00 Evening Movie: A boy Called Christmas (LR)

TUESDAY, DECEMBER 24

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Resistance Band Exercise/ Daily Scoop ☺ (AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Garden Club (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Armchair Travel: Wales (AR)
- 2:00 **Christmas Sing-along (AR)**
- 2:30 Quarterly Creation (AR)
- 3:30 Tactile and Sensory Corner (AR)
- 4:00 Evening Stroll/Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 Memory Lane Television Melodies (LR)
- 6:00 Evening Movie: Spirited (LR)

WEDNESDAY, DECEMBER 25

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Jazzy Exercise / Daily Scoop ☺ (AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Book Club: Cruising (AR)
- 1:30 **Name that Christmas Song BINGO (AR)**
- 2:00 **Christmas Cookie Baking (AR)**
- 3:00 SingFit ☺ (LR)
- 4:00 Happy Hour with AL (LR)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 **Hanukkah Begins at Sundown/Lighting the Menorah (LR)**
- 6:00 Evening Movie: Scrooged (LR)

THURSDAY, DECEMBER 26

- 9:30 Memory Sensory/Today's Discussion (LR)
- 10:00 Earn your Fitness Badge/Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 **Assisting with Raking Down Christmas Tree (LR)**
- 1:30 **Kwanzaa Begins: The History and Stories of Kwanzaa (AR)**
- 2:00 Science for Seniors: Light Pollution (AR)
- 3:00 Music Therapy w/ Sarah (LR)
- 4:00 Evening Stroll/Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 **Lighting the Menorah (LR)**
- 6:00 Evening Movie: March of the Wooden Soldiers (LR)

FRIDAY, DECEMBER 27

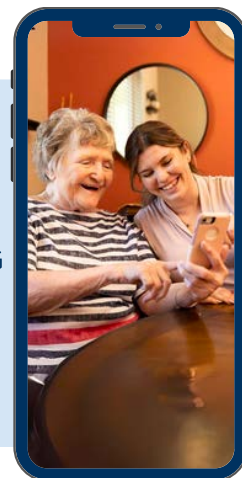
- 9:30 Memory Sensory / Today's Discussion (LR)
- 10:00 Chair Exercise with April / Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (AR)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: Eversound Trivia (CY)
- 12:30 This Day in History and Its Impact (LR)
- 1:00 **Holiday Memory Game (AR)**
- 1:30 **Holiday Categories (AR)**
- 2:00 Live 2B Healthy Exercise w/ Lacy (AR)
- 3:00 SingFit ☺ (AR)
- 4:00 Evening Stroll/Evening Tea (CY)
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 5:00 **Lighting the Menorah (LR)**
- 6:00 Evening Movie: A Christmas Carol (LR)

SATURDAY, DECEMBER 28

- 9:30 Memory Sensory/ Today's Discussion (LR)
- 10:00 Big Band Toe Tapping/Daily Scoop ☺(AR)
- 10:30 Coffee w/ Genai and Whiteboard Activity (CY)
- 11:00 Memory Lane Television Meal Stimulation (LR)
- 12:00 Nature Connections: April Nutrient Class (CY)
- 12:30 This Day in History and its Impact (LR)
- 1:00 Nail Care (AR)/ MLTV Melodies (LR)
- 2:00 **Guess My Name: Holiday Theme (AR)**
- 2:30 Happy Hour w/ Jon (LR)
- 3:30 **New Year Resolution Jar (AR)**
- 4:00 Memory Lane Television Meal Stimulation (LR)
- 4:00 Happy Hour with AL (LR)
- 5:00 **Lighting the Menorah (LR)**
- 6:00 Evening Movie: National Lampoon Christmas Vacation (LR)

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SUNDAY, DECEMBER 29

9:30 Memory Sensory/ Today's Discussion (AR)
10:00 Louis Fitness Class (AR)
10:25 Daily Scoop ☺ (CY)
11:00 Memory Lane Television Meal Stimulation (LR)
12:30 Fabulous Nails by Louis/ This Day in History (LR)
12:45 Virtual Davis Community Worship (LR)
1:45 Scenic Drive to the Countryside (B)
2:00 Virtual Songs of Love and Worship w/ Care Partners (LR)
3:15 Whiteboard/YouTube w/ Care Partners (LR)
4:00 Memory Lane Television Meal Stimulation (LR)
5:00 **Lighting the Menorah (LR)**
6:00 Evening Movie: The Christmas Chronicles (LR)

MONDAY, DECEMBER 30

9:30 Memory Sensory/ Today's Discussion (LR)
10:00 Louis Fitness Class (AR)
10:25 Daily Scoop ☺ (CY)
11:00 Memory Lane Television Meal Stimulation (LR)
12:30 This Day in History and its Impact (LR)
1:00 Louis Occupational Table Games (AR)
2:00 Live 2B Healthy Exercise w/ Melissa (AR)
3:00 Singfit ☺(AR)
4:00 Evening Tea with Louis (LR)
4:00 Memory Lane Television Meal Stimulation (LR)
5:00 **Lighting the Menorah (LR)**
6:00 Evening Movie: The Polar Express (LR)

TUESDAY, DECEMBER 31

9:30 Memory Sensory/ Today's Discussion (LR)
10:00 Resistance Band Exercise/ Daily Scoop ☺ (AR)
10:30 Coffee w/ Genai and Whiteboard Activity (AR)
11:00 Memory Lane Television Meal Stimulation (LR)
12:00 **NOON YEAR CELEBRATION (LR)**
12:30 This Day in History and its Impact (LR)
1:00 Armchair Travel: Australia (AR)
2:00 **New Year: Happy Hour (LR)**
2:30 Quarterly Creation (AR)
3:30 Tactile and Sensory Corner (AR)
4:00 NatureConnections Evening Stroll/Evening Tea (CY)
4:00 Memory Lane Television Meal Stimulation (LR)
5:00 Lighting the Menorah (LR)
6:00 Evening Movie: Deck the Halls (LR)

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.

December Theme Days

Rudolph the Red Nosed Reindeer Day

Wear shades of red,

3rd rudolph noses and
antlers

Pajama Day

Wear your favorite

11th holiday pajamas

Grinch Day

Wear your favorite

12th Grinch swag or shades
of green

Elves Day

Dress up as one of

17th Santa's helpers or
Buddy the Elf

Ugly Sweater Day

18th Wear your favorite ugly
sweater.

"Dress to Impress" - Holiday Brunch

Wear a nice holiday

21st sweater or dress elegant
in holiday colors

Holiday Movie Day

25th Dress up as your
favorite character from
any Holiday Movie

Trusted Technology * Expert Insight * Safer Dementia Care

Sharing Breakthroughs in AI and Alzheimer's Care: From Early Detection to Fall Prevention

SafelyYou is honored to partner our AI-enabled fall management technology with Carlton's dedicated staff who provide exceptional care, show deep compassion, and demonstrate unwavering commitment to their treasured residents.

AI is becoming more robust and reliable, and will offload repetitive tasks for caregivers

We're seeing very rapid advances in the ability of AI systems, as both their capabilities and dependability are increasing. And future iterations of tools like ChatGPT will evolve to offer more reporting and support. So, caregivers will be able to receive a video recording of what's happening in an environment, as well as a natural language summarization, aiding reporting requirements, reducing repetitive tasks, and increasing productivity.

AI can help those living with Alzheimer's maintain some independence longer

The ability of AI to complete sentences or fully compose items like emails—and determine differences in writing styles—will help those living with Alzheimer's retain some of their independence. As cognition declines and word recall becomes more difficult, technology can fill in, and its ability to recognize the writing style of one person compared to another means it can develop content that feels individually created, helping this population continue to communicate as the disease progresses.

AI breakthroughs are critical to elevating Alzheimer's care, from early detection to fall detection

Advances in AI mean improved dementia care, and better outcomes for those living with Alzheimer's. This technology's ability to summarize vast amounts of data can help determine patterns and support critical early diagnosis, which can help clinicians, health systems, and families begin planning care sooner. Those with cognitive impairment fall twice as often as those without—about four times a year—and innovations like SafelyYou leverage AI to detect and prevent falls, reducing falls by 40% and fall-related ER visits by 80%, keeping residents safer in their communities, reducing costs, improving quality of care, and providing greater peace of mind.