



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.



Jennell Revera
Executive Director



Olivia Sterba
Executive Assistant



Andrea Quintanilla
Director of Resident
Services



Evangeline Rodriguez
Director of Memory
Care



Gurleen Kaur
Medication Manager



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AL Care Manager



Jennifer Luna
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Felix James
Resident Liaison



Alan Trujillo
Executive Chef



Debbie Burgstrom
Dining Room Manager



Julia Johnson
Activities Manager



Gil Plascencia
Maintenance Manager



Misty Charles
Director of New
Sales Development



Krystal Cosaino
Sales Assistant

Resident Spotlight



Mary Winters

Mary was born on February 23, 1939 at Sacramento, CA. Mary is an only child and the favorite memories she has of her parents were spending time with them going to the zoo, having picnics and eating Portugese rice pudding.

At school, she had the best penmanship and also won dancing contest with her high school sweetheart and husband, Fred. Mary worked at General Mills in Lodi for 20 years.

Mary and Fred had 3 children who then gave them 6 grandkids and more great-grand kids. Mary once volunteered to work for the police department.

She loves shopping and relaxing at home, watching Hallmark movies.

Mary is a very caring person. She hurriedly calls staff attention when she sees another resident who seemingly needs help. She does exercises but loves the live music especially Christmas music! She loves singing and making friends.

DECEMBER BIRTHDAYS



2nd
Tom



10th
Flo



10th
Jan



13th
Lynette



18th
Myrtle



24th
Loretta

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

- Christmas Scavenger Hunt
- Mind Quizzes
- Poetry Session
- Timeslips
- Artisan Mind
- Conversation Cards
- Puzzle Time
- Pictionary
- Guesstures
- Cranium Crunch
- Book Club



Body

- Nature Therapy
- Music Therapy
- Drum Circle
- Fabulous Fitness
- Courtyard Stroll
- Music & Motion
- SingFit
- Live 2B Healthy
- Senior Exercise with Eversound

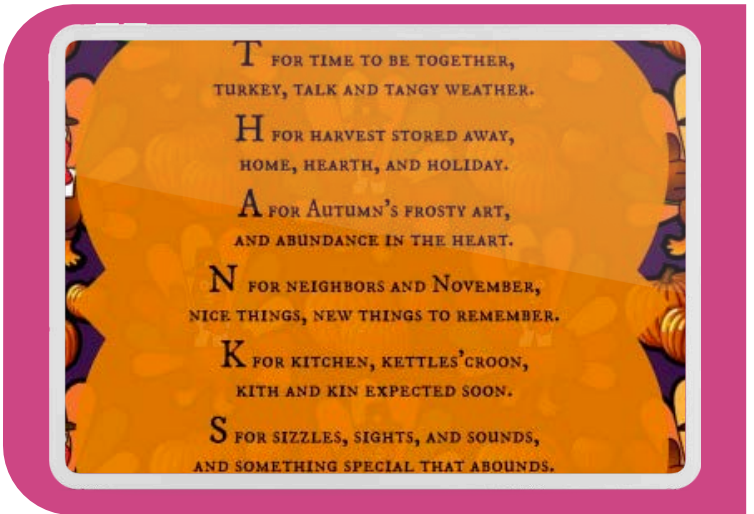


Soul

- Illumination Festival
- Snowy Nights & Flickering Lights Candlelight Dinner
- Photoshoot with Santa
- Breakfast with Santa
- Sensory Baking
- Christmas Lights Tour
- Ceramics with Susan
- Therapeutic Art Painting
- Holiday Paint & Sip

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

Halloween Pumpkin Patch Party



TRANSPORTATION POLICIES

Doctor Shuttles

We offer transportation to medical appointments on Tuesdays and Thursdays between 10:30 AM and 2:30 PM. Transportation must be requested 72 hours (3 days) in advance subject to driver availability. Our driver takes their 30-minute lunch at 11:00 AM and is unavailable at that time.

Transportation Charges

All transportation within a 10 mile radius of our community is **FREE**. For transportation outside of the 10 mile radius, we charge a flat rate of \$45 one way. Additional charges will apply for residents who require a personal escort. Please see our 2023 Summary of Services for more information on transportation and escort charges.


How to Schedule Transportation

Please place your transportation request slip in the box at the front desk. Transportation must be requested at least 72 hours (3 days) in advance.

All requests are subject to driver availability and manager approval.

Questions about our transportation program?

Contact Julia Johnson, Memory Care Activities Manager.



Stay Tuned

Dec 1 @ 5:00 PM
Music Around the World with Antonio

Dec 3 @ 3:00 PM
Live Music with Alvin

Dec 5 @ 4:00 - 6:00 PM
Candlelight Serenade with Oleksiy

Dec 10 @ 3:00 PM
Oldies but Goodies with Rick

Dec 13 @ 5:00 PM
Sweet Melody with Chloe

Dec 15 @ 3:00 PM
Jazz with Chaz

Dec 18 @ 2:30 PM
Love Songs with Andy Leong

Dec 20 @ 5:00 PM
Sweet Melody with Chloe

Dec 22 @ 3:00 PM
Evening Star Band

Dec 23 @ 5:00 PM
Music with John Miller

Dec 24 @ 5:00 PM
Golden Tunes with Robert

Dec 25
@ 10:30 PM with Chaz
@ 2:30 PM with Andy
@ 5:00 PM with Alex Ives

Dec 27 @ 5:00 PM
Sweet Melody with Chloe

Dec 29 @ 3:00 PM
Saxophone Music with Andrii

Dec 31 @ 5:00 PM
Golden Tunes with Robert



Welcome to Our Family

Helen Lee
Mary Lu Newell

Welcome our newest neighbor to the community.

Engagement Outing

5:30 PM, Dec 7, Saturday
Illumination Festival, Elk Grove

9:30 AM, Dec 30, Monday
Pancakes at Huckleberry's

Scenic Drives

Dec 4, 1:00 PM, Wed: Old Placerville
Dec 29, 1:30 PM, Sun: Old Folsom

SUNDAY, DECEMBER 1

- 10:15 Daily Chronicles (LR)
- 10:30 Riddle & Rhyme Time (LR)
- 10:30 Nature Connection: Mountaintop (AR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Praise Songs (LR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Christmas Body Scrub (AR)**
- 5:00 Music Around the World with Antonio(LR)**

MONDAY, DECEMBER 2

- 10:15 Daily Chronicles (LR)
- 10:30 Armchair Travel (LR)
- 11:00 Music and Motion (LR)
- 12:00 Lunchtime Karaoke (LR)
- 1:00 Cranium Crunch (LR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Christmas Wreath-making (AR)**
- 5:00 Movie: David and the Elves (LR)

TUESDAY, DECEMBER 3

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Therapy: Dogs (AR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Ceramics with Susan (LR)
- 3:00 Live Music with Alvin (AR)**
- 5:00 Flower: A to Z Game (LR)

WEDNESDAY, DECEMBER 4

- 10:15 Daily Chronicles (LR)
- 10:30 Guess My Job Game (LR)
- 10:30 Nature Therapy: Community Walk (AL)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Scenic Drive: Old Placerville**
- 1:00 Bingo (LR)
- 2:00 Book Club: Under The Sea (LR)
- 3:00 Baking: Melted Snowman Cookies (AR)**
- 5:00 Karaoke with Chloe (LR)

THURSDAY, DECEMBER 5

- 10:15 Daily Chronicles (LR)
- 10:30 Holidays in Norway (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Would You Rather? (LR)
- 2:00 SingFit (AR)
- 3:00 Christmas Carols Karaoke (AR)**
- 4:00 Candlelight Dinner (DR)**
- 4:15 Candlelight Serenade by Oleksiy (DR)**

FRIDAY, DECEMBER 6

- 10:15 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 10:30 Nature Connection: Winter (AR)
- 11:00 Fabulous Fitness (AR)
- 12:00 Lunchtime Karaoke (LR)
- 1:00 Positive Memories: Pet (LR)
- 2:00 SingFit (AR)
- 3:00 Peppermint Hot Cocoa & Trivia (AR)**
- 5:00 Movie: A California Christmas (LR)

SATURDAY, DECEMBER 7

- 10:15 Daily Chronicles (LR)
- 10:30 PowerPoint Activity (LR)
- 11:00 Live 2B Healthy (AR)
- 11:00 Name the Letter (LR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 SingFit (AR)
- 2:00 Mind Quizzes (LR)
- 3:00 Therapeutic Art Painting (AR)**
- 5:00 Golden Carers: Trivia (LR)
- 5:30 OUTING: EG Illumination Festival**



SUNDAY, DECEMBER 8

- 10:15 Daily Chronicles (LR)
- 10:30 Riddle & Rhyme Time (LR)
- 10:30 Nature Connection: City (AR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Praise Songs (LR)
- 2:00 Eversound Activity ♀♂ (LR)
- 3:00 Yuletide Cocoa Bar (AR)**
- 5:00 Golden Carers: Antonym Game (LR)

MONDAY, DECEMBER 9

- 10:15 Daily Chronicles (LR)
- 10:30 Music Therapy with Danielle (AR)**
- 11:00 Eversound: Stretch but Don't Snap (LR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Cranium Crunch (LR)
- 2:00 Eversound Activity ♀♂ (LR)
- 3:00 Santa Mason Jar (AR)**
- 5:00 Movie: The Holiday Calendar (LR)

TUESDAY, DECEMBER 10

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Therapy: Cats (AR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2 B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Holidays Songs with Rick(AR)**
- 3:00 Resident Photoshoot with Santa (ALR)**
- 5:00 Fruit: A to Z (LR)

WEDNESDAY, DECEMBER 11

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Therapy: Community Walk (AL)
- 10:30 Guess My Job Game (LR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Bingo (LR)
- 1:00 Puzzle Time (AR)
- 2:00 Book Club: Cruising (AR)
- 3:00 Christmas with Mrs. Claus & Jingles (AR)**
- 5:00 Karaoke with Chloe (LR)
- 5:30 Dementia Support Meeting (Theater)**

THURSDAY, DECEMBER 12

- Carlton 12th Anniversary**
- 10:15 Daily Chronicles (LR)
- 10:30 Christmas Traditions (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Would You Rather? (LR)
- 2:00 SingFit (AR)
- 3:00 Holidays in Mexico (AR)**
- 5:00 MLTV: Christmas Holiday (LR)

FRIDAY, DECEMBER 13

- 10:15 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 10:30 Nature Connection: Spring (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Positive Memories: Vacation (LR)
- 2:00 SingFit (AR)
- 3:00 Gingerbread Eggnog Latte (AR)**
- 5:00 Sweet Melody with Chloe (LR)**

SATURDAY, DECEMBER 14

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Therapy: Courtyard
- 11:00 Live 2B Healthy (AR)
- 11:00 Name the Letter (LR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Mind Quizzes (LR)
- 2:00 SingFit (AR)
- 3:00 Christmas Paint and Sip (AR)**
- 5:00 Golden Carers: Trivia (LR)

You're Invited

Meet and greet Santa and have a
Holiday Photo with him

DECEMBER

TUESDAY 10 2:30 P.M.

LIVING ROOM

Hot Cocoa and Cookies at the Bar

RSVP before December 5th

SUNDAY, DECEMBER 15

- 10:15 Daily Chronicles (LR)
- 10:30 Riddle & Rhyme Time (LR)
- 10:30 Nature Connection: Farm (AR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Praise Songs (LR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Holiday Jazz with Chaz (AR)**
- 5:00 Golden Carers: Synonym Game (LR)

MONDAY, DECEMBER 16

- 10:15 Daily Chronicles (LR)
- 10:30 Music Therapy with Danielle (ALR)**
- 11:00 Fabulous Fitness (AR)
- 12:00 Lunchtime Karaoke (LR)
- 1:00 Cranium Crunch (LR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Jingle Bell Door Hanger (AR)**
- 5:00 Movie: I Believe in Santa (LR)

TUESDAY, DECEMBER 17

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Therapy; Birds (AR)
- 10:30 Conversation Cards (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Timeslips (AR)
- 3:00 Baking: Chocolate Pinecones (AR)**
- 5:00 Christmas: A to Z Game (LR)

WEDNESDAY, DECEMBER 18

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Therapy: Community Walk (AL)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Bingo (LR)
- 1:30 Artisan Mind (AR)**
- 2:00 Book Club: Famous Chefs (AR)**
- 2:30 Christmas Songs by Andy Leong (AR)**
- 5:00 Karaoke with Chloe (LR)

THURSDAY, DECEMBER 19

- 10:15 Daily Chronicles (LR)
- 10:30 Christmas Recipes (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Would You Rather? (LR)
- 2:00 SingFit (AR)
- 3:00 Holidays in Switzerland (AR)**
- 5:00 MLTV: Christmas Medleys (LR)






FRIDAY, DECEMBER 20

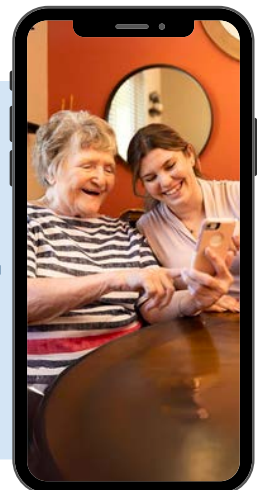
- 10:15 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 10:30 Nature Connection: Summer (AR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Positive Memories: Vacation (LR)
- 2:00 SingFit (AR)
- 3:00 Candy Cane Milkshake (AR)**
- 5:00 Sweet Melody with Chloe (LR)**
- 5:30 Scenic Drive: Lights at Fab 40s**

SATURDAY, DECEMBER 21

- 10:15 Daily Chronicles (LR)
- 10:30 PowerPoint Activity (LR)
- 11:00 Live 2B Healthy (AR)
- 11:00 Name the Letter (LR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Mind Quizzes (LR)
- 2:00 SingFit (AR)
- 3:00 Therapeutic Art Painting (AR)**
- 5:00 Golden Carers: Trivia (LR)

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SUNDAY, DECEMBER 22

- 10:15 Daily Chronicles (LR)
- 10:30 Riddle & Rhyme Time (LR)
- 10:30 Nature Connection: Forest (AR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Praise Songs (LR)
- 2:00 Eversound Activity ♪ (LR)
- 3:00 Holiday Music with Evening Star (AR)**
- 5:30 Scenic Drive: Lights at Fab 40s**

MONDAY, DECEMBER 23

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Connect: Trees You Know (LR)
- 11:00 Fabulous Fitness (AR)
- 12:00 Lunchtime Karaoke (LR)
- 1:00 Cranium Crunch (LR)
- 2:00 Eversound Activity ♪ (LR)
- 3:00 Baking: Christmas Lights Cupcake (AR)**
- 5:00 Music with John Miller (LR)**

TUESDAY, DECEMBER 24

- 10:15 Daily Chronicles (LR)
- 10:00 Cacao y Bolleria con Chef (ALR)**
- 10:30 Conversation Cards (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Timeslips (AR)
- 3:00 SCIENCE: Creating Snowflakes (AR)**
- 5:00 Christmas Eve Music with Robert (LR)**

WEDNESDAY, DECEMBER 25

Christmas Day

- 10:15 Daily Chronicles (LR)
- 10:30 Nature Therapy: Community Walk (AL)
- 10:30 Christmas Serenade by Chaz (LR)**
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Bingo (LR)
- 1:00 Christmas Scavenger Hunt (AR)**
- 2:00 Book Club: California Dreaming (AR)
- 2:30 Christmas Songs with Andy Leong (AR)**
- 5:00 Holiday Harp Music by Alex (LR)**

THURSDAY, DECEMBER 26

- 10:15 Daily Chronicles (LR)
- 10:30 New Year Resolutions (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Would You Rather? (LR)
- 2:00 SingFit (AR)
- 3:00 Holidays in the Philippines (LR)**
- 5:00 MLTV: Christmas Cooking (LR)

FRIDAY, DECEMBER 27

- 10:15 Daily Chronicles (LR)
- 10:30 Guesstures (LR)
- 10:30 Nature Connection: Autumn (AR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Positive Memories: Vacation (LR)
- 2:00 SingFit (AR)
- 3:00 The Grinch Milkshake (AR)**
- 5:00 Sweet Melody with Chloe (LR)**

SATURDAY, DECEMBER 28

- 10:15 Daily Chronicles (LR)
- 10:30 PowerPoint Activity (LR)
- 11:00 Live 2B Healthy (AR)
- 11:00 Name the Letter (LR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Mind Quizzes (LR)
- 2:00 SingFit (AR)
- 3:00 Holiday Tea Party (AR)**
- 5:00 Golden Carers: Trivia (LR)

ACTIVITY KEY

MEMORY CARE:

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

ASSISTED LIVING:

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

Activities are subject to change

SUNDAY, DECEMBER 29

- 10:15 Daily Chronicles (LR)
- 10:30 Riddle & Rhyme Time (LR)
- 10:30 Nature Connection: Beach (AR)
- 11:00 Fabulous Fitness (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Praise Songs (LR)
- 1:30 Scenic Drive: Old Folsom**
- 2:00 Eversound Activity ☺ (LR)
- 3:00 Holiday Sax Music with Andrii (AR)**
- 5:00 Hey, I Know That Song! (LR)

MONDAY, DECEMBER 30

- 9:30 OUTING: Pancakes at Huckleberry**
- 10:15 Daily Chronicles (LR)
- 10:30 Nature Connect: Name the Flower (LR)
- 11:00 Music and Motion (AR)
- 12:00 Lunchtime Karaoke (LR)
- 1:00 Cranium Crunch (LR)
- 2:00 Eversound Activity ☺ (LR)
- 3:00 NYE Champagne Sparkler Mocktail (AR)**
- 5:00 The Great British Baking Show: Holidays (LR)

TUESDAY, DECEMBER 31

- 10:15 Daily Chronicles (LR)
- 10:30 New Year's Eve with Chef (AR)**
- 10:30 Conversation Cards (LR)
- 11:00 Live 2B Healthy (AR)
- 12:30 Lunchtime Karaoke (LR)
- 1:00 Guess Who I Am? (LR)
- 2:00 Timeslips (AR)
- 3:00 Baking: Red Velvet Crinkles (AR)**
- 5:00 New Year Eve Music with Robert (LR)**

Physical Therapy Services

Mondays, Wednesdays, & Fridays
9 AM - 1 PM

DAVID CLAWSON, MPT
Physical Therapist
daveclawsonpt@gmail.com
(916)955-4151

Specializes in Orthopedic & Stroke Care

Please contact **David** directly
for scheduling options.

Therapeutic Art Painting

DECEMBER 7 & 21
SATURDAY, 3:00 PM
MC ACTIVITY ROOM

Christmas
DRESS-UP DAYS

- December 4th • Festive Socks Day
- December 5th • Dress as a Christmas Character
- December 7th • Pearl Harbor Memorial Day
Wear **RED, WHITE & BLUE**
- December 15th • Jersey Day
- December 16th • Dress as an Elf
- December 17th • Wear a Holiday Scarf or Beanie
- December 18th • Holiday Staff Party
Wear **ANYTHING FESTIVE**
- December 19th • Don a Festive Headwear
- December 20th • Ugly Sweater Day
- December 21st • Holiday Tree Day
Wear **GREEN & LIGHTS**
- December 22nd • Pajama Day
- December 23rd • Dress as the Grinch
- December 24th and 25th • **Green, Red and White**
- December 26th • Candy Cane Day
Wear **RED & WHITE**
- December 31st • Welcome 2025!
Wear **SPARKLES**

Salon Services

Sundays, Tuesdays,
Wednesdays, and Saturdays
7 AM - 4:30 PM

KAREN CHAPMAN
Hair Stylist
(916) 801-5789

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.