



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.







**Meghian Geul**  
Executive Director  
*Monday-Friday*



**Mercy Platero**  
Executive Assistant  
*Tuesday-Saturday*



**Yaritza Yanez**  
Director of Resident  
Services  
*Tuesday-Saturday*



**Elisa Capulong**  
Care Manager  
*Sunday-Thursday*



**Olivia Allen**  
Sales Director  
*Tuesday-Saturday*



**Ashley Gibson**  
Sales Assistant  
*Sunday-Thursday*



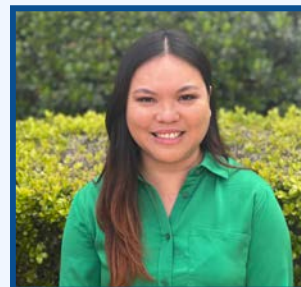
**Dron Kumar**  
Maintenance Manager  
*Tuesday-Saturday*



**Cristian Cruz**  
Resident Liaison  
*Sunday - Thursday*



**Hugo Esquivel**  
Executive Chef  
*Tuesday-Saturday*



**Bernadette Moya**  
Medication Supervisor  
*Sunday-Thursday*



# TRANSPORTATION POLICIES

## Doctor Shuttle

We offer transportation to medical appointments on Tuesdays and Thursdays. Drop offs begin at 9:00 a.m. The final pick-up time is 3:30 p.m. *Please be ready in the lobby at least 30 minutes prior to your appointment time.*

Transportation on the doctor shuttle must be requested at least 48 hours (2 days) in advance. Contact the front desk to reserve a time slot.

## Special Trip Transportation

Transportation can be arranged outside of normal shuttle hours. "Special Trip" transportation must be requested at least 48 hours (2 days) in advance and must be approved by Meghian. There is a charge for this service.

## Church & Shopping Shuttles

Transportation to local religious services is available on Sunday mornings between 9:00 and 12:00 PM.

Our shopping shuttle provides transportation to local stores. Please see specific date for shuttle hours.

## Transportation Charges

All transportation on our shuttles is **FREE**. For special trip transportation, please speak with Meghian about pricing.

## How to Schedule Transportation

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

Questions about our transportation program?

Contact Meghian Geul, Executive Director

# Carlton Spotlight: Jocelyn Reyes



Meet Jocelyn!

Jocelyn was born on April 4th 1955 in Baguio, Philippines. When she came to the United States in 1980, she moved to Tracy where she lived for 34 years. Jocelyn has 3 siblings: Joji, Jacqueline and Felix Jr. Her parents were Felix, who worked as a Field Auditor and Beatriz, who was a Housewife. Jocelyn received her Bachelors of Science in Nursing in Manila, Philippines. She was a registered nurse for 40 plus years, mostly working in the ICU. Jocelyn met her husband Albert in high school in the Philippines. They have been married for 43 years and counting. They do not have any children together. She has 4 great nephews, Donovan, Roman, Mason and Anabel. Jocelyn has traveled to many different places like Japan, Vietnam, Thailand, Bahamas, Mexico and European cities. Her favorite experience was when she went on a hot air balloon ride through Napa Valley. Jocelyn would like to be remembered as simple, loving and patient. Some of Jocelyn's favorites are: Music Celine Dione, Food: Mexican and Thai, Hobbies: travel, shopping and casino. The person she admires the most is her parents who inspired her to be a good person and supported her. Jocelyn's words of wisdom are "What is worth doing, is worth doing well".





## SUNDAY, DECEMBER 1

- 8:00 - 10:00 Morning Mimosas (CAFE)
- 9:00 - 12:00 Church Shuttle (BUS)
- 9:00 Walking Club (LV)
- 10:30 Charades (LV)
- 12:30 Brownies (CAFE)
- 1:00 Afternoon Exercise Class (PER)
- 2:00 Bingo! (PER)
- 6:00 Movie Night (TVR)

## THURSDAY, DECEMBER 5

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (LV)
- 10:00 Fremont Kaiser Farmers Market (BUS)
- 10:30 Alexa 101/Speak2 Class (PER)
- 1:30 Dress up Day : Crazy Sock Day! (LV)
- 2:00 Bingo! (PER)
- 3:30 Crafting : Ornament Making Class (PER)
- 6:00 Movie Night (TVR)

## MONDAY, DECEMBER 2

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (MPR)
- 10:30 Word in a Words Game (LV)
- 12:00 Treat in the Cafe (CAFE)
- 1:00 Loteria with **Meghian** (PER)
- 1:30-3:00 Shopping Shuttle (Safeway) (BUS)
- 3:30 Creative Crafting (PER)
- 6:00 Movie Night (TVR)

## FRIDAY, DECEMBER 6

- 9:00 Coffee with Bailey's & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (LV)
- 10:30 Ceramics Class (PER)
- 11:00 Mahjong (GR)
- 1:30 Bible Study (LIB)
- 3:30 Happy Hour with **Mercy** (LV)
- 6:00 Movie Night (TVR)

## TUESDAY, DECEMBER 3

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (LV)
- 10:30 Food Committee Meeting (PER)
- 10:30 Decorate Christmas Tree (LV)
- 11-11:30 Blood Pressure & Weight Check (GYM)
- 1:00 Finish the Lyrics Game with **Elisa** (LV)
- 2:00 Bingo! (PER)
- 3:30 Trivia (LV)
- 6:00 Movie Night (TVR)

## SATURDAY, DECEMBER 7

- 10:30 Early Morning Bingo (PER)
- 10:30 Pet Therapy Dog Visit - Grinch (LV)
- 1:00 Chair Exercise Video (PER)
- 2:00 Pearl Harbor Documentary (TVR)
- 3:00 Music for Minors Recital (PER)
- 4:30 Play Pool in Game Room (GR)
- 6:00 Fremont Sai Center Christmas Caroling (MPR)

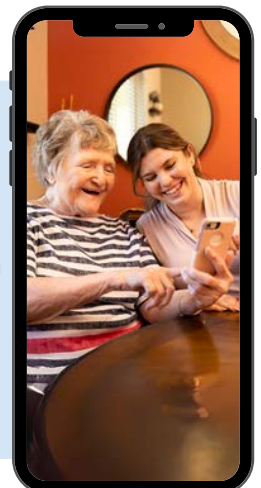
## WEDNESDAY, DECEMBER 4

### Happy Birthday John F!

- 9:00-3:00 Shopping Shuttle (BUS)
- 9:00 BAGELS, Coffee & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (LV)
- 1:00 Fremont Library Visit (LV)
- 1:00 Carlton University (PER)
- 2:00 Mini Manicures *\*Sign Up\** (LIB)
- 3:00 Music Performance by Jess B (PER)
- 6:00 Movie Night (TVR)

## Follow Us!

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-  [CARLTON SENIOR LIVING](https://www.linkedin.com/company/CARLTON SENIOR LIVING)



## SUNDAY, DECEMBER 8

### Happy Birthday Ellena K!

- 8:00 - 10:00 Morning Mimosas (CAFE)
- 9:00 - 12:00 Church Shuttle (BUS)
- 9:00 Walking Club (LV)
- 10:30 Trivia
- 1:00 Afternoon Exercise Class (PER)
- 2:00 Bingo! (PER)
- 3:00 Student Piano Recital (MPR)
- 6:00 Movie Night (TVR)

## THURSDAY, DECEMBER 12

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (MPR)
- 10:30 Holiday Jewelry Making (PER)
- 12:00 Fruit Parfaits (CAFE)
- 1:00 Word Games (LV)
- 1:30 Dress Up : Pajama Day! (LV)
- 2:00 Bingo! (PER)
- 3:30 Hot Cocoa Station with Bristol Hospice (LV)
- 6:00 Movie Night (TVR)

## MONDAY, DECEMBER 9

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (MPR)
- 10:30 Connect4 Game (LV)
- 10:30 Scenic Drive \*Sign up\* (BUS)
- 12:00 Holiday Treat (CAFE)
- 2:00 Crafting : JOY Sign \*Sign Up (PER)
- 3:00 Play Pool in the Game Room (GR)
- 6:00 Movie Night (TVR)

## FRIDAY, DECEMBER 13

- 9:00 Coffee with Bailey's & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (MPR)
- 10:30 Ceramics Class (PER)
- 1:00 Walker Wash (LV)
- 2:00 Word in Words Game (LV)
- 3:00 Play Pool in the Game Room (GR)
- 3:00 Music Performance by Chris W (MPR)
- 6:00 Movie Night (TVR)

## TUESDAY, DECEMBER 10

### Happy Birthday Joanne R!

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (MPR)
- 10:30 Creative Crafting (PER)
- 12:00 Cranberry Apple Hot Cider (CAFE)
- 1:00 Word Games (LV)
- 2:00 Bingo! (PER)
- 3:30 Trivia (LV)
- 4:00 Mahjong Game (GR)
- 6:00 Movie Night (TVR)

## SATURDAY, DECEMBER 14

- 10:30 Early Morning Bingo (PER)
- 10:30 Pet Therapy Dog Visit - Grinch (LV)
- 1:00 Chair Exercise Video (PER)
- 2:00 Uno Game (GR)
- 3:00 Student Recital (MPR)
- 6:00 Music Performance by Sheryl M (MPR)

## WEDNESDAY, DECEMBER 11

- 9:00-10:30 Shopping Shuttle (Target) (BUS)
- 9:00 Donuts, Coffee & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (LV)
- 10:30 Charades with Morgan (LV)
- 11:30 Lunch Outing : BJ's Restaurant \*Sign up\* (BUS)
- 1:00 Holiday Tea Party \*Sign Up\* (MPR)
- 2:00 Creative Crafting (PER)
- 6:00 Night Bingo with **Cristian** (PER)

*Please welcome our newest neighbors to the community!*

**Prafulla S**  
**Edwin "Bud" P**  
**Janet K**  
**Ok Hui M**



## SUNDAY, DECEMBER 15

### Happy Birthday Gudrun N!

- 8:00 - 10:00 Morning Mimosas (CAFE)
- 9:00 - 12:00 Church Shuttle (BUS)
- 9:00 Walking Club (LV)
- 10:00-11:00 Intergeneration Social Gathering (PER)
- 12:30 Smoothies (CAFE)
- 1:00 Afternoon Exercise Class (PER)
- 2:00 Bingo! (PER)
- 3:00 Music Performance by Elevate Band (MPR)
- 6:00 Movie Night (TVR)

## THURSDAY, DECEMBER 19

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (LV)
- 10:00 Fremont Kaiser Farmers Market (BUS)
- 10:30 Dartboard Game (GR)
- 1:00-3:00 Santa's Workshop \*Sign Up\* (MPR)
- 1:30 Dress up: Santa's Workshop! (LV)
- 2:00 Bingo! (PER)
- 3:30 Crafting : Bags with **Yari** \*Sign Up\* (PER)
- 5:30 Night Light Drive \*Sign Up\* (BUS)
- 6:00 Movie Night (TVR)

## MONDAY, DECEMBER 16

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:00-10:30 Shopping Shuttle (Target) (BUS)
- 9:30 Live2BHealthy Exercise (MPR)
- 10:30 Play Pool in the Game Room (GR)
- 11:30 Lunch Outing : Olive Garden \*Sign up\* (BUS)
- 12:30 Ice Cream Bars (CAFE)
- 2:00 Crafting : Snow Globe Craft \*Sign up\* (PER)
- 3:00 Resident Council Meeting (MPR)
- 6:00 Movie Night (TVR)

## FRIDAY, DECEMBER 20

- 9:00 Coffee with Bailey's & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (LR)
- 10:30 Ceramics Class (PER)
- 1:00 Walker Wash (LV)
- 2:00 Loteria with **Meghian** (PER)
- 3:00 Holiday Gift Wrapping (PER)
- 3:30 Gingerbread House Making (PER)
- 6:00 Music Performance by Tapestry Band (MPR)
- 6:00 Movie Night (TVR)

## TUESDAY, DECEMBER 17

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (LR)
- 10:30 Activity with Vitas (PER)
- 12:00 Food Delivery : In n Out \*Sign up\* (PDR)
- 1:00 Word Games (LV)
- 2:00 Bingo! (PER)
- 3:30 Trivia (LV)
- 4:00 Mahjong Game (GR)
- 6:00 Movie Night (TVR)

## SATURDAY, DECEMBER 21

- 10:30 Early Morning Bingo (PER)
- 10:30 Pet Therapy Dog Visit - Grinch (LV)
- 1:00 Chair Exercise Video (PER)
- 3:30 Holiday Happy Hour with **Hugo** (LV)
- 4:30 Play Pool in Game Room (GR)
- 6:00 Movie Night (TVR)

## WEDNESDAY, DECEMBER 18

### Happy Birthday Lois L!

- 9:00 Donuts, Coffee & Chit-Chat (CAFE)
- 9:00-3:00 Shopping Shuttle (BUS)
- 9:30 Live2BHealthy Exercise (LR)
- 10:30 Holiday Wreath Making \*Sign up\* (PER)
- 1:00 Angel the Harpist Performance (LV)
- 1:30 Bible Study (LIB)
- 2:00 Creative Crafting (PER)
- 3:00 Resident Feedback Meeting (MPR)
- 5:30 Night Light Drive \*Sign Up\* (BUS)
- 6:00 Movie Night (TVR)

## Resident Council Meeting

Monday December 16th  
in the MPR at 3pm



The Resident Council Meeting is open to all community residents. Participate in meetings for community updates and to share your opinion.



## SUNDAY, DECEMBER 22

### Happy Birthday Jean B!

- 8:00 - 10:00 Morning Mimosas (CAFE)
- 9:00 - 12:00 Church Shuttle (BUS)
- 12:00 Smoothies (CAFE)
- 1:00 Outing: Ardenwood Monarch Butterflies \*Sign up\* (BUS)
- 1:00 Chair Exercise Video (GR)
- 1:30 Dress Up : Flannel (LV)
- 2:00 Bingo! (PER)
- 3:30 Christmas Caroling by Saint Mary's Kid Club (MPR)
- 6:00 Movie Night (TVR)

## THURSDAY, DECEMBER 26

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (MPR)
- 10:30 Dreidel Game (PER)
- 12:00 Treat in Cafe (CAFE)
- 1:30 Dress up: Blue & White! (LV)
- 3:00 Music Performance by Precious (MPR)
- 4:30 Resident Birthday Celebration (DR)
- 5:00 Hanukkah Menorah Lighting (LV)
- 6:00 Movie Night (TVR)

## MONDAY, DECEMBER 23

### Happy Birthday Karen F!

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (MPR)
- 10:30 Scenic Drive (BUS)
- 10:30 Trivia
- 11:15 Harmonica Club Performance (MPR)
- 1:00 Outing : Downtown Niles (BUS)
- 1:00 Word in Words (LV)
- 1:30 Dress up: Ugly Holiday Sweater (LV)
- 3:00 Creative Crafting (PER)
- 6:00 Movie Night (TVR)

## FRIDAY, DECEMBER 27

- 9:00 Coffee with Bailey's & Chit-Chat (CAFE)
- 10:30 Uno Game (GR)
- 1:00 Walker Wash (LV)
- 1:30 Dress Up : Holiday Cheer (LV)
- 1:30 Bible Study (LIB)
- 2:00 Loteria with **Meghian** (MPR)
- 3:30 Happy Hour (LR)
- 5:00 Hanukkah Menorah Lighting (LV)
- 6:00 Movie Night (TVR)

## TUESDAY, DECEMBER 24

### Christmas Eve

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (MPR)
- 10:30 Charades (MPR)
- 1:00 Flower Arranging \*Sign Up\* (PER)
- 1:30 Dress up: Candy Cane Day (LV)
- 2:00 Bingo! (PER)
- 3:30 Trivia (LV)
- 4:00 Mahjong Game (GR)
- 6:00 Music Performance by Kimberlye G (MPR)

## SATURDAY, DECEMBER 28

- 10:30 Early Morning Bingo (PER)
- 10:30 Pet Therapy Dog Visit - Grinch (LV)
- 1:00 Chair Exercise Video (PER)
- 3:00 Dartboard Game (GR)
- 3:30 Music Performance by Mishla (MPR)
- 4:30 Play Pool in Game Room (GR)
- 5:00 Hanukkah Menorah Lighting (LV)
- 6:00 Movie Night (TVR)

## WEDNESDAY, DECEMBER 25

### Christmas Day Hanukkah Begins at Sundown Happy Birthday Ernie A!

- 9:00 Coffee & Chit-Chat (CAFE)
- 12:00 Christmas Lunch & Holiday Punch (DR)
- 1:30 Dress Up : Red & Green (LV)
- 5:00 Hanukkah Menorah Lighting (LV)
- 6:00 Movie Night (TVR)

### LOCATION KEY

- MPR: Multi-Purpose Room
- PER: Personal Expressions Room
- LIB: Library
- DR: Dining Room
- TVR: TV Room
- GR: Game Room
- CY: Courtyard
- BUS/VAN: Outing
- LV: Living Room
- BA: Back Area

*Activities are subject to change.*

## SUNDAY, DECEMBER 29

- 8:00 - 10:00 Morning Mimosas (CAFE)
- 9:00 - 12:00 Church Shuttle (BUS)
- 9:00 Walking Club (LV)
- 10:00-11:00 Intergeneration Social Gathering (PER)
- 12:00 Smoothies (CAFE)
- 1:00 Afternoon Exercise Class (MPR)
- 2:00 Bingo! (PER)
- 3:30 Crafting: Sip & Paint with **Bernadette** (PER)
- 5:00 Hanukkah Menorah Lighting (LV)
- 6:00 Movie Night (TVR)

## MONDAY, DECEMBER 30

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Live2BHealthy Exercise (MPR)
- 10:30 Board Games (GR)
- 11:30 Lunch Outing : Chili's \*Sing Up\* (BUS)
- 12:00 Cupcakes (CAFE)
- 1:00 Word in Words (LV)
- 3:00 Music Performance by Hitoshi-cello (MPR)
- 5:00 Hanukkah Menorah Lighting (LV)
- 6:00 Movie Night (TVR)

## TUESDAY, DECEMBER 31

### New Year's Eve Happy Birthday Janice C!

- 9:00 Coffee & Chit-Chat (CAFE)
- 9:30 Morning Stretch (MPR)
- 10:30 Charades (MPR)
- 1:30 Dress Up : New Years (LV)
- 2:00 Bingo! (PER)
- 3:30 Trivia (LV)
- 4:00 New Years Champagne Toast (LV)
- 5:00 Hanukkah Menorah Lighting (LV)
- 6:00 Movie Night (TVR)

## Follow Us!



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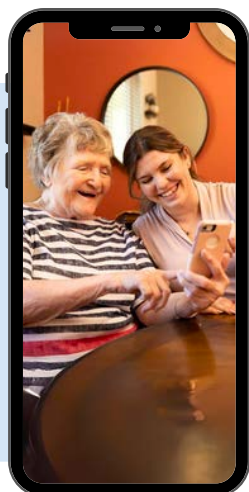
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## Carlton's Resident of the Month : December 2024



**Art O.**



*\*The forms to nominate  
residents are in the Mailroom\**

## Salon Services

Please call Melissa to make an appointment: (510) 449-1857.

## Resident Feedback Meeting

Wednesday, December 18th at  
3:00 PM in the MPR.



Reyna Lopez  
Wait Staff Lead  
October Winner

Our "**Best of the Best**" awards program honors associates who've gone above and beyond in providing particularly high-quality, memorable experiences for residents and their families.

Residents, family members and associates may complete a nomination form for associates who have exceeded their expectations. Forms are available at the front desk.

Nominate an associate today!









### ***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>.