



November 2024

# The Carlton Monthly

Nourishing Mind, Body, and Soul



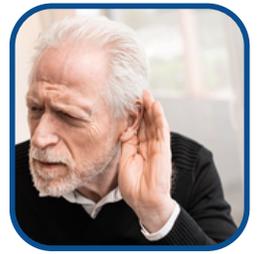
Pictured: CSL Pleasant Hill-Martinez



# Memory Corner

## Hearing Loss and Dementia

### Activity Connection



Many people expect hearing loss as they age, but what if it's more than just an inconvenience? Research suggests a significant link between hearing loss and dementia, a connection that's causing experts to examine what we once considered a natural part of aging.

For years, hearing loss was often brushed aside as a minor issue that could be dealt with by simply turning up hearing aids or asking people to repeat themselves. However, emerging studies, such as those conducted at Johns Hopkins University, reveal that hearing loss might play a critical role in our brain health. People with hearing loss are more likely to develop dementia, including Alzheimer's disease, compared to those with normal hearing. This finding has prompted scientists and doctors to continue to explore the reasons behind this connection.

The studies at Johns Hopkins identified four main theories about how hearing loss could contribute to cognitive decline.

- **Common Physiological Pathway:** The first theory suggests hearing loss and dementia might share a common cause. The same changes that lead to hearing loss, such as blood vessel damage or nerve degeneration, could also contribute to dementia. This is considered the least likely theory.
- **Cognitive Load:** The second theory revolves around cognitive load, or how much work the brain must do to understand speech when hearing is impaired. When we struggle to hear, our brain must work harder to make sense of sounds. Over time, this constant strain may take a toll on cognitive abilities, leading to a higher risk of dementia.
- **Brain Structure Changes:** The third theory suggests that hearing loss might change the brain's structure in ways that contribute to cognitive decline. Older adults with hearing loss tend to have less gray matter in the parts of the brain responsible for processing sound. This reduction in brain tissue could be a sign that the brain is shrinking or atrophying, potentially setting the stage for dementia.
- **Social Isolation:** The fourth theory looks at the impact of social isolation, which is common among those with hearing loss. When it becomes difficult to engage in conversations, people often withdraw from social activities, leading to loneliness and reduced mental stimulation. Social isolation has long been recognized as a risk factor for dementia, so it's possible that hearing loss indirectly contributes to cognitive decline by making people less socially active.

While the link between hearing loss and dementia is still being studied, the evidence is strong enough that experts suggest protecting your hearing. Doctors suggest that people limit their exposure to loud noises and wear earplugs when exposed to loud noise. Regular hearing checks are highly recommended.



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Community Manager



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**Mary Kingori**  
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**Monica Saelee**  
Dining Room  
Manager



**Darren Zinck**  
Chef

# Brian



## Resident Spotlight

Born in Bell, California. Brian is one of seven siblings. He graduated for Norwalk H.S. He always worked during school years. He was a student apprentice-masonry, metal shop, maintenance, and wood shop. Brian always worked with his hands. He developed his custom floor mechanic skill installing carpet, linoleum, ceramic tile and hardwood. Brian married Suzy in 1974, they have 2 children Julie & Will, along with 3 grandsons. They made Fair Oaks their home for over 43 years. Brian loves spending time with family, watching car racing with Will, talking about the grandkids with Julie, and working in the yard with Suzy. He is a helper in many ways, has earned the Name Mr. Fix-it for always helping. For Brian there was no job too small.

### Doctor Shuttle Transportation

We offer transportation for medical appointments on Tuesdays and Thursdays with a drop-off time starting at 8:30 am and a final pick-up time of 4:00 pm.

Free transportation is available for **Orangevale, Citrus Heights, Roseville, Carmichael, Fair Oaks, & Folsom**. Other destinations may incur additional fees.

Doctor Shuttle transportation must be requested at least 48 hours (2 days) in advance. Contact the Front Desk to reserve a time slot.

### Salon

STYLIST WENDY DAHLA IS HERE EVERY TUESDAY.

THE SALON IS LOCATED ACROSS THE HALL FROM THE GARDEN ROOM. WENDY HAS A FLYER IN THE SALON WINDOW LISTING ALL AVAILABLE SERVICES AND PRICING.

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**

# Theme of the Month

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

## Gratitude



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

- Therapeutic Art
- Cards of Gratitude
- Thankful Door Quilt
- Autumn Word Game
- Roll A Turkey Game
- Wheel of Fortune
- Book Markers Club



## Body

- Fishing for Apples
- Morning Exercise
- Pumpkin Patch Decorating
- Live 2B Healthy
- Morning Stroll
- Mindful Yoga with Alicia
- Golfing



## Soul

- Golden Oldies with Rick Turnage
- Artisan Mind
- Songs of Gratitude & Praise
- Nature Therapy
- Praise Songs with Nehemiah
- Name that Tune: Boardway
- Jazzy Tunes with Carol

## 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.

We Forgot the Candy  
It's the night of Halloween  
And I forgot to shop  
I rummaged through the cupboards to see  
what I got  
But I see nothing not even snot  
I can't believe I forgot  
Knock, Knock, Knock!  
Oh no They're here!  
Hurry up and hide before we get caught



## 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.

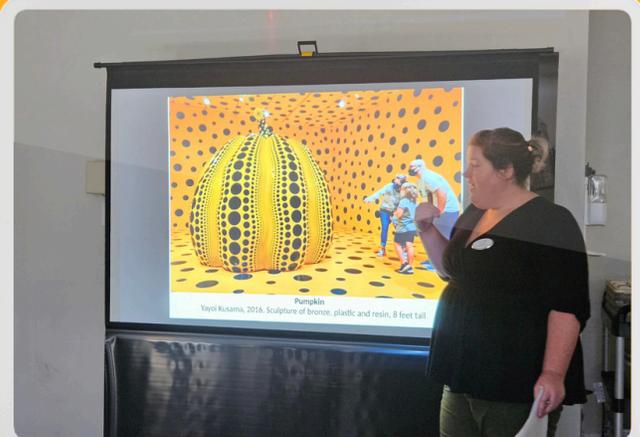


## DRUM CIRCLE

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



## November Theme Days

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

### Friday 11/1 • Dia de los Muertos

Wear bright colors or a “sugar skull” shirt!

### Monday 11/11 • Veterans Day

Wear red, white, and blue to honor our military veterans.

### Monday 11/18 • Mickey Mouse’s 95th Birthday

Wear a Mickey Mouse shirt, or any Disney character! We will have Mickey Mouse ears to hand out as well.

### Thursday 11/28 • Thanksgiving

Wear brown, burgundy, and gold, or turkey shirts!

## Happening in November

11/6 Outing: Sutter Fort Historic State Park

11/6 Dementia Support Group

11/8 Community Engagement Outing:  
Orangevale Community Center

11/8 Flu & Covid Vaccine Clinic

11/11 Special Veteran’s Day Ceremony



11/21 Special Thanksgiving Day Lunch

Please see Front Desk for more information.

## It’s that time to get your Flu & Covid Vaccine

Friday, November 8  
10:00 AM to 12:00 PM  
Private Dining Room



## November Birthdays

Kennith H. 11/5

Janet J. 11/7

Kay H. 11/19

Maryjo H. 11/19

Patricia P. 11/21

Kathleen K. 11/23

Sandy S. 11/27

# GRATEFUL, THANKFUL, BLESSED!



- FRIDAY, NOVEMBER 1**
- 9:30 Nature Therapy: Morning Stroll (CY)
  - 10:00 Gratitude Chair Yoga (LR) ♪
  - 10:30 All About Saints Day (LR) ♪
  - 12:30 November's Facts (LR)
  - 1:00 Singfit (LR) ♪
  - 2:00 Sugar Skull Painting (LR)
  - 3:00 Name 5: Thanksgiving Recipes (LR)
  - 4:00 MLTV: Trivia (LR)
  - 5:00 Evening Matinee: Underdog (LR)



- SATURDAY, NOVEMBER 2**
- 9:30 Nature Therapy: Morning Stroll (CY)
  - 10:00 Music with Movement (LR)
  - 10:30 Remember When? (LR)
  - 12:30 Crafts: Cards of Gratitude (LR)
  - 1:30 Cooking 101: Pumpkin Smores Cookies (LR)
  - 2:30 Balloon Volleyball (LR)
  - 3:15 Music with Robert Greene (LR)
  - 4:00 MLTV: Dinner Medley (LR)
  - 5:00 Evening Movie: White Fang 2 (LR)



**Daylight Saving Time Ends!**



Time to set your clocks *back* one hour before going to bed on **Saturday, November 2nd!**

## SUNDAY, NOVEMBER 3

### **Daylight Savings Time Ends!**

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:45 Finish the Song Title (LR)
- 12:30 Bean Bag Toss (LR)
- 1:00 Singfit (LR)♪
- 2:00 Thankful Door Quilt (LR)
- 3:00 Bingo (LR)
- 4:00 MLTV: Vegan Cooking (LR)
- 5:00 Evening Matinee: Spiderman (LR)

## THURSDAY, NOVEMBER 7

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:45 Gratitude Mad Libs (LR)
- 12:30 Star of the Month: Burgess Meredith(LR)
- 1:00 Therapeutic Art with Matthew (DR)
- 2:00 Hand Massage and Nail Time (LR)
- 3:00 Live2BHealthy Exercise (DR)
- 4:00 MLTV: Vegan Cooking (LR)
- 5:00 Evening Matinee: Cheetah (LR)

## MONDAY, NOVEMBER 4

- 9:30 Nature Therapy: Morning Stroll (LR)
- 10:00 Scenic Drive (B)
- 10:45 Flower Arranging (LR)
- 12:30 Afternoon Stretch (LR)
- 1:00 Drum Circle (LR)
- 2:00 Word in A Word (LR)
- 3:00 Drama: It's a Zoo! (LR)
- 4:00 MLTV: Vegan Cooking (LR)
- 5:00 Evening Matinee: Hamilton (LR)

## FRIDAY, NOVEMBER 8

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Gentle Chair Exercise Bingo (LR)
- 10:30 Cindy & the Bunnies Visit (LR)
- 11:00 Orangevale Community Outing (LR)
- 12:30 Who am I? November Birthday's (LR)
- 1:00 Singfit (LR)♪
- 2:00 Art: Flag Painting (LR)
- 3:00 Miniature Golf (LR)
- 4:00 MLTV: Vegan Cooking (LR)
- 5:00 Evening Matinee: George of the Jungle (LR)

## TUESDAY, NOVEMBER 5

### **Election Day!**

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Sing & Strengthen Exercise (LR)
- 10:30 Reminiscing: First Election (LR)
- 12:30 Talk & Toss (LR)
- 1:00 Music with Rick Turnage (LR)
- 2:00 Travelodge: Cleveland, Ohio (LR)
- 3:00 The Book Marker Club (DR)
- 4:00 MLTV: Vegan Cooking (LR)
- 5:00 Evening Matinee: Baby's Day Out (LR)

## SATURDAY, NOVEMBER 9

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Body Blast Exercise (LR)
- 10:30 Who am I? Jimi Hendrix (LR)
- 12:30 Wheel of Fortune (LR)
- 1:30 Roll a Turkey Game (LR)
- 2:00 Sensory: Enriching Sachet (LR)
- 3:15 Music with Curt Stoffell (LR)
- 4:00 MLTV: Vegan Cooking (LR)
- 5:00 Evening Matinee: Indiana Jones (LR)

## WEDNESDAY, NOVEMBER 6

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Outing: Sutter Fort State Historic Park (B)
- 10:45 Conversation Cards (LR)
- 12:30 Singfit (LR)♪
- 1:30 Mindful Yoga with Alicia (DR)
- 2:00 Sensory: My Dear Old Sweater (LR)
- 3:00 Dementia Support Group (PDR)
- 3:30 Happy Hour with Chaz Steffan (AR)
- 5:00 Evening Matinee: BH Chihuahua 2 (LR)

Welcome to Our Family

Richard, Christina,  
& Benjamin!



## SUNDAY, NOVEMBER 10

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:45 Giving Thanks: Scripture & Song (LR)
- 12:30 Tye-Dye Turkeys (LR)
- 1:00 Football Bean Bag Toss (LR)
- 2:00 Favorite Pie Word Search (LR)
- 3:00 Bingo (LR)
- 4:00 MLTV: Trivia
- 5:00 Evening Matinee: Mighty Joe Young (LR)

## THURSDAY, NOVEMBER 14

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Music with Movement (LR)
- 10:30 Conversation Cards (LR)
- 12:30 Cooking 101: Mini Pumpkin Pies (LR)
- 1:30 The Soundtrack of Cinema (DR)
- 2:30 Turkey Races (LR)
- 3:00 Live2BHealthy Exercise (DR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Peter Pan & Wendy (LR)

## MONDAY, NOVEMBER 11

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Scenic Drive (B)
- 11:00 Special Veteran's Day Ceremony (LR)
- 12:30 Guesstures(LR)
- 1:00 Singfit (LR) ♪
- 2:00 Sensory: Veteran's Day (LR)
- 3:00 Remembrance Day of Coloring (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Angels in the Outfield (LR)

## FRIDAY, NOVEMBER 15

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Body Blast Exercise (LR)
- 10:30 Singfit (LR) ♪(LR)
- 12:30 Thankful from A to Z (LR)
- 1:00 Balloon Volleyball (LR)
- 2:00 Drama: An Unexpected Adventure (LR)
- 3:00 Music with Carol Curtin (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Pinocchio (LR)

## TUESDAY, NOVEMBER 12

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Music with Movement (LR)
- 10:45 Short Story: Unexpected Blessing (LR)
- 12:30 Crafts: Leaves of Gratitude (LR)
- 1:30 Pondering Prompts Thanksgiving (LR)
- 2:00 Music Therapy with Tori (LR)
- 2:00 BOB Ceramony (AL)
- 3:00 The Book Marker Club (DR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Mr. Magoo (LR)

## SATURDAY, NOVEMBER 16

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Gentle Chair Exercise Bingo (LR)
- 10:45 November Table Talk Tidbits (LR)
- 12:30 Exercise: Runaway Routine (LR)
- 1:00 Gratitude Jar Poster (LR) (LR)
- 2:00 Bean Bag Toss (LR)
- 3:15 Music with Darrell Effinger (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: The Jungle Book (LR)

## WEDNESDAY, NOVEMBER 13

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:30 Singfit (LR) ♪
- 12:30 Thanksgiving Centerpieces (LR)
- 1:30 Minature Golf (LR)
- 2:30 Word in a Word: Gratitude (LR)
- 3:30 Happy Hour with Beni Rivers (AR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Muppets Most Wanted (LR)



## SUNDAY, NOVEMBER 17

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:30 Corn Hole (LR)
- 12:30 Finish the Line (LR)
- 1:00 Thankful Tea Tasting (LR)
- 2:00 Sunday Singers (LR)
- 3:00 Craft: I'am Thankful Pumpkin (LR)
- 4:00 MLTV: Trivia
- 5:00 Evening Matinee: Three Musketeers (LR)

## MONDAY, NOVEMBER 18

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Music with Marvin (LR)
- 11:00 Who Are We? The Rolling Stones (LR)
- 12:30 Afternoon Stretch (LR)
- 1:00 Singfit (LR) ♪
- 2:00 Tabletop Bowling (LR)
- 3:00 Poetry Circle: Poems of Gratitude (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: 27 Dresses (LR)

## TUESDAY, NOVEMBER 19

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Standing Balance & Stretch (LR)
- 10:30 Thanksgiving Napkin Decorating (LR)
- 12:30 Wheel of Fortune (LR)
- 1:30 Therapy Dogs (LR)
- 2:00 Music Therapy with Tori (LR)
- 3:00 The Book Marker Club (DR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Blank Check (LR)

## WEDNESDAY, NOVEMBER 20

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:30 Corn Hole (LR)
- 12:30 Junk Drawer Detective (LR)
- 1:30 Mindful Yoga with Alicia (DR)
- 2:00 Guesstures (LR)
- 3:30 Happy Hour with Mid-Town Jazz (AR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Gus (LR)

## THURSDAY, NOVEMBER 21

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Music with Movement (LR)
- 10:45 Gratitude Conversation Starters (LR)
- 12:30 Hole in One Turkey Golf (LR)
- 1:30 Artisan Mind with Risa (DR)
- 2:30 Thanksgiving Would You Rather (LR)
- 3:00 Live2BHealthy Exercise (DR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee:  
Honey, We Shrank Ourselves (LR)

## FRIDAY, NOVEMBER 22

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Body Blast Exercise (LR)
- 10:30 Singfit (LR) ♪
- 12:30 Art: Thankful Pumpkin Painting (LR)
- 1:30 Random Trivia (LR)
- 2:00 Music with The Cat's Meow (AR)
- 3:15 Talk & Toss (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Hot Shots (LR)

## SATURDAY, NOVEMBER 23

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Gentle Chair Exercise Bingo (LR)
- 10:30 Island Pacific Dancers (AR)
- 12:30 Native American Heritage Month (LR) ♪
- 1:00 Science for Seniors: Thunderstorms (LR)
- 2:00 Thanksgiving Gratitude Game (LR) ♪
- 3:15 Music with Skip Morgan (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: O Brother, Where Art Thou (LR)

## LOCATION KEY

- (LR) Living Room
- (DR) Dining Room
- (CY) Courtyard
- (B) Bus
- (AR) AL Activity Room

*All activities are subject to change.*

## SUNDAY, NOVEMBER 24

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:30 **Gratitude Circle (LR)**
- 12:30 Finish the Line (LR)
- 1:00 Singfit (LR) ♪
- 2:00 Hoover Soccer (LR)
- 3:00 Turkey Tail Bingo (LR)
- 4:00 MLTV: Trivia
- 5:00 Evening Matinee: The Family Stone (LR)

## MONDAY, NOVEMBER 25

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Scenic Drive (B)
- 10:00 Morning Stretch (LR)
- 12:30 Sing-along with Amber & Brandi (LR)
- 1:00 **Creative Story: Thanksgiving Dinner (LR)**
- 2:00 Balloon Volleyball (LR)
- 3:00 **Arts: Gratitude Stones (LR)**
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Hope Floats (LR)

## TUESDAY, NOVEMBER 26

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Standing Balance (LR)
- 10:30 Songs of Gratitude with Nehemiah (LR) ♪
- 12:30 Singfit (LR) ♪
- 1:30 Founding Father's, Holiday's, Popular Dishes (LR) ♪
- 2:00 Hoover Soccer (LR)
- 3:00 The Book Marker Club (DR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: A Ring of Endless Light (LR)

## WEDNESDAY, NOVEMBER 27

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Morning Stretch (LR)
- 10:30 Reminiscing: Juke Box Days (LR)
- 12:30 Tabletop Bowling (LR)
- 1:00 Craft: Leaf Mason Jar (LR)
- 2:00 **Thanksgiving Game (LR)**
- 3:30 Resident Birthday Celebration with Evening Star (AR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Tiger Cruise (LR)

## THURSDAY, NOVEMBER 28

### **Happy Thanksgiving**

- 9:00 Macy's Day Parade (LR)
- 9:30 Nature Therapy: Leaf Collecting (CY)
- 10:00 Music with Movement (LR)
- 10:45 **Thanksgiving Singalong (LR)**
- 11:30 **Special Thanksgiving Day Lunch (AR)**
- 1:00 Turkey Day Trivia (LR)
- 2:00 **It's the Great Pumpkin Charlie Brown (LR)**
- 3:00 **Thanksgiving Bingo (LR)**
- 5:00 Evening Matinee: Chasing Mavericks (LR)

## FRIDAY, NOVEMBER 29

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Body Blast Exercise (LR)
- 10:30 **Christmas Tree Set Up (LR)**
- 12:30 Singfit (LR) ♪
- 1:30 **Christmas Tree Decorating (LR)**
- 2:30 Balloon Volleyball (LR)
- 3:30 Word in a Word (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: Glory Roads (LR)

## SATURDAY, NOVEMBER 30

- 9:30 Nature Therapy: Morning Stroll (CY)
- 10:00 Gentle Chair Exercise Bingo (LR)
- 10:45 Christmas Photo Shoot (LR)
- 12:30 Corn Hole (LR)
- 1:00 Craft: Christmas Wreath (LR)
- 2:00 Music with Elaine Lord & her Duo (AR)
- 3:15 Bingo (LR)
- 4:00 MLTV: Trivia (LR)
- 5:00 Evening Matinee: The Lost King (LR)

## Follow Us!

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## Trusted Technology \* Expert Insight \* Safer Dementia Care

### Fall prevention interventions to reduce transfer risks

Falls often happen when a resident tries to move from a wheelchair to a chair or bed or from a sitting to a standing position without help. When residents are assisted with transfers, they only fall 1% of the time. The following are great solutions for preventing transfer falls.

### Fall prevention interventions to reduce falls when a resident transfers:

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

These interventions can help prevent falls in your community, increasing safety and improving resident well-being. Carlton Senior Living partners with SafelyYou as part of a comprehensive fall management program. We work together to combine trusted technology with expert insights to not only detect falls and help prevent future falls, but to create safer environments where residents thrive.