

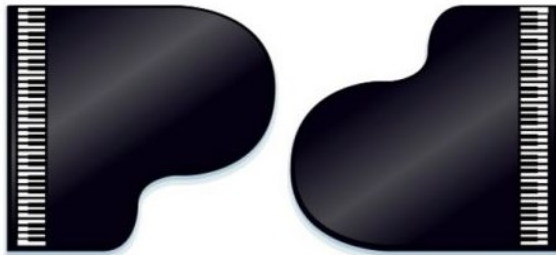


## Eskaton Village Carmichael

## VILLAGE NEWS

**JANUARY 2019**

Gae Ruddell, Life Enrichment Coordinator, Editor



### An Evening of Piano Music by Eskaton Residents

Thursday, January 10  
7:00 pm, Auditorium

Imagine two grand pianos in the center of the auditorium, with the audience surrounding the performers. Think about the possibility of hearing four residents (eight hands) playing the two pianos at once! In addition, there are more two-piano duos, duets, and solos by eight Eskaton residents.

Hear beautiful, inspiring piano music by Rose Burgis, Beverley Franz, Paul Gerard, Vivian Hida, Tony Kaye, Bud and Dorothy Swank, and Joan Unter.

### Monday, January 21 through Friday, January 25

It's our annual opportunity to help replenish the Carmichael Food Closet after their big holiday rush.

Please bring non-perishable, unopened food to the Mailroom anytime during this week to help feed Carmichael families. Top needs are:

Canned chili, baked beans, tuna, dried pasta, standard-sized boxed cereal, medium-sized jars of peanut butter, and mac-n-cheese.

*Thank You!*



# It's Never Too Late to Start Feeling Great!

By Judy Barnett, Fitness/Wellness Coordinator



## Five Healthy New Year's Resolutions

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.: In later life, you still need healthy foods, but fewer calories. The USDA's Choose My Plate program ([choosemyplate.gov](http://choosemyplate.gov)), and your healthcare provider, can help you make good choices.
2. Be Active: Physical activity can be safe and healthy for older adults -even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity.
3. Guard against Falls-One in every three older adults falls each year -and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid

Give your brain a workout-The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Sudoku. Socializing also gives your brain a boost.

## UC Davis Mini Med School Video

"Reducing Fall & Risk Injury"

Christy Adams, RN, MPH, PhD

Weds., January 30

1:00 pm, NAUD

## How Can I Improve My Walking Posture?

- Be aware of your posture.
- Make sure your head is up and looking forward.
- Keep your back straight by slightly tightening your stomach muscles.
- Your neck, shoulders, and back should be relaxed.
- Swing your arms naturally, with a slight bend.

## Health Groups & Services

### Fitness Committee Meeting

Weds., Jan. 9th, 1:00 pm, TV Room

### Hearing Aid Service Clinic

#### Avalon Hearing Aid Centers

Weds., Jan. 16

Music Room, 4:00 pm

Weds., Jan. 16

ALU 3:00 pm - 4:00 pm

### Low Vision Group

Thursday, Jan. 17, 1:30 pm, TV Room

***Saturday Night at the Movies 7:00 pm North Auditorium***

**January 5 *LadyHawke***

Start the new year with a period fantasy. In medieval France, a young, nebbishy pickpocket be-friends a knight who has fallen under a strange curse. It is soon up to the pickpocket to help re-unite the knight and his lady love and defeat the evil bishop behind the curse in this romantic fantasy film.

**January 12 *Apollo 13***

On the 13th Apollo mission in April 1970, when an oxygen tank exploded en route to the moon. The three astronauts on board - Jim Lovell, Fred Haise and Jack Swigert - were faced with the possibility of becoming marooned in space. Their oxygen could run out, they could be poisoned by carbon dioxide accumulations, or they could freeze to death. If somehow they were able to return to the Earth's atmosphere, they had to enter at precisely the right angle.

**January 19 *BLACKkKLANSMAN***

In honor of Martin Luther King Day, this movie, the BlacKkKlansman, uses history to offer biting trenchant commentary on current events -- and brings out some of Spike Lee's hardest-hitting work in decades along the way.

**January 26 *No movie***



**Sunday Night Art Movie *Abstract: The Art of Design***

**January 27, 7:00 pm, TV Room**

A look beyond blueprints and computers into the art and science of design, showcasing great designers from every discipline whose work shapes our world.

**Foreign Film *Marriage Italian Style*  
Sunday, January 13, 7:00 pm, TV Room**

Domenico Soriano (Marcello Mastroianni) is about to marry, but when he learns that his mistress Filumena Marturano (Sophia Loren) is ill, he stays by her side, learning later that it was a ploy by her to get him to marry her instead.





**Tammy Alves**  
**Interim Director of**  
**Resident Services**  
**916 - 974 - 2035**

### **Pharmacy Best Practices**

Following these best practices will help decrease the possible stress of working with your pharmacy.

#### **Refills:**

Call your local pharmacy when you are down to seven pills in your bottle. The pharmacy will contact your doctor if they need to verify a refill.

Request mail-order pharmacy refills when 12 pills remain in your bottle. You will have to contact your doctor for new prescriptions.

Prescriptions written by your doctor are good for only six months, regardless of when you have them filled.

If you are having problems opening your bottles, you can ask for an easy-open medicine top. Some pharmacies, upon request, also offer bubble packages for easy pill dispensing.

When transferring pharmacies, contact your new pharmacy and give them your insurance and prescription information. They will handle contacting the old pharmacy and transferring your prescription for you.

To make things even easier, some pharmacies have auto-refill, which will generate your refills automatically when your prescriptions are due. This service must be requested.

If you find that you are having problems with handling your medication needs, Eskaton has med-management, a for-fee service. Visit the Wellness Office for more information.

### **EVC Team's Big Night**

Each year, the Eskaton Village Carmichael team assembles for a night of appreciation for their phenomenal efforts over the past year. This night is called Winterfest. The EVC management group proudly treats the team to a night of food, prizes, recognition via an Oscars-style awards show, plus music and dancing to round out the evening.

Winterfest 2019 will be held on **Saturday, January 26**. Due to the magnitude of the celebration, some areas of the Village Center will be unavailable. The Auditorium will be in use beginning the 25, allowing ample time for setup. Additionally, on the 26, beginning at 2:00 pm, we ask that residents do their best to avoid the Dining Room Foyer and the Grand Lobby.

No catering events can be accommodated on the 26. Dining Room meal service on that day will include: breakfast, lunch (which will be the main meal of the day), and boxed dinners in the evening.

We are extremely excited to show our appreciation to the EVC team in such a big way, and we greatly appreciate your understanding regarding the disruptions the night may cause. Thank you!



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**Tuesday**  
**January 15**  
**11:00 am - 3:00 pm**  
**Dining Room**  
**Foyer**

**From the Desk of Glen Blackwell**  
**CDM, CFPP**  
**Director of Dining Services**

**Happy New Year to All!**

With 2018 behind us now, I would like to start the New Year out with fun facts from 2018.

For 2018, our largest food purchase in dollars was PRODUCE! Yes, fresh, delicious produce.

Chef's Note on requesting "in season" fresh fruits and vegetables: please understand that we try to purchase locally. I know bananas are not local, but requesting items in the dead of winter that are not local is not feasible.

In 2018, we saw an increase in residents' meals in all levels of care. Dining Services accomplished serving more residents, more meals, and was able to maintain the same staffing levels! Through efficiencies and Anita Singh's great training programs, we have been able to serve more residents with the same staffing levels.

Moving on to 2019 - just a friendly reminder. In a recent purchase of "hand fruit", we noticed that during a lunch period, where we commonly service 180 guests, we used over 300 pieces of hand fruit. Please refer to your Resident Handbook as it states "one hand fruit" per meal period. This will help us make sure we have funds to purchase fresh hand fruit throughout the year.

***Chef's Corner***  
**Kevin Casey, Executive Chef**

Happy New Year to all and wishing you health and happiness in 2019!!!

We will be working on making changes again on our monthly menu rotation, accommodating all your request the best we can. In the Village Café, daily specials will start appearing at both the lunch and dinner menu specials. We all look forward to a great 2019.

Next month's Chef's Demo will feature "Legumes".

**Until next month, bon appetit!!!**



***The Service Star***  
**Anita Singh, Assistant Director**

Happy New Years to all our residents! Hopefully, 2019 will be a nice year for everyone.

We hired two new employees: Megan Bear and Marcos Santos. Megan used to work here two years ago. We are happy to have her back. Marcos is doing an excellent job as a dishwasher in the Lodge kitchen.

Please remember to call in dinner requests before 4:00 pm for to-go orders. We want to be efficient in serving our residents in the Dining Room.

## Annual CALCRA Membership Meeting

The EVC Chapter of CALCRA, the California Continuing Care Residents Association, will hold its annual meeting January 17<sup>th</sup> at 1 p.m. in the South Auditorium.

CALCRA is a non-profit organization dedicated to improving the lives of continuing care facility residents through advocacy with the state legislature and the state Department of Social Services (DSS). It has been responsible for the establishment in law of: the right of a resident to dispute a transfer to a higher level of care; the requirement that residents must receive a notice of monthly fee increases at least 30 days in advance; the requirement that the Department of Social Services must respond to residents' complaints within 15 days, and several others. Residents' membership in the EVC Chapter contributes to increasing the strength of CALCRA's influence in the Capitol and with DSS.

The guest speaker at the meeting will be a representative of the public advocacy firm which represents the organization. New memberships and annual renewals will be processed at the meeting. Membership processing will also occur on January 16 and 17 in the Dining Room Foyer around lunch and dinner time. Renewal notifications will be placed in current members' EVC mailboxes in early January.

Spiritual Life Committee  
CELEBRATING FAITH



### MLK Tribute

In January the Spiritual Life Committee will present a special program honoring Dr. Martin Luther King, Jr. Bob Hatmaker will share with us *"I have a dream," a Tribute to Martin Luther King*. Using a combination of narrative and historical video footage, Bob will help us remember the contributions made by this unique, historic American. This program will be Monday, January 21, 7:00 p.m. in the NAUD.

### Spiritual Life Library

There is a collection of books of spiritual significance in the chapel that is available for any resident to check out. It is carefully organized to make it easy to make your selections. A new title has just been added: *Live, Love, and Let Go* by James K. Abshire, M.D.

### Leadership

In December we honored **Paulina van Leeuwen** for her excellent leadership over the past two years, and we welcomed **Bob Hatmaker** as Co-Chair for the next two years.



**Chef's Demonstration**  
**January 8th**  
**Super Food: Legumes**  
**Tuesday, 10:30, NAUD**  
*Come enjoy the food  
and the fun*

## Redundancies to Avoid

- Pooled together
- Free gift
- Unfilled vacancy
- Refer back
- Consensus of opinion
- Centered around
- Absolute necessity
- Merge together
- Serious crisis
- Closely scrutinized
- Pair of twins
- Future plans
- Visible to the eye
- Surrounded on all sides
- Actual fact
- Unexpected surprise
- Postpone until later



## Night at the Forum

Thursday, January 17, 2019  
7:00 pm , North Auditorium

### *Preserving Your Life Story in Video*

To begin our 2019 Forum program, we've invited a man with a rich background in stage, screen, and television, who has recently turned his attention to the concept of televising personal memoirs.

Larry Swerdlove is a two-time Emmy recipient who has produced and directed shows and concerts over a span of 45 years. We first met him because he worked with Yen Lu Wong on her Forum presentation last year. Following retirement in 2010, Larry developed a passion for the use of video to record personal as well as company histories, a subject of great interest to many in our local community.

He'll be talking about both the importance and the task of preserving personal memories so that they can be shared with future generations. Plan to come hear his presentation.

## Everyone Has a Story

We have a saying in our memoir writing classes: "Everyone has a story and everyone's story is important."

Come join us for a new Guided Memoir writing series. Class begins January 7 and continues every first and third Monday at 10am through November, 2019.

A separate group of seasoned writers meets first and third Wednesdays at 10am. Memoir Writers' Workshop is an ongoing drop-in group for those who enjoy writing and sharing their stories. (Note new time: 10am)

Come early. We meet in the Craft Room and space is limited.  
Questions? [ckonrad1@comcast.net](mailto:ckonrad1@comcast.net) or call Carolyn Konrad, 916-283-4246.

# Ch 88 TV SCHEDULE – JANUARY 2018

## EVC Auditorium Programs Shown on TV Channel 88

<b>JANUARY</b>	<b>Mondays through Fridays 1:30 pm &amp; 7:00 pm</b>
Dec 31 – Jan 4	<b>SPIRITUAL LIFE</b> — “Faith: Life in Search of Joy” - Nov. 29 — our own <b>Bud Swank</b> presents practical ways to increase our likelihood of discovering a life of joy for ourselves.
7 – 11	<b>WINTER CONCERT</b> — <b>Holiday Music is presented by the Residents’ “Eskatones Bell Choir”</b> as well as <b>“Bob &amp; Kathy Rawleigh”</b> vocals. Entertainment at the Eskaton 50th Anniversary Party on <b>Dec. 6.</b>
14 – 18	<b>HIGH VOLTAGE</b> – is a premier group of 23 young performers from El Dorado Musical Theatre. High-energy entertainment, exceptional singing and dancing and just fun to enjoy! Recorded at EVC on Dec. 14.
21 – 25	<b>RESIDENT ASSOCIATION INFORMATION MEETING</b> — <b>Jan. 18, 2019</b> – <b>Mary Dial</b> — <i>Call to order, recently deceased &amp; new residents</i> ; <b>Stuart Groman</b> — <i>Treasurer’s report</i> ; <b>Priscilla Mauerman &amp; Jan Hatmaker</b> — present EVC Spring Scholarship Awards; <b>Greg Klick</b> — <i>Executive Director’s report</i> ; <b>Mary</b> — <i>Summary of Jan.7 business meeting, acknowledgements and announcements.</i>
28 – Feb 1	<b>CONCERT</b> — <b>“Holiday Dreams”</b> by the <b>Sacramento Valley Concert Choir</b> , a nonprofit, self-supporting choral association of mixed voices, serving the Greater Sacramento area since 1969 performed at EVC again on Dec. 21.

### **EVC’s Parkinson’s Disease Support Group**

The new EVC Parkinson's Disease Support Group will meet on the first Wednesday of the month in 2019, with the first gathering scheduled for **10:00 a.m.-11:30 a.m. January 2, in the Assisted Living Recreation Room.** The January meeting will feature a music therapy program in which popular PD volunteer Fran Mironchik leads participants in keeping time to music with body movements and gestures with sticks. The support groups benefit those with Parkinson's disease, their relatives, and those who want to be more knowledgeable about the disease.



## Did you know?

- We have a Billiard Room, open, equipped, and ready for play. D-292
- Happy Hour is back, Friday, January 11, 4:00 - 5:00 pm, Fireside Room.
- We won't have entertainment on the third Friday as we usually do. The Entertainment Committee's big night will be Friday, January 4. Please see ad below.
- The two large, white albums, containing photos of all our beautiful residents, are now located on the counter in the Craft Room. Everyone's welcome to browse through them anytime a meeting is not in session. They are a particularly great resource for looking up a resident whose name does not come to mind or you didn't know it in the first place.
- Some residents prefer the hard, plastic name badges, and have been getting them at All Safe Engravers, 2151 Fulton Ave., 489-8888.

### Winter Chamber Music Program

Friday, January 4, 7:00 pm, Auditorium

Susan Lamb Cook, Director

presents

### Rising Stars of Chamber Music

Performing work by Mendelssohn, Mozart, Dvorak, and more!



## Birthdays

Elizabeth Indergand	01	Christel Cranston	15	Doug MacIver	24
Brian Anderson	01	Laverne Baker	16	Mike Catino	26
Beverly Konkoff	01	Al Hida	L 16	Sheldon Moore	26
Priscilla Mauerman	04	Ken Renfrow	16	Doris Richmond	L 27
Joe Wilcox	04	Laurie Lineer	16	Charlie McAvoy	27
Cindy Kaye	05	Gene Christopher	18	Lynn Edwards	28
Marian Thompson	10	Donna Bliss	19	Barbara Heard	28
Peg Barrie	13	Marilyn Hoffman	22	Barbara Staschke	29
Genemarie Mortimore	15	Martha Eberhardt	22	Dorothy MacDonald	29
		Janet Glover	23	George Empey	MCU 30
		Ann Schinke	24	Bob Clark	31
		Keith Gurney	24		

## Wedding Anniversaries

Karen & Don Taranto	66	02, 1952
Marylin & George Hendry	63	22, 1955
Barbara & Darrel Cooley	62	21, 1956
Pat Beekler & Dick D'Agostino	28	1, 1990

If you have a birthday or wedding anniversary this month, you are invited to a reception

**Friday, January 18**  
**4:30 pm, Fireside Room.**



**4:00 - 5:00p**  
**Fireside Room**  
**Second Friday**  
**every month**

John and Kristy Cocuzzi

*Tribute to Frank Sinatra*

Friday, January 18, 7:00 pm, NAUD

