



Eskaton Village Carmichael



Continuing Care Community (CCRC):
Independent Living with Services, Assisted
Living, Memory Care and Skilled Nursing
3939 Walnut Avenue
Carmichael, CA 95608
916-974-2000
License # 340313383 COA # 202

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Anita Singh Assistant Dir. Dining Service
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Tammy Alves MCU Resident Care Coord
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Pristina Zhang MCU Life Enrichment Coord
Kathy Stambuck SNF Life Enrichment Coord
Jon Hippenstiel Lead Driver
Kenny Ramos Life Enrichment Assistant/Driver
Cindy Burns Life Enrichment Assistant/Driver

December 2017

A Message From the Assistant Executive Director

Happy DECEMBER! I can hardly believe that the end of the year is here. This is the time of year that we reflect on how our year went and what we are thankful for and what we want to accomplish in the new year. I have to say, humbly, that I am so very thankful for all our residents and the joy and laughter they bring to our lives. I am also thankful for our wonderful staff and all the hard work they put in to caring for our wonderful residents. When I think about the staff and their genuine love for our residents and the pride they take in their jobs, I get goosebumps and feel so fortunate to work alongside of them to care for our incredible residents. I am looking forward to 2018 and all that it has to bring. I wish you all a HAPPY THANKSGIVING, a MERRY CHRISTMAS, HAPPY HANUKKAH and a HAPPY NEW YEAR. Thank you for allowing me to work in your home!

-Tighe





Out & About

Announcement From Transportation

Please submit your transportation requests to the ALU front desk as early as possible. You may submit your requests six months in advance. Please don't wait until the last minute as transportation fills up fast!
916-974-2040



Neighborhood News

Children's Winter Music Recital

Come listen to classical and contemporary selections played by young pianists of the Sacramento community.

Arrangement directed by Tammy Tucker

December 3rd

Memory Care Lodge

Performance 1:30-2:15pm

Reception 2:15-3:00pm

If you are interested in attending, RSVP by calling MCU Activity Coordinator 916-974-2141.



Happy Birthday

- 12/16 Bonnie Hartman
- 12/20 Amy Harris
- 12/30 Ruth Money

Sagittarius: Nov. 22-Dec. 21

An eternal optimist could be the best way to describe those born under the sign of Sagittarius, Nov. 22 to Dec. 21. Cheerful and friendly, Sagittarians are naturals at socializing, and these curious and energetic folks love to travel.

Although possessing a great sense of humor, the Sagittarius can also be impatient, and they are known to say whatever is on their mind, no matter how tactless or undiplomatic it might be.

Sagittarians are rarely possessive or temperamental, but this means they can seem unemotional. However, their generous nature means Sagittarians are always willing to lend a helping hand, and they make great friends.

Did You Know?

Most evergreen trees are coniferous, which means cone-bearing.



People & Places

Sacramento's Fabulous Forties

The Fab Forties neighborhood is part of the East Sacramento district. President Ronald Reagan lived at 1341 45th Street while serving most of his term as Governor of California. The lots between 38th and 46th Streets and bordered by J Street and Folsom Boulevard are among the largest in East Sacramento, creating the concentration of larger houses that gave rise to the area's name. Up until the Great Depression, the grand homes of the "Fab '40s" were considered to be the modern day equivalent of a suburban mansion. Now they are considered architecturally spectacular large to mid-sized houses in a very pricey location. Additionally the demand for larger and more modern housing has created an interesting surge in the number of remodels and multi-story additions throughout the McKinley Park and East Sacramento community. The Fab Forties neighborhood is home to a deodar cedar tree (*cedrus deodara*) that is over 100 years old.



What's Happening at the Lodge

- 12/2 (10:00) Catholic Indonesian Choir-F
- 12/8 (10:00) Tea with Tighe- F
- 12/9 (10:00) Second Saturdays with Marvin- F
- 12/11 (4:00) Violin Music with Bernice- F
- 12/13 (4:00) Rick Turnage on Guitar- F
- 12/15 (10:00) Kohler Kids Visit the Lodge-F
- 12/20 (1:30) Avalon Hearing Clinic-R
- 12/20 (6:00) Holiday Lights Drive
- 12/22 (10-11) Resident Council-R

- Every Tuesday & Thursday (4:00) Happy Hour with Wine & Live Entertainment
F = Foyer
R = Rec Room



Saturday Movie Matinee

- 12/2 Alice In Wonderland
- 12/9 The Other Sister
- 12/16 Edward Scissorhands
- 12/23 The Family Stone
- 12/30 Pirates Of The Caribbean 3

****All Matinee Movies start at 2:15 in the Foyer****

They say charity starts at home. If you're worried that you won't be able to provide for your family, you might overlook a gift to the causes that are important to you.

Through gift planning, you can choose a method of giving that protects your family's needs and offers greater tax savings. Here are a few ways you can support Eskaton Foundation. A **gift in your will** – giving 5% is an easy way to provide an enduring gift to support Eskaton Foundation while being sure your loved-ones are taken care of. **Retirement plan assets.** Because retirement plan assets can be heavily taxed when left to family, it can be tax-savvy to leave these assets to charity through beneficiary designations. **Life insurance.** Life insurance is a simple way to make a big impact. You can leave all or a portion of your life insurance policy to Eskaton Foundation. **Charitable gift annuity.** Charitable gift annuities are a strong gift option. Contact us to learn more about this way to give.

To learn more, please contact Kim Rhinehelder, President, Eskaton Foundation at 916/334-0810. Thank you!



What's Happening at MCU

- 12/3 (1:30) Children's Music Winter Recital
- 12/7 (10:00) Kid's Connection for MCU and SNF
- 12/12 (2:30) Alexei's Classical Violin & Ballet
- 12/14 (10:30) Folk Music by Homespun Duet
- 12/16 (10:30) Tammy's Holiday Special
- Every Wednesday (3:00)- Happy Hour with live entertainment & appetizers
- Every Friday (10:00)- Chair Zumba with Christie
- Every Saturday (1:30)- Bible Study w/ Chp Grant

What's Happening at SNF

- 12/6 (10:30) Oldies but Goodies Music with Rick
- 12/7 & 12/28 (10:00) Massage with Sandra
- 12/7 (10:15) Kids Connection at Memory Lodge
- 12/13 (10:00) Pets For People
- Every Monday (10:00) Bible Study w/ Chp Grant
- Every Tuesday (11:10) Breathe & Stretch w/ Adam
- Every Thursday (10:30) Densmore the Clown Visits

Did You Know?

Western TV series "The Roy Rogers Show" premiered on Dec. 30, 1951.



America's Official Poets

Each year, the Library of Congress names a poet laureate of the United States to promote the reading and writing of poetry. Find inspiration in the works of these poets of the nation.

<u>Year Appointed</u>	<u>Poet Laureate</u>
1937	Joseph Auslander
1944	Robert Penn Warren
1945	Louise Bogan
1958	Robert Frost
1968	William Jay Smith
1976	Robert Hayden
1985	Gwendolyn Brooks
1993	Rita Dove
2000	Stanley Kunitz
2015	Juan Felipe Herrera

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