

## VILLAGE NEWS

# May 2023



### Eskaton Village Carmichael

## *Welcome Our New Team Members*



**Vanessa Urbina**  
Life Enrichment  
Assistant

I'm very excited to be joining you all at Eskaton! I am currently attending American River College to study Music Production/Education. My dream would be to write and record my own music along with teaching others the joy of creating art! When I'm not in class, I enjoy sewing, cooking, writing music, and spending quality time with my family and friends. I grew up in the Bay Area with my family and moved to the Sacramento area where I now live with my amazing fiancé and adorable cat. I am beyond excited to continue meeting all of you lovely souls and create beautiful memories with you all!

I am so excited to join the team here at EVC. I have been in Medical/Healthcare sales for over 20 years, mostly with DME, HHC, and Rehabilitation. My father passed away from Alzheimer's, and my mother now lives in Vista, California. I enjoy everything outdoors including camping, fishing, hiking, golfing, and being on the water on my 14' Pontoon Boat. I live in Roseville, and I was born and raised in Oregon. My wife (Sharon) and I reconnected at our high school reunion. I have 2 children, my daughter Emily 24, is going to UNR for nursing while working at Carson Tahoe Hospital. My son Matthew is 22, and he is a senior at Cal Poly for Electrical Engineering.

**Glen Province**  
Residential  
Living Advisor

916-974-2013



## Events to look forward to this month!



**May 6th:** Kentucky Derby  
EVC Auditorium  
2pm-4pm  
Tickets are sold out



**May 10th~10:30am AUD:** Presentation hosted by Chaplin Derrick Hall: Coping with the Aging Process. If you are interested please sign up with Jessica.

**May 17th~ 7pm AUD:** Music, Music, Music: Sacramento Valley Concert Choir .

**May 30th~ 2pm**

Afternoon High Tea

Sign ups start on May 8th.



**Jessica Salvato**  
(916) 974-2030

## Spiritual Life Committee

CELEBRATING FAITH



Our annual Memorial Day service will be held in the auditorium on May 29 at 10:00 a.m. The names of our fellow residents who have passed away since last year will be read, and a rose placed in honor of each person to be remembered. Ms. Susie Veon will be our speaker.

This is also a time for remembering those who gave their lives in service to our country. To that end there will be a Fallen Comrade Table at which you may recognize those whom you especially wish to remember.



*Music,  
Music,  
Music*



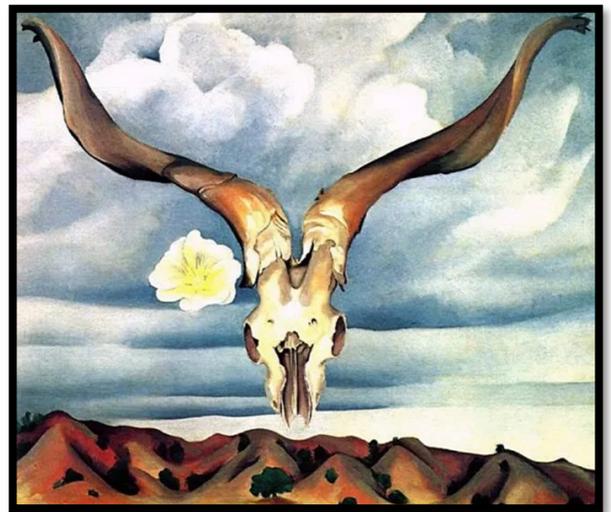
*Lake Crossing Flute and  
Harp Duo*  
**Francesca Anderson &  
Jacquelyn Venter**  
*present*  
*Dances for Flute and  
Harp*



**Friday, May 12<sup>th</sup>**  
**7 PM**  
**Auditorium**

# ART VIDEO GROUP

Sunday, May 7, 2023  
7 p.m. in the TV Room.



Georgia O'Keefe

We'll watch and discuss a documentary about the life and work of this popular American modernist.



## Tammy Alves

Director of Resident  
Services  
916 - 974 - 2035

As a member here at The Village, you amenities available to you. One amenity you may not know about is **respite care**. If you need extra care after a hospital stay or you need more recovery time after staying in our care center you can utilize respite time to gain more strength before going home. The time spent in The Lodge under respite care will depend on the needs that you have. There are caregivers on staff 24/7 to assist you with all your needs. Medication management is included if your assessment from the hospital or care center recommends it. Your doctor can put in an order for physical therapy while you are in respite care. You can also be on Hospice and be in respite care. We have had many residents use this special service here on campus while recovering. When they were ready to return to their Independent residency they were stronger and ready to enjoy their EVC lifestyle.



## Important Information

**Covid Update:**  
starting early April, we were happy to announce that masking became highly recommended but no longer required.



We are fully open to visitors and performers, and all activities have resumed as normal. As most of you know, we no longer have PCR testing available in the Windsor Room, so please continue to monitor symptoms. If you have any questions, concerns, or in need of a rapid test, please notify the Wellness Office (916) 974-2078.



### Life Enrichment:

We are getting busy in our department, and activities are starting to be in full force. So with that being said, please make an appointment with Jessica when you need to discuss activities, room reservations, or committee events. I am here to help and assist as much as I can, but I like to ensure you receive my full attention and all details are discussed. You can reach me at (916) 974-2030 or email me at [jessica.salvato@eskaton.org](mailto:jessica.salvato@eskaton.org).

## Making Fitness Fun

By Judy Barnett, Fitness/Wellness Coordinator



### May is Mental Health Awareness Month

Here are a few tips for staying mentally healthy:

1. **Play! Plan something fun!** – Make time every day to enjoy something you really like to do. *Be silly and laugh* – laughter can recharge you.
2. **Take care of yourself.** It's easier to feel happy if your body feels good. *Exercise.* Enjoy a good breakfast. Drink water, have a healthy snack and eat a balanced diet. Physical and mental health are tied together. Be good to your body.
3. **Deal with stress.** Pay attention to what makes you stressed, where you feel it in your body, and how you react to it. This will help you to better manage your stress. Learn to express anger when it's "small" instead of allowing it to build. *Relaxation breathing, yoga or meditation can help.*

### Avalon Hearing Clinic

Weds May 3rd

ALU 3:30p-4:00p

Rec Room

ILU 4:00p-5:00p

Music Room



### Fitness Center

### Grand

### Re-Opening & Open House!

Friday May 12th

10:30a– 12:00p

### Fitness Committee Meeting

Tues May 9th @ 1:00p

Fireside Room



### 5 Habits to Lower Blood Pressure

These nondrug approaches can help lower your blood pressure.

1. Walk or do other exercise at least 30 minutes each day.
2. Have a mix of at least five servings of fruits and vegetables daily.
3. Avoid salty and processed foods.
4. Limit how much alcohol you drink.
5. Practice stress-reducing strategies, such as deep breathing.



## Resident Assistance

Longer lifespans mean that some older adults may outlive their resources through no fault of their own. **The Resident Assistance Program** helps to supplement costs and keeps Eskaton residents from being displaced from their homes. One of these residents was the late Alvia Leroy “Pete” Coleman, fondly known to everyone as Pete.

Pete lived to be 102 years young. Thanks to the Eskaton Foundation this resident did not have to move out when through no fault of his own, he ran out of funds at 100. His family was very appreciative of the assistance and allowed us to share his story so that others can be aware of this program.

We invite you to learn more about the **Eskaton Foundation** impact in the **Quarterly Impact Reports**. If you did not get your March 2023 Vol. 2 report, please send an email to [foundation@eskaton.org](mailto:foundation@eskaton.org).

Do you want to help residents like Pete stay in their homes? **Consider a donation to the Eskaton Foundation** and make a donation today. Increase your impact by making a donation during the Big Day of Giving on May 4, 2023.

**Questions? Call the Director of Fund Development, Nicole Zamora, CFRE**  
at 916-334-0810 or email,  
[nicole.zamora@eskaton.org](mailto:nicole.zamora@eskaton.org).



## The **FORUM** Talks

Nancy is going to show us how eating healthy can improve nutrition related conditions such as diabetes, high cholesterol and being overweight.



***Eat Well, Be Well!***

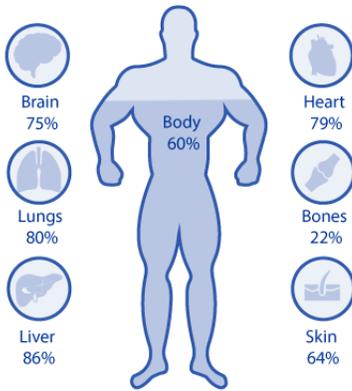
**Presenter:** Nancy Link

**When:** Tues. 9 May, 2023

**Time:** 7:00pm to 8:00pm

**Where:** Auditorium

## Stay Hydrated



It's starting to heat up outside, which means it's important to stay hydrated. Drinking enough water each day is crucial for many reasons: to

regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. Tips and Tricks on staying Hydrated:

- Don't wait till you're thirsty to drink. By the time you feel thirsty, you're already slightly dehydrated.
- Flavor your water.
- Eat water-rich fruits and vegetables.
- Stay inside when it gets too hot.
- Dress for the weather.
- Be aware of the signs of dehydration.



If you read the importance of this article, please visit Jessica in Resident Services with the **code word: Red** to claim your prize.



## Chef's Corner

### Important Information

**Special announcement: on Monday May 1st you will see a very familiar face back on campus, please join us in welcoming back....**

### **Chef Keith!**

**We are very excited to have Chef Keith back at EVC and look forward to seeing him in the.... Village Café!**

### **Outdoor Dining is Back**

Mark your calendar for these upcoming poolside dining experiences! RSVP with Jessica~ Space is limited!

#### **First Poolside Lunch**

**May 17th, 2023**

#### **First Poolside Breakfast**

**June 7th, 2023**



## MAY BIRTHDAYS

Lola	01	Helen	06	Connie	25
Laura	01	Bill	10	Kathleen	27
Emilie	02	Enid	10	Jack	27
Dorrit	03	Betty	11	Barbara	28
Richard	03	Gail	13	Anne	28
Orlean	03	Sharon	14	Marcelynn	29
Charlotte	05	Pamela	14	Albert	29
Alice	05	Paul	14		
Pat	05	Trudy	20		
David	06	John	20		
Kate	06	Douglas	20		
Betty	06	Joseph	22		



## MAY WEDDING ANNIVERSARIES

Carol & Arthur Choate	1, 1976	47 Years
Michele Stern & John Zuris	27, 2010	13 Years

## MAY NATIONAL HOLIDAYS

May Day	01	Chocolate Chip Day	15
Bird Day	04	Museum Day	18
Star Wars Day	04	Bike to Work Day	19
Cartoonist Day	04	Turtle Day	23
Cinco de Mayo	05	Wine Day	25
Kentucky Derby Day	06	Memorial Day	29
Nurses Day	06	Mint Julep Day	30
Eat What You Want Day	11	Macaroon Day	31
Mothers Day	14		