

September 2019

Leaves on the Pond

Golden Pond Assisted Living 3415 Mayhew Rd. Sacramento, CA. 95827 916.369.8967 RCFE #347000985



Celebrating September

Luau Theme Month

Labor Day (U.S.)
September 2

Grandparents Day
September 8

**Birthday Party w/
Your Musical Memories**
September 18

Luau
September 26

**Walker, Wheelchair &
Scooter Car Wash**
September 27

Culture Night - Polynesian
September 30



The Luau, a Polynesian and ancient Hawaiian ritual, is a popular social gathering meant to unite the people of a town in celebration of a significant life event, achievement, war victory, or launching of a new canoe. Originally called 'aha'aina, meaning 'gathering meal,' this celebration is centered around feasting on traditional cuisine like kalua pig, lomi salmon, poi, and haupia with friends and family with entertainment, including hula and traditional Hawaiian music.

Golden Ponds Annual Luau

Although we may not have all the traditional Polynesian cuisine, our goal is to create an atmosphere that gives you a taste of Polynesian Culture. From the fire dancers to the hula hula, Luau's are full of fun and excitement. Join us for this year's Luau on Thursday, September 26th @ 2:30 in the Performing Arts Room.



September Horoscopes and Birthdays

Those born between September 1–22 are Virgo's Virgins. Virgos love paying attention to details—not to be picky, but to help others. Their industriousness makes them smart problem-solvers and fact-finders. Those born between September 23–30 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities.

Lily Tomlin – September 1, 1939
Louis Sullivan – September 3, 1856
Queen Elizabeth I – September 7, 1533
Col. Sanders – September 9, 1890
Roald Dahl – September 13, 1916
Agatha Christie – September 15, 1890
Lauren Bacall – September 16, 1924
Greta Garbo – September 18, 1905
Michael Faraday – September 22, 1791
Victoria Woodhull – September 23, 1838
Jim Henson – September 24, 1936
Shel Silverstein – September 25, 1930
Michelangelo – September 28, 1573

Happy Birthday!

Join us for our monthly Birthday Party and get yourself a cupcake and some ice cream. Or, dace your shoes off to the sweet sounds of Your Musical Memories as they entertain us with their 6 man band. To all of the resident with birthdays in September... come have fun! This party is for you!

Resident Birthdays

#28 Janice Marcevic ----- Sept. 10th
#56 Joy Brown ----- Sept. 19th
#72 LaVonne Dunn ----- Sept. 20th
#69 Harold Cobbs ----- Sept. 25th
#37 Darlene (Dee) Scott-Chee ----- Sept. 28th

Staff Birthdays

Melina Dearing (Wellness Director) -- Sept. 1st
Christopher Boyd (Server) ----- Sept. 6th
Jessica Powell (Med Tech) ----- Sept. 8th
Brandy Summers (Caregiver) ----- Sept. 10th
Steve Sarine (Executive Director) ---- Sept. 11th

Friendly Reminders

Food Committee Meeting

This month the Food Committee Meeting will be on September 18th @ 10am in the Family and Friends Room. This is a meeting in which you can express your concerns and/or questions about the dining room and kitchen. And remember, it isn't just about the food. Feel free to share anything about your dining room experience with Chef Bernadette. She's here to try and make your time in the dining room and fun and fulfilling one.

Virtual Bowling

The time and days for Virtual Bowling have changed. The activity will now take place on Sundays, Mondays & Wednesdays @ 3:15 in the Theater Room. This activity has been lots of fun! There is no bowling experience required whatsoever and the residents that have been coming get better and better everytime! Roll on down to the Theater Room and try it out!

Reservations

Is your birthday coming up? Do you want to celebrate with family & friends in a private setting without having to leave your home? Well the Family and Friends room is the place for you! Please contact Joseph, Jill or Lupe to reserve the room.



Coffee Tasting

According to the Journal of Agriculture and Food Chemistry, leftover coffee grounds from filter and espresso-type coffeemakers have a lot of antioxidants. In the US, coffee is the top source of antioxidants. There are many health advantages of coffee beans: antioxidants remove free radicals out of your bloodstream, helps to prevent cancer, heart disease, improves cognitive skills and immunity. Coffee beans give you good value for your money.

The active ingredients in coffee beans are absorbed faster since coffee grounds are absorbed through the mucus membranes of the mouth. Caffeine has a lot of health advantages: it improves memory, gives relief from pain after exercising, improves dopamine levels. Not only that, it makes your brain to be more alert. Health enthusiasts would surely enjoy this.

The caffeine in coffee beans can help people fight drowsiness by blocking adenosine, the chemical which makes you sleepy. When adenosine is blocked, you will feel more awake and more energetic. On the other hand, once the caffeine dies down, you will experience a crash which can make you more tired and more lazy.

Want to try a new coffee blend? Join us every Monday @ 10:30am in the Performing Arts Room for the Coffee Tasting. So far we've tried a Seattle Dark Roast, a Kona Light Roast, and a Caramel Roast. YUMMY!



Our Vision

Our goal at Golden Pond is to provide our residents with fun, safe & lively community events that allow them to reconnect with their past or make a connection with someone new. In August we had our annual car show. Seeing hot rods from the 20's and 30's and slick Muscle Cars like the GTO from the 60's brings back so many memories for our residents and that's what we strive for. Golden Pond and all our residents, family members and staff thank the Mean Machines Car Club and the Italian Hot Rod Association for bringing such beautiful cars to our home. Until next year!

Your Management Team

Steve Sarine
Executive Director

Heather Murdock
Marketing Director

Ligia Rodriquez
Director of Care

Melina Dearing
Wellness Director

Bernadette Soliz
Culinary Director

Leon Borges
Transportation

Lupe Ramirez
Joseph Enriquez
Jill Betz
Activity Staff

Jessica Ramirez
Office Manager

Lorine Ricardos
*Housekeeping &
Laundry Director*

Russell Thomas
& Clemente
Lopez
Maintenance

Funny Money

Did you know that you can earn Funny Money every time you attend any of the activities? Funny Money is used to bid on items at our monthly auction. What are you waiting for? The more you attend, the more you earn! The Monthly Auction is always on the last Wednesday of every month @ 3:15 in the Performing Arts Room.

We Love Referrals!

Did you know that Golden Pond loves referrals? Refer Golden Pond to a friend or family member and we will provide a credit of \$750 to you! Meet with Heather Murdock, our Marketing Director, to further discuss our referral program.

Bridge Club

The Bridge Club meets every Monday, Tuesday & Thursday @ 1pm in the Library. The Library is located on the first floor in the south end of the building. Bridge is a 4 player game, no more no less. But, they are always looking for new players! Not every member of the club plays every time so its good to have substitutes. Find Joseph or your fellow resident Bill, in room 105, if you have any further questions about Bridge Club.



Walker, Wheelchair & Scooter Car Wash

As part of their annual "Students Out Serving" day Capital Christian High School will be coming to Golden Pond on September 27th to wash your walker, wheelchair or scooter. They will be here from 10am - 12pm in the Performing Arts Room. This service is completely free so come on down and get that walker disinfected! We often take for granted our mobility devices. I know I do, just look at my car. But, it's important to take care of them as they are an important aspect of our lives. They help us get around our rooms and the rest of the building almost eliminating the risk of falling. There is no sign-up sheet for this event. Reach out to Joseph, Jill or Lupe if you have any further questions.

