

Camden Springs

Gracious Retirement Living

8476 Sheldon Road • Elk Grove, California 95624 • Phone (916) 714-6565 • www.seniorlivinginstyle.com

APRIL 2020

CAMDEN SPRINGS FAMILY

Managers..... CHRIS & LAURIE BARROW
Assistant Managers TBA
Executive Chef MICHAEL CEREZO-FOX
Activity Coordinator CHELSEA ERBE
Maintenance MARTIN PINA
Transportation CARMEN MUNIZ

IMPORTANT PHONE NUMBERS

Beauty Salon: (916) 743-7388

Fax: (916) 687-3587

MEAL TIMES

Breakfast: 8 a.m.

Dinner: 12:30 p.m.

Supper: 5:30 p.m.

YOUTUBE.COM

For slideshows and videos visit:
www.youtube.com/camdensprings

HAWTHORN
SENIOR LIVING

Friends Around the Fire

We could not have asked for a better night to host our outdoor hot dog and s'mores roast in the early part of March. The weather was beautiful, no wind, and the lighting was perfect. We had nearly 30 residents join us for the event and it was a great time to mingle and share campfire memories and tips and tricks. Some people preferred their marshmallows burnt to a crisp while others shared that they roast theirs low and slow over the embers, not the flames! It was fun and we plan to host a couple more outdoor roasts during the summer months to come.



Chef Michael, Tammie and Thelma



Mardi Gras Fun

Fried alligator, anyone? Brave residents and staff tried some of the exotic meat on Mardi Gras in honor of New Orleans. Most people tried it but there were only a few that wanted seconds. We had a wonderful meal of jambalaya or red beans and rice and the Dave Chelini Band came and performed. During the meal Chef Michael and Chelsea threw beads over the banisters to the managers to pass out to all of the residents. We also hosted a King Cake Social where the Chef created a traditional king cake and we learned about it and its significance. Below you can learn more about it, it was delicious!

The king cake tradition is thought to have been brought to New Orleans from France in 1870. A king cake is an oval-shaped bakery delicacy, crossed between a coffee cake and a French pastry that is as rich in history as it is in flavor. It's decorated in royal colors of purple which signifies "justice," green for "faith," and gold for "power." These colors were chosen to resemble a jeweled crown honoring the wise men who visited the Christ Child on Epiphany. In the past, such things as coins, beans, pecans, or peas were also hidden in each king cake.

Today, a tiny plastic baby is the common prize. At a party, the king cake is sliced and served. Each person looks to see if their piece contains the "baby." If so, then that person is named "king" for a day and bound by custom to host the next party and provide the king cake. randazzokingcake.com/history



Fried gator bites



King Cake

The First of Many Picnics to Come

Although California needs rain, we have definitely been taking advantage of all of the beautiful weather we have been having. When one of our outings didn't get many sign-ups, we changed it up to a picnic and it was awesome. We indulged in fried chicken, potato salad and some other fixings as well. We will be planning more picnics through the spring and summer, so please watch for these in your monthly newsletters.





Eating the Rainbow

What can each color do for you?

Red Fruits and Vegetables:

Red fruits and vegetables protect our hearts. Red color in most fruits and vegetables contain antioxidants that reduce the risk of developing hypertension and high cholesterol. They also lower the risk of developing different types of cancer, as well as protecting against heart diseases and improving brain function.



Yellow and Orange Fruits and Vegetables:

Orange and yellow fruits and vegetables are packed with nutrients that are known to protect your nervous system promote eye health and prevent heart diseases. They also play an important role in maintaining skin health, boosting your immune system and helping build strong bones.

Green Fruits and Vegetables:

Green fruits and vegetables protect your eye health, lowering the risk of developing age-related macular degeneration. Green leafy vegetables also contain folic acid. The essential nutrients found in green vegetables and fruits protect you from cancer and high levels of bad cholesterol, regulate digestion and improve immune system functioning.

Blue and Purple Fruits and Vegetables:

Blue and purple fruits and vegetables help prevent heart disease, stroke and cancer. Blue and purple fruits and vegetables are very important for your memory and promote healthy aging. This food also protects urinary tract health and regulates healthy digestion

Join Chef Michael at his next culinary class on April 16th at 10:30 a.m. in the Activities Room where we learn more about eating the rainbow.

Game Show Month

Join us this month for our exciting variety of game shows!

April 1st: "Hollywood Squares"

Contestants guess the correctness of our staff's answers in order to win spaces in a tic-tac-toe game.

April 8th: "The Price Is Right"

Running for over 30 years, this popular game show had a wide variety of contests and games, all with the same basic challenge: guess the prices of everyday (and some not-so-everyday) items.

April 15th: "Jeopardy"

Three contestants test their buzzer skills and their knowledge in a wide range of academic and popular categories.

April 29th- Password

Two two-person teams compete to guess words by giving one-word clues in this all-time classic game show.



APRIL 2020

Birthdays

Clyde Piland, 3rd
Lyn Schoenfeld, 3rd
Daniel Trice, 9th
Arnette Gray, 19th
Nancy Montano, 19th

Anniversaries

Piland, 4/9/1960
Norton, 4/30/1955

Locations

Activities Room, (ACT)
Atrium, (A)
Back Patio, (P)
Chapel, (C)
Dining Room, (D)
Fitness Room, (F)
Front Patio, (FP)
Game Room, (G)
Library, (L)
Lobby, (LB)
Movie Theater, (T)
New Activity, New!
TV Room, (TV)

Bus Schedule

- Monday is Elk Grove Errand Day.
- Tuesday & Thursday are Appointment Days.
- Wednesday & Friday are Special Planned Outing Days.

“There are shortcuts to happiness, and dancing is one of them.”
—Vicki Baum

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>PALM SUNDAY5</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 3:00 Billiards, (G) 6:45 Rummikub, (ACT)</div>	<div>Hostess Day6</div> <div>9:00 Fitness by YMCA, (ACT) 9:15 Shopping and Banking Begins, (LB) 10:00 Left, Center, Right Game, (ACT) 11:00 Activities Meeting, (ACT) 2:15 Hostess with the Mostess Social, (ACT) 3:00 Sequence, (ACT) 6:45 James Bond Movie Night, (T)</div>	<div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 11:00 Art Class with Matthew, (ACT) 2:00 The Camden Closet Store 2:00 Spelling Bee Challenge, (ACT) 3:00 Outdoor Horse Racing, (P) 3:30 Funny Money Bingo, (ACT)</div>	<div>PASSOVER BEGINS AT SUNSET8</div> <div>9:00 Chair Dancing Exercise, (ACT) 11:00 Game Show: “The Price Is Right,” (T) 2:00 Wii Bowling, (ACT) 2:00 Hand and Foot, (G) 3:00 Learn About the Stroop Test, (ACT) 6:45 Movie and Popcorn, (T)</div>	<div>9:00 Balance Enhancement Class, (ACT) 10:30 Atlas Hearing Aid Service, (ACT) 10:30 Food Meeting with Chef Mike, (ACT) 11:00 Blood Pressure Reading with Alegre, (G) 2:00 Funny Money Blackjack, (ACT) 2:00 The Camden Closet Store 4:00 Camden Springs Bible Study, (ACT)</div>	<div>GOOD FRIDAY10</div> <div>9:30 The Camden Closet Store 10:00 Catholic Communion, (C) 10:00 Easter Activities, (ACT) 2:15 Nickel Bingo, (ACT) 3:30 Word Search Mania, (ACT) 6:45 Movie, (T)</div>	<div>11:30 Fitness by YMCA, (ACT) 2:00 Therapeutic Coloring, (ACT) 3:00 Rummikub, (ACT) 6:45 Movie, (T) 6:45 Five Crowns with Chris and Laurie, (D)</div>
<div>EASTER12</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 12:30 Easter Dinner, (D) 3:00 Billiards, (G)</div>	<div>9:00 Fitness by YMCA, (ACT) 9:15 Shopping and Banking Begins, (LB) 10:00 Left, Center, Right Game, (ACT) 2:00 Giant Pictionary, (ACT) 3:00 Sequence, (ACT) 3:00 Outdoor Cornhole, (P) 6:45 James Bond Movie Night, (T)</div>	<div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 11:00 Button Tree Craft, (ACT) 1:45 Musical Guest: Sacramento Banjo Band, (A) 2:00 The Camden Closet Store 2:00 Outdoor Scavenger Hunt, (P) 3:30 Funny Money Bingo, (ACT)</div>	<div>9:00 Chair Dancing Exercise, (ACT) 10:00 Walk and Count Exercise Pick-Up, (ACT) 11:00 Game Show: “Jeopardy,” (T) 2:00 Wii Bowling, (ACT) 2:00 Hand and Foot, (G) 6:45 Movie and Popcorn, (T)</div>	<div>\$ Due for River Cruise16</div> <div>9:00 Balance Enhancement Class, (ACT) 10:30 Cooking with Chef Mike: Eating the Rainbow, (ACT) 11:00 Blood Pressure Reading with Alegre, (G) 2:00 Funny Money Blackjack, (ACT) 2:00 The Camden Closet Store 4:00 Camden Springs Bible Study, (ACT)</div>	<div>9:00 Chair Drumming Exercise, (ACT) 9:30 The Camden Closet Store 10:00 Catholic Communion, (C) 11:00 Hangman for Funny Money, (ACT) 2:15 Nickel Bingo, (ACT) 3:30 Word Search Mania, (ACT) 6:45 Movie, (T)</div>	<div>11:30 Fitness by YMCA, (ACT) 2:00 Therapeutic Coloring, (ACT) 3:00 Rummikub, (ACT) 6:45 Movie, (T) 6:45 Five Crowns with Chris and Laurie, (D)</div>
<div>19</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 3:00 Billiards, (G) 6:45 Rummikub, (ACT)</div>	<div>20</div> <div>9:00 Fitness by YMCA, (ACT) 9:15 Shopping and Banking Begins, (LB) 10:00 Left, Center, Right Game, (ACT) 11:00 Trivia and True or False, (ACT) 11:30 Avon with Barbara, (ACT) 2:00 Giant Pictionary, (ACT) 3:00 Sequence, (ACT) 6:45 James Bond Movie Night, (T)</div>	<div>21</div> <div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 11:15 Library Bookmobile, (FP) 2:00 The Camden Closet Store 3:30 Funny Money Bingo, (ACT)</div>	<div>EARTH DAY22</div> <div>9:00 Exercise with Ashley, (ACT) 2:00 Wii Bowling, (ACT) 2:00 Hand and Foot, (G) 2:30 Horse Racing, (A) 3:30 Bean Bag Baseball, (A) 6:45 Movie and Popcorn, (T)</div>	<div>23</div> <div>10:00 Walk and Count Exercise Pick-Up, (ACT) 11:00 Blood Pressure Reading with Alegre, (G) 2:00 The Camden Closet Store 4:00 Camden Springs Bible Study, (ACT)</div>	<div>24</div> <div>9:30 The Camden Closet Store 10:00 Catholic Communion, (C) 2:15 Nickel Bingo, (ACT) 3:30 Word Search Mania, (ACT) 4:00 Hangman, (ACT) 6:45 Movie, (T)</div>	<div>25</div> <div>11:30 Fitness by YMCA, (ACT) 2:00 Therapeutic Coloring, (ACT) 3:00 Rummikub, (ACT) 6:45 Movie, (T) 6:45 Five Crowns with Chris and Laurie, (D)</div>
<div>26</div> <div>9:00 Morning Stroll, (FP) 11:00 Wii Bowling, (ACT) 2:00 Light of the Valley Church Service, (C) 3:00 Billiards, (G)</div>	<div>27</div> <div>9:00 Fitness by YMCA, (ACT) 9:15 Shopping and Banking Begins, (LB) 10:00 Left, Center, Right Game, (ACT) 11:00 Trivia and True or False, (ACT) 2:00 Giant Pictionary, (ACT) 3:00 Sequence, (ACT) 6:45 James Bond Movie Night, (T)</div>	<div>28</div> <div>9:00 Exercise with Jake, (ACT) 10:00 Pinochle Group, (G) 11:00 Art Class with Matthew, (ACT) 2:00 The Camden Closet Store 2:00 Learn About the Activity Conference, (ACT) 3:30 Funny Money Bingo, (ACT)</div>	<div>29</div> <div>9:00 Chair Dancing Exercise, (ACT) 11:00 Game Show: “Password,” (T) 2:00 Wii Bowling, (ACT) 2:00 Hand and Foot, (G) 3:00 Bean Bag Baseball, (A) 6:45 Movie and Popcorn, (T)</div>	<div>\$ Due for Carousel30</div> <div>9:00 Balance Enhancement Class, (ACT) 10:15 Horse Racing, (A) 11:00 Blood Pressure Reading with Alegre, (G) 2:00 Funny Money Blackjack, (ACT) 2:00 The Camden Closet Store 4:00 Camden Springs Bible Study, (ACT)</div>		



COVID-19 Information

Situation Update as of 3/14/2020:

Currently, the Centers for Disease Control and Prevention (CDC) is recommending the following guidelines including:

- Stay home when you are sick, except to get medical care.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. After sneezing or coughing, immediately wash your hands with soap and water for at least 20 seconds.
- Clean and disinfect frequently touched objects and surfaces daily. If surfaces are dirty, clean them.
- Wash your hands often with soap and water for at least 20 seconds especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wear a face mask if you are sick. If you are not sick, you do not need to wear a face mask.

To limit the risk of exposure for you and our other residents, we ask that you please discourage any nonessential visitors from coming to Camden Springs through at least the end of April. If you must have a guest, please check with them to make sure they have been feeling well and that they have not been to any place that has had COVID-19 (Coronavirus) cases. We are making every effort to make sure you all remain healthy and happy. Please see the managers for further details or go online to view the updated CDC protocols.



Stroop Test Challenge

In the Stroop Test, people simply look at color words, such as blue, red, or green. The interesting thing is that the task is to name the color of the ink the words are printed in, while fully ignoring the actual word meaning.

It is very easy to name the color of the word "black" when it is printed in black. It is also very easy to name the color of the word "red" printed in red ink color. It is difficult, though, when the word and the ink color are different! The extent of this difficulty is what we call the Stroop effect.

Brain Benefits of the Stroop Test:

The Stroop Effect Test exercises the portion of the brain which is considered to be responsible for higher order executive functions (frontal lobe). It takes some serious concentration to successfully complete the test, and by just attempting it, we are strengthening our brain's flexibility and testing its focus.

We will be taking the Stroop Test on April 8th, so we hope to see you there!





Valentine's Happenings

Leading up to Valentine's Day, we had a few sweet things lined up for the residents to do. Firstly, Tammie hosted a fun arts and craft project. During the craft, residents created hearts on canvases using beads, jewels, paper and markers. Each one was unique and beautiful. We also had a paint event where Matthew, our art instructor, came in and taught us how to paint two beautiful love birds. The day of Valentine's, our culinary prepared a delicious meal including steak and shrimp and it was completed with a berry-topped cheesecake. We also had the Midtown Jazz Band here to perform and conclude the afternoon.



Paint attendees



Some of our lovely staff

Leap Day Social

Did you know that leap day doesn't come around every four years like many of us think? There are rules for leap years! The year must be evenly divisible by four; if the year can also be evenly divided by 100, it is not a leap year, unless ... the year is also evenly divisible by 400. Then it is a leap year. Say what? It can get a little bit confusing but what we know is that, at least this year, we had a leap day. We celebrated with frogs on a log, pond water and other frog-themed goodies. We also played a frog flying contest where residents tried to shoot elastic frogs further than one another. Bernice V. was the winner by a very, very long shot!



Bernadette and Froggy



Carmen and Froggy, the mascot

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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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916-714-6565

