

Camden Springs

Gracious Retirement Living

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

JULY 2020

CAMDEN SPRINGS FAMILY

Managers..... CHRIS & LAURIE BARROW
Assistant Managers STAN & JULIE KOON
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

You Honk and We Dance

We took to the sidewalks again to show off our awesome dance (wiggle) moves. Drivers and passersby love it and cannot get enough! It is rare that a car or truck drives by and we don't get a honk, smile or wave. As we enter the hotter months, Honk and Drive will be put on hiatus but we will bring it back in the fall.



Bernadette



Bernice



Everybody dancing



A Bittersweet Graduation

We were blessed to be able to host a wonderful graduation ceremony at the end of May for six of our wonderful PM Servers. Because of the virus most high school graduation ceremonies had been cancelled but Chris and Laurie had the great ideas to just hold a small one for our employees. We marched them around the Community announcing their names and showing them off to all of our residents. We concluded their march in our Courtyard where we had their families socially distanced. Each graduate received a certificate and was able to walk in front of their families. It went over very nicely. The staff and their families were so appreciative and it was the best feeling knowing that we were able to give them that special memory.



Aliya



Victor and parents



Yongzhi and family



Juliana



Nathan



Marina and family



The graduates



Memorial Day

On Memorial Day we did our best to get everyone out and about. We played croquet and ladder ball, passed out red, white and blue Popsicles and had wonderful burgers. To honor those who have given their lives for us and our country some of our residents wrote thank-you notes that we put out on display for all to read. Some of the staff concluded the festivities with a patriotic parade where they danced around the Community flaunting decorated "floats" that residents helped make. They definitely put on a show!



Eloise playing croquet



Bob and Norma

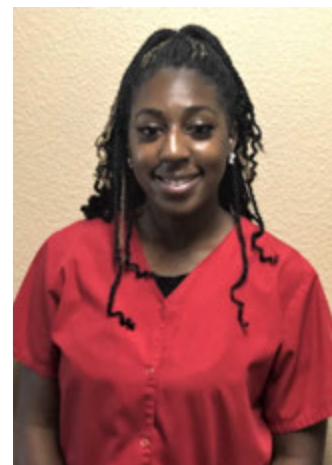


Staff's patriotic parade

Staff Spotlight

Have you had someone provide service above and beyond what you expected lately?

One young lady on the food service team at Camden Springs is certainly a cut above. She



Angel

provides high quality and excellent service; and she is always respectful and courteous. Her skills of providing a caring, personal service makes her stand out.

She often says, "Is there anything else I can get you?"

This young lady always remembers simple gestures, like tea with ice or a banana. She definitely shows a deep commitment to service and continually offers the highest level of uncompromising service. I have frequently observed her helping her co-workers — teamwork — as well.

So, how important is it to provide great customer service and leave residents with a dining experience they will want to enjoy again and again? This is quite refreshing, especially since we are in quarantine.

Accolades to one young lady, who provides a delightful greeting and a cheerful smile to brighten each and every day! Our server, Angel!

— Written by a Camden Springs resident

Do you have a special kudos you would like to write about one of our staff members? Let Chelsea know and she will be more than happy to make it our next staff spotlight article.

JULY 2020

Birthdays

Winston Toft, 10th
Martin Pina, 10th (Employee)
Ruth Glaze, 11th
Ann Briggs, 12th
Monica Bazlen, 25th
Marilyn Demaree, 30th
Theda Williams, 31st

Anniversaries

Iwahi, 7/21/1958

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.

“Be bold, be brave enough to be your true self.”
—Queen Latifah

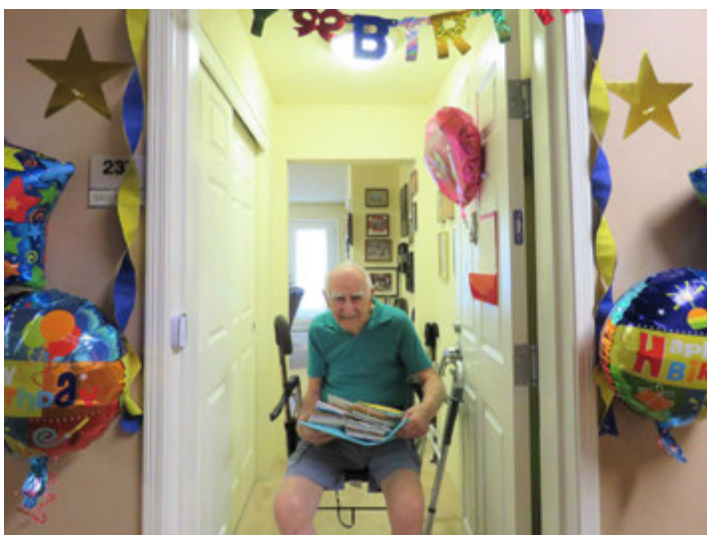
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:45 Chair Dancing Exercise, (ACT) 1 10:30 Family Feud, (ACT) 11:30 Categories, (ACT) 2:00 Movie, (T) 3:00 Surprise at Your Door 6:45 Movie and Popcorn, (T)	9:45 Balance Enhancement Class, (ACT) 2 11:00 Blood Pressure Reading with Alegre, (G) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 Horse Racing, (A) 3:30 Murder Mystery Meeting, (ACT) 6:45 Movie, (T)	9:45 Chair Drumming Exercise, (ACT) 3 11:00 Hangman for Funny Money, (ACT) 11:45 Hangman, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T)	INDEPENDENCE DAY 4 9:45 Exercise with Ashley, (ACT) 10:30 Outdoor Game: TBA, (P) 11:30 Numbers Game, (ACT) 2:00 Movie, (T) 2:30 Independence Day Social, (ACT) 3:30 Independence Day Social, (ACT) 6:45 Movie, (T) 9:00 Annual Fireworks Show, (P)
	9:45 Beach Ball Volleyball, (A) 5 10:30 Craft Time with Ashley, (ACT) 11:30 Spelling Challenge, (ACT) 2:00 Movie, (T) 6:45 Movie, (T)	9:45 Brain and Fitness Exercise, (ACT) 6 10:30 Trivia and True or False, (ACT) 11:30 Activity Meeting, (ACT) 2:00 Movie, (T) 2:15 Giant Pictionary, (ACT) 3:00 Walk Down Memory Lane Discussion, (ACT) 6:45 Movie, (T)	9:45 Morning Meditation, (ACT) 7 10:30 Text Twist, (ACT) 11:30 Giant Card Memory Game, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 3:00 Funny Money Bingo, (ACT) 3:30 Funny Money Bingo, (ACT) 6:45 Movie, (T)	9:45 Chair Dancing Exercise, (ACT) 8 10:30 The Hot Seat, (ACT) 11:30 Categories, (ACT) 2:00 Movie, (T) 3:00 Surprise at Your Door 6:45 Movie and Popcorn, (T)	9:45 Balance Enhancement Class, (ACT) 9 11:00 Blood Pressure Reading with Alegre, (G) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 Horse Racing, (A) 3:30 Murder Mystery Meeting, (ACT) 6:45 Movie, (T)	9:00 Chair Drumming Exercise, (ACT) 10 9:45 Chair Drumming Exercise, (ACT) 11:00 Hangman for Funny Money, (ACT) 11:45 Hangman, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T) 
	9:45 Beach Ball Volleyball, (A) 12 10:30 Craft Time with Ashley, (ACT) 11:30 Spelling Challenge, (ACT) 2:00 Movie, (T) 6:45 Movie, (T) 	9:45 Brain and Fitness Exercise, (ACT) 13 10:30 Trivia and True or False, (ACT) 11:30 Whiteboard Word Challenge, (ACT) 2:00 Movie, (T) 2:15 Giant Pictionary, (ACT) 3:00 Walk Down Memory Lane Discussion, (ACT) 6:45 Movie, (T)	<i>Shark Awareness Day</i> 14 9:45 Morning Meditation, (ACT) 10:30 Shark Social, (ACT) 11:30 Shark Social, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 3:00 Funny Money Bingo, (ACT) 3:30 Funny Money Bingo, (ACT) 6:45 Movie, (T)	9:45 Chair Dancing Exercise, (ACT) 15 10:30 Family Feud, (ACT) 11:30 Categories, (ACT) 2:00 Movie, (T) 3:00 Surprise at Your Door 6:45 Movie and Popcorn, (T)	9:45 Balance Enhancement Class, (ACT) 16 11:00 Blood Pressure Reading with Alegre, (G) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 Horse Racing, (A) 3:30 Murder Mystery Meeting, (ACT) 6:45 Movie, (T)	9:45 Chair Drumming Exercise, (ACT) 17 11:00 Hangman for Funny Money, (ACT) 11:45 Hangman, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T)
	9:45 Beach Ball Volleyball, (A) 19 10:30 Craft Time with Ashley, (ACT) 11:30 Spelling Challenge, (ACT) 2:00 Movie, (T) 6:45 Movie, (T)	9:45 Brain and Fitness Exercise, (ACT) 20 10:30 Trivia and True or False, (ACT) 11:30 Whiteboard Word Challenge, (ACT) 2:00 Movie, (T) 2:15 Giant Pictionary, (ACT) 3:00 Walk Down Memory Lane Discussion, (ACT) 6:45 Movie, (T)	<i>Junk Food Day</i> 21 9:45 Morning Meditation, (ACT) 10:30 Junk Food Social, (ACT) 11:15 Library Bookmobile, (FP) 11:30 Junk Food Social, (ACT) 2:00 Movie, (T) 2:00 The Camden Closet Store 3:00 Funny Money Bingo, (ACT) 3:30 Funny Money Bingo, (ACT) 6:45 Movie, (T) 	9:45 Chair Dancing Exercise, (ACT) 22 10:30 The Hot Seat, (ACT) 11:30 Categories, (ACT) 2:00 Movie, (T) 3:00 Surprise at Your Door 6:45 Movie and Popcorn, (T)	9:45 Balance Enhancement Class, (ACT) 23 10:30 Culinary Education Series: Popsicles, (ACT) 11:00 Blood Pressure Reading with Alegre, (G) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 Horse Racing, (A) 3:30 Murder Mystery Meeting, (ACT) 6:45 Movie, (T)	9:00 Chair Drumming Exercise, (ACT) 24 9:45 Chair Drumming Exercise, (ACT) 11:00 Hangman for Funny Money, (ACT) 11:45 Hangman, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T)
	9:45 Beach Ball Volleyball, (A) 26 10:30 Craft Time with Ashley, (ACT) 11:30 Spelling Challenge, (ACT) 2:00 Movie, (T) 6:45 Movie, (T)	9:45 Brain and Fitness Exercise, (ACT) 27 10:30 Trivia and True or False, (ACT) 11:30 Whiteboard Word Challenge, (ACT) 2:00 Movie, (T) 2:15 Giant Pictionary, (ACT) 3:00 Walk Down Memory Lane Discussion, (ACT) 6:45 Movie, (T)	9:45 Morning Meditation, (ACT) 28 10:30 Text Twist, (ACT) 11:30 Giant Card Memory Game, (ACT) 2:00 The Camden Closet Store 2:00 Movie, (T) 3:00 Funny Money Bingo, (ACT) 3:30 Funny Money Bingo, (ACT) 6:45 Movie, (T)	9:45 Chair Dancing Exercise, (ACT) 29 10:30 Family Feud, (ACT) 11:30 Categories, (ACT) 2:00 Movie, (T) 3:00 Surprise at Your Door 6:45 Movie and Popcorn, (T)	9:45 Balance Enhancement Class, (ACT) 30 11:00 Blood Pressure Reading with Alegre, (G) 2:00 The Camden Closet Store 2:00 Movie, (T) 2:30 Horse Racing, (A) 3:30 Murder Mystery Meeting, (ACT) 	9:45 Chair Drumming Exercise, (ACT) 31 11:00 Hangman for Funny Money, (ACT) 11:45 Hangman, (ACT) 2:00 Movie, (T) 2:15 Nickel Bingo, (ACT) 3:00 Nickel Bingo, (C) 6:45 Movie, (T) 
						



Sam Rinelli Turns 103

Happy 103rd birthday to Sam! As the saying goes, if we just get better with age, than you must be nearly perfect by now!

This year for Sam's birthday he was showered with over 190 birthday cards and a car parade specifically to celebrate him. The local country radio station, KNCL was a big help in setting up and executing the car parade. His family came to celebrate with him outside and the staff made sure to make him a wonderful birthday dinner! Sam, with a 103 years of priceless moments under your belt, your heart must be full of joy. You deserve every precious memory.



Sam posing with 192 birthday cards



Sam with his family



Sam and his sons getting ready for the parade



An awesome car



Carmen's Parade

We hosted the most wonderful poster parade for our bus driver, Carmen! Nearly 75 residents and staff made sure to be outside and waiting for Carmen to drive by so that they could all wave and share their love with her. And, that's exactly what we did! We showered her with love and she did the same back, making sure to talk and wave to as many of us as she could. Thank you to everyone who made this day so special for her, she was in complete awe and amazement!



Our staff showering her with support



Our residents sharing their love



Carmen speaking with residents

Popsicles

During these summer months it is especially important to keep hydrated. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. For seniors, it is especially important to keep from becoming dehydrated. As we age, it becomes harder for our bodies to retain water. Seniors have on average 10 percent less fluid in their bodies compared to younger adults. The most important way to prevent dehydration is to make sure everyone is drinking enough liquids. While it is hard to beat a chilled glass of H₂O to chase away a fierce thirst, it's also fun to shake things up and think outside the faucet!

Popsicles not only induce nostalgia for the carefree summer days of your childhood, they also help refill your fluids! These sweet summer treats are a great way to keep hydrated during these warmer days. Join us later this month as Chef Michael shows us how to make Popsicles and don't forget you will get to taste test them too!



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When the world
is staying apart,
we are coming
together.

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