

# Camden Springs

## Gracious Retirement Living

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

### OCTOBER 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](http://www.youtube.com/camdensprings)

**HAWTHORN**  
SENIOR LIVING

### Resident Portraits

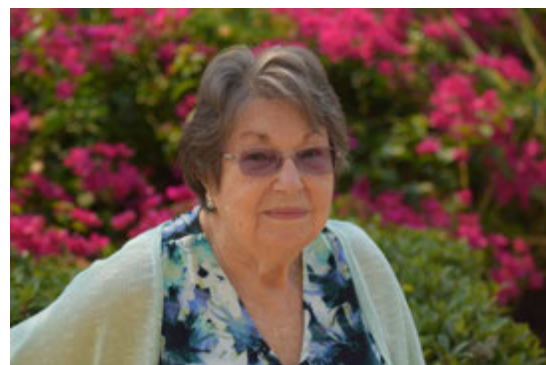
It was a wonderful day in early September when many of our residents chose to have their portraits taken. The event was held during our Live and Learn Program where we were promoting lifelong learning. In honor of the idea of “going back to school” we had residents pose for “senior” photos that we turned into a photo board at the end of the program. The photos turned out so nice that many of the residents ordered photos for their family and other loved ones. We have had many requests to host the event again, so we will be having another portrait session on Tuesday, October 6th, from 9 to 11 a.m. Please see Chelsea for more details or if you have any questions.



*Herb and Shirley*



*Daniel*



*Jan Renfro*



## 2020 Is the 100th Anniversary of the Negro League

by Cheryl Robinson

The “average” American is uninformed about Negro League Baseball History.

### Some Facts:

Andrew “Rube” Foster was an American baseball player who gained fame as a pitcher, manager and owner, and as the “Father of Black Baseball” after founding in 1920 the Negro National League, the first successful professional league for African-American ballplayers.

The Negro Leagues were responsible for introducing night baseball, clowning as entertainment, batting helmets, numbers on the uniforms, and the screwball.

Most Negro League baseball players were paid between \$100-150 a month.

There were three women who played in the Negro League during the 1950s. They were Mamie “Peanut” Johnson, Toni Stone and Connie Morgan. Mamie Johnson was a professional right-handed pitcher for the Indianapolis Clowns, and was nicknamed “Peanut” because of her small size. Toni Stone was considered a “tomboy,” because she loved to play baseball and started playing at 10 years old. She played on several teams before joining the Indianapolis Clowns. Connie Morgan joined the Indianapolis Clowns in 1954 and played second base, and she had formerly played catcher on an all-women baseball team.

James “Cool Papa” Bell was the fastest base runner in the Negro Leagues and reportedly the fastest man in baseball. It is said that he could circle the bases in 11 seconds.

The Indianapolis Clowns were the most innovative club and in 1953 signed women to play baseball.

Satchel Paige debuted on May 1, 1926, in the Negro Southern League. In 1928, the Birmingham Black Barons bought his contract and paid him a whopping \$275 a month.



## Hawthorn Hamburger Month

Yes, the residents have been enjoying the new addition to the menu —Hamburgers/ Cheeseburgers — a delicious treat with all of the trimmings. The key to the perfect All-American Hamburger/Cheeseburger comes straight from the chefs. Yum, yum!



*Swiss cheese and sautéed mushrooms*



## Resident Art Gallery

It's safe to say that our residents and staff were blown away by the sheer amount of talent that was displayed at our Resident Art Showcase in August. It was a wonderful event where we got to see some amazing pieces created by our very own residents. There were paintings, drawings, quilts, books, jewelry, crafts and so much more to see. The pictures with this article do not even begin to fully showcase all of the great works that were brought for us all to see and enjoy.



*By Izzie*



*By Bernice Vavak*



*By Bob Lane*



*By Iris*



*By Helen Bohon*



*By Jo Ann*

OCT 2020

Birthdays

Ferdinand Boschee, 3rd  
Clarence Kresha, 5th  
Bernice Vavak, 11th  
Sonny Goree, 18th  
Maggie Melnick, 23rd  
Richard Schloemann, 27th

Anniversaries

Toft, 10/22/1961

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>3</div> <div>2:00 Therapeutic Coloring, (ACT)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div>7:00 Activity with Stan and Julie, (ACT)</div> <div></div>
	<div>4</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div>	<div>5</div> <div>9:00 Morning Shopping, (LB)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Trivia and True or False, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>6</div> <div>9:00 Resident Portrait Session, (P)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>7</div> <div>10:00 Outing: Goodwill Thrift Store, (LB)</div> <div>11:00 Resident Manager Meeting #1, (D)</div> <div>1:30 Resident Manager Meeting #2 , (D)</div> <div>2:00 Movie, (T)</div> <div>2:15 Categories, (ACT)</div> <div>2:45 Whiteboard Word Challenge, (ACT)</div> <div>6:45 Movie and Popcorn, (T)</div>	<div>8</div> <div>9:30 Halloween Door Hanger Craft, (ACT)</div> <div>10:15 Horse Racing, (A)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>2:15 Oktoberfest Social, (ACT)</div> <div>2:45 Oktoberfest Social, (ACT)</div> <div>3:30 Bible Study with Bob, (ACT)</div> <div>4:00 Bible Study with Bob, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>9</div> <div>9:00 Chair Drumming Exercise, (ACT)</div> <div>9:30 Chair Drumming Exercise, (ACT)</div> <div>10:15 Hangman, (ACT)</div> <div>10:45 Hangman, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>6:45 Movie, (T)</div>
	<div>11</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>12</div> <div>COLUMBUS DAY</div> <div>9:00 Morning Shopping, (LB)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:15 Learn About Christopher Columbus, (ACT)</div> <div>3:00 Art Class, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>13</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:15 Text Twist, (ACT)</div> <div>10:45 Giant Card Memory Game, (ACT)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>14</div> <div>9:00 Chair Dancing Exercise, (ACT)</div> <div>9:30 Chair Dancing Exercise, (ACT)</div> <div>10:30 The Hot Seat, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:30 Basic Writing Workshop with Cheryl, (ACT)</div> <div>6:45 Movie and Popcorn, (T)</div>	<div>15</div> <div>10:15 Horse Racing, (A)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:30 Bible Study with Bob, (ACT)</div> <div>4:00 Bible Study with Bob, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>16</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>4:30 Hangman, (ACT)</div> <div>5:00 Hangman, (ACT)</div> <div>6:00 Marshmallow Roasting Every 30 min., (P)</div> <div>6:45 Movie, (T)</div>
	<div>18</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>19</div> <div>9:00 Morning Shopping, (LB)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Trivia and True or False, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>20</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:15 Text Twist, (ACT)</div> <div>10:45 Giant Card Memory Game, (ACT)</div> <div>11:15 Library Bookmobile, (FP)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>21</div> <div>9:00 Chair Dancing Exercise, (ACT)</div> <div>9:30 Chair Dancing Exercise, (ACT)</div> <div>10:15 Spelling Bee Challenge, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:45 Whiteboard Word Challenge, (ACT)</div> <div>6:45 Movie and Popcorn, (T)</div>	<div>22</div> <div>10:00 Pumpkin Pie Dip with Chef Michael, (ACT)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>2:00 Nostalgic Picture Event, (A)</div> <div>3:30 Bible Study with Bob, (ACT)</div> <div>4:00 Bible Study with Bob, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>23</div> <div>9:30 Chair Drumming Exercise, (ACT)</div> <div>10:15 Hangman, (ACT)</div> <div>10:45 Hangman, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>6:45 Movie, (T)</div> <div></div>
	<div>25</div> <div>9:00 Streaming Church Service, (T)</div> <div>10:15 Streaming Church Service, (T)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div>	<div>26</div> <div>9:00 Morning Shopping, (LB)</div> <div>10:00 Blood Pressure Reading with Alegre, (G)</div> <div>2:00 Movie, (T)</div> <div>2:15 Giant Pictionary, (ACT)</div> <div>2:45 Trivia and True or False, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>27</div> <div>9:00 Brain and Fitness Exercise, (ACT)</div> <div>10:15 Text Twist, (ACT)</div> <div>10:45 Giant Card Memory Game, (ACT)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:00 Funny Money Bingo, (ACT)</div> <div>3:45 Funny Money Bingo, (ACT)</div> <div>6:45 Movie, (T)</div> <div></div>	<div>28</div> <div>9:00 Chair Dancing Exercise, (ACT)</div> <div>9:30 Chair Dancing Exercise, (ACT)</div> <div>10:30 The Hot Seat, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Categories, (ACT)</div> <div>2:45 Art Class, (ACT)</div> <div>6:45 Movie and Popcorn, (T)</div>	<div>29</div> <div>10:15 Horse Racing, (A)</div> <div>2:00 The Camden Closet Store</div> <div>2:00 Movie, (T)</div> <div>3:30 Bible Study with Bob, (ACT)</div> <div>4:00 Bible Study with Bob, (ACT)</div> <div>6:45 Movie, (T)</div>	<div>30</div> <div>9:00 Chair Drumming Exercise, (ACT)</div> <div>9:30 Chair Drumming Exercise, (ACT)</div> <div>10:15 Hangman, (ACT)</div> <div>10:45 Hangman, (ACT)</div> <div>12:00 Halloween Costume Contest, (D)</div> <div>1:30 Halloween Costume Contest, (ACT)</div> <div>2:00 Movie, (T)</div> <div>2:15 Nickel Bingo, (ACT)</div> <div>2:30 Halloween Social, (ACT)</div> <div>3:00 Nickel Bingo, (C)</div> <div>3:15 Halloween Social, (ACT)</div> <div>6:45 Movie, (T)</div>
						<div>31</div> <div>HALLOWEEN</div> <div>2:00 Therapeutic Coloring, (ACT)</div> <div>2:00 Movie, (T)</div> <div>6:45 Movie, (T)</div> <div>7:00 Activity with Stan and Julie, (ACT)</div>



## Fun Fair Day

Come one, come all! In August we had a wonderful fair event where our residents were able to play games, take photos and munch on foot-long corn dogs if they chose to. We had bean bag toss, punch-a-cup, rubber duckie fishing and ring toss to play and residents won raffle tickets. Ruth Loveall won \$1, Shirley Shotwell won \$5 and Sue Piland won the grand prize of \$10! We also had a popcorn social where residents got to flavor their popcorn with things like cashews, chocolate-covered raisins and so much more!



*Shirley and Lori*



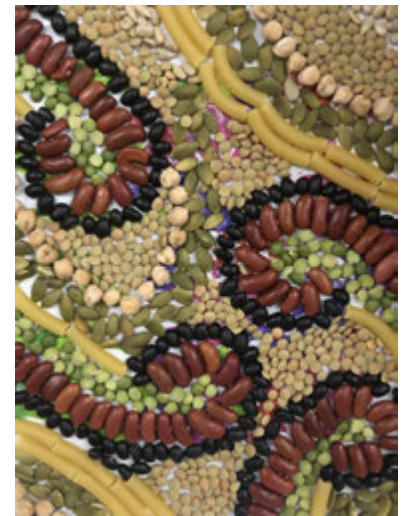
*Arvadell and Marv*



*Our fun games*

## Bean and Seed Mosaics

Who knew that dried beans, seeds and glue could create such cool things? A handful of residents came to the Mosaic Bean and Seed Craft event



and each made their very own personal masterpiece. Each creation was completely unique to the resident making it!



*Creating their masterpieces*



## The Surprising Health Benefits of Pumpkins

There is no better symbol for fall than a pumpkin, but did you know that besides being the perfect addition to your fall décor, pumpkins are also a nutritious addition to your fall menu? Pumpkins are packed with fiber, vitamins and minerals and can be consumed regularly to help you thrive throughout fall and winter! Below are just a few health benefits of pumpkins.

1. Pumpkins help boost immunity to keep you well. Both pumpkin flesh and seeds are high in vitamin C and antioxidants, including beta-carotene and other carotenoids. In fact, pumpkin is one of the best sources of beta-carotene and the other synergistic carotenoids. Together, they give pumpkins their bright, eye-catching color. Beta-carotene is good for your immune system because it's converted into vitamin A, triggering the creation of white blood cells, which fight infection and help keep you well.
2. Pumpkins help keep your eyes healthy. In addition to their immune benefits, beta-carotene and the other carotenoids, including lutein, are important for eye health. But these are only some of the many antioxidants found in pumpkin that can help you prevent degenerative damage to your eyes. According to the National Institutes of Health, a cup of cooked pumpkin contains more than 200 percent of your recommended daily intake of vitamin A — which aids vision, particularly in dim light.
3. Pumpkins can help you feel full — supporting weight loss. Pumpkin is packed with fiber, helping you feel fuller and more satisfied for longer. Fiber is associated with weight loss, too. It slows the rate of sugar absorption into the blood and is beneficial for digestion.
4. Pumpkins are a heart-healthy choice. The potassium in pumpkins can have a positive effect on blood pressure. A 2017 study published in "Nutrition, Metabolism and Cardiovascular Diseases" suggests that consuming enough potassium may be almost as important as decreasing sodium (salt) intake for treating high blood pressure.

The soluble fiber in pumpkin is also useful for lowering cholesterol and triglycerides.



## I Think It Started When I Was Small

I don't like the fog at all ...  
 (I think it started when I was small.)  
 I really like a summer day,  
 It's much more fun to run and play.  
 Fog seems to make everything drip —  
 From the tips of tall trees,  
 to the mast of a ship.  
 The flowers like it (so I've been told)  
 It keeps their colors bright and bold.  
 But —  
 I don't like the fog at all —  
 I think it started when I was small!

*by Bob Lane*



*Camden Springs*  
Gracious Retirement Living

8476 Sheldon Road  
Elk Grove, California 95624



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

*Camden Springs*  
Gracious Retirement Living

**916-714-6565**