

January 2021

Golden Pond Senior Living

Golden Pond Senior Living *RCFE 347000985

Celebrating January

Resident Birthdays

Dorene Innerbichler	1/12
Irene Bowles	1/16
Ricky Hayes	1/22
Hazel Tobin	1/27
Jackie La Cornu	1/30



Staff Birthdays

Michael Miglietto	1/06
Lawana Wright	1/12
Cameron Fainu	1/14
Christian Rivera	1/21
Auctavia Bruner	1/27
Airial Hartsock	1/30

A New Year ~ A New Beginning

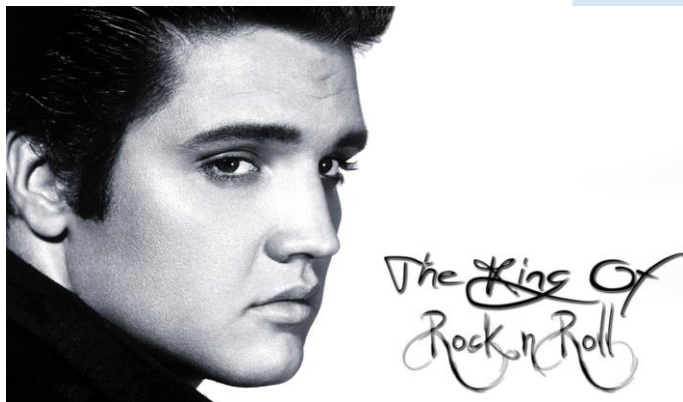
What a year we had in 2020. Life has changed all around us and new beginnings are presenting themselves as we move forward in a new path. We are not over the unprecedented pandemic that hit us hard, but we are much closer to healing a world that has been turned up on its' side. Many people have been forever changed and we all need each other to move forward.

Here at the Pond, you will see some new faces in all the departments...Caregivers, Housekeeping, Maintenance, Activities, and Med Techs. We are so grateful for all who have chosen to become part of an AMAZING team here at Golden Pond. You will also see some new faces of the Residents. We are so very happy that you have chosen Golden Pond as your place of residence and look forward to having you participate in our many wonderful activities that we have planned for the new year.

Since we have had so many changes, here are a few reminders about things at the Pond.

- When you are out and about, Please, wear a mask and social distance when you are visiting your neighbors and participating in any activity.
- Ordering your meals can be challenging at first, make sure you **fill out your slip and place it on your door. Breakfast must be ordered in the evening, Lunch and Dinner can be ordered after Breakfast.**
- If you are in need of help in taking your decorations down from the Holidays, please let the front desk or activities office know and we will get that taken care of.
- If you are having trouble with your heater or any issues within your apartment, give the front desk a call and they will let Cruz (Maintenance Director) know.

**WE ARE ALL LOOKING FORWARD TO A
BETTER YEAR IN 2021 IN SERVING YOU
HAPPY NEW YEAR!!!**



January 8th 1935 an icon was born!
Elvis Aaron Presley, known as “Elvis”, was an American singer, musician, and actor. He is regarded as one of the most significant cultural icons of the 20th Century. He energized the world with his music thru his own interpretations of songs and performance. His music style help to influence all races during a transformative era. Elvis will ALWAYS be known as the “King” and his music will live on for centuries to come.

January 18th is Martin Luther King Jr Day



Martin Luther King was born January 15th 1929. He was an American Christian minister and activist who became the most visible spokesperson and leader in the civil rights movement until he was assassinated in 1968. He will forever be remembered for his, “I Have A Dream” speech.



Better Health with Exercise



The American Lung Association wants you to Take the Stairs on January 13, hoping that this holiday encourages you to get exercise one step at a time. Stair climbing strengthens your leg muscles, improves balance, burns fat, and increases blood flow and heart rate, which help lower blood pressure and boost good cholesterol. If you have a hard time with stairs, that's ok because Activities has incorporated an Exercise program into our community 4 mornings per week. Every Monday, Tuesday, Thursday and Friday at 9:30 am for about 20-25 minutes you will receive body movement, hand exercises along with breathing exercises. This is not an over-exertion on your body but it is a whole-person centered approach. Give it at try we'll be in the Exercise area upstairs.

Golden Pond Caregivers

Ligia, Director of Care, would like to say a big "Thank you" to all the residents for your patience and willingness to work with the Care Team as they have been trying their best to provide the best care during these past few months as we have been hit hard with the pandemic. This has not been a fun time for any of us and the Care team knows that you have all had to deal with time schedules, new staff and limited resources. As we move forward in this new year, we hope to see more consistency, and timely responses to any and all requests that are being made from all Residents. Should you have any questions or concerns please contact the Front desk and leave a message for Ligia and she will get back to you.

TRANSPORTATION

Just a reminder, as you are making your Doctor appointments, please make sure to notify Kelly, at the Front Office, with one week or more advanced notice with all the important information needed so that she can get you to and from all appointments on time.

LAUNDRY & HOUSEKEEPING

If you have any questions or need to discuss any thing that pertains to the cleaning of your clothes or apartment, please come to the front desk and ask for Lorine and she will come and answers all your concerns in this matter.

Maintenance

Should you have any concerns about a leak or you need to hang a picture or a box is too heavy to move or you need to rearrange furniture for better mobility, call or come down to the Front Desk and leave a message for Maintenance and Cruz will get it done. Thank you, Cruz...

Nursing and Med Techs

Shavell, Director of Nursing would like to make a shout out to ALL of her Med Techs to let them know how appreciative she is for all that they have done to provide the best care possible.

ACTIVITIES

The past 3 months have been a roller coaster ride for **everyone**, residents and employees alike I have learned much from all the different departments and I appreciate your patience, and I am looking forward to a brighter and more fun-filled New Year!!!!

ACTIVITIES ON THE POND

Tandy, who joined the Golden Pond team in October, has been trying to keep everyone engaged with a variety of activities. This has been an ebb & flow process as we have had to adhere to the guidelines of the CDC and of the State of California. As you can see by the many activities listed on the calendar, we have many to choose from, **HOWEVER**, we must also stay safe, mask up, and social distance. As soon as we are given the green light to resume all group activities we will do so, until then we will do things that don't require groups.

It is not healthy to stay in your rooms all the time and therefore we encourage you to go out and check out the garden, walk around the Gazebo, walk through the hallways, go get your mail...**PLEASE WEAR YOUR MASK!!!!** Have a socially distanced conversation with a friend. Always check out the DAILY "WHAT'S HAPPENING ON THE POND" flyer that is posted every morning at the front desk, at the mailboxes, in all 3 elevators, and across from the pub.

Basketball for All



On January 27, 1927, the Harlem Globetrotters basketball team played their first game in Hinkley, Illinois. It was an era when Black players were not allowed to play on professional teams. Abe Saperstein, a Chicago sports booking agent, was impressed with the talent of a team known as the Savoy Big Five, so named because they played in Chicago's Savoy Ballroom. He recruited them to play on a new team, the New York Harlem Globetrotters, named after the neighborhood that was the center of African American culture at the time. The team competed throughout the country, even beating the Minneapolis Lakers, the best team in the NBA, in 1948. The Globetrotters never joined the NBA but instead became one of the world's most beloved and talented basketball teams, delighting crowds with their play and playful on-court antics.

T'WAS A COWBOY CHRISTMAS



A SPECIAL THANKS TO:

Cruz in Maintenance, for helping with all the wonderful Christmas Decorating around the complex.

Stephanie Tinico, Sac State University Intern, for all the wonderful decorating during the past few Holidays in 2020.

Kennedy Wilson, Sac State University Intern, with the wonderful Activity Booklets during the Holiday season.

Corinna Rosas, Sac State University Intern, for the awesome workout booklet to help keep us healthy during the Holiday season.

THANK YOU INTERNS FOR THE MANY HOURS YOU PROVIDE FOR ACTIVITIES

THANK YOU CARE STAFF ~ MED TECHS ~ KITCHEN CREW ~ FRONT DESK ~ AND OF COURSE ALL OF OUR RESIDENTS FOR WORKING TOGETHER AS WE ARE ALL MAKING OUR WAY THROUGH THIS WILD RIDE WE HAVE BEEN ON FOR ALMOST A YEAR.

MAY 2021 BE FILLED WITH TONS OF HEALING, JOY AND BEAUTY!!!!

