

October 2021

Golden Pond Senior Living

Golden Pond Senior Living *RCFE 347000985



Celebrating October

Country Music Month

Positive Attitude Month



OCTOBER BIRTHDAYS

Residents

Lou Ave Flodeen	10/09
Doris De Vader	10/11
Clevelyn Mentillo	10/13
Marvin Vore	10/15
Margaret Allen	10/16
Naomi Fukuhara	10/18
Sabra Pendleton	10/19
Barry Wood	10/25
William Chow	10/26

Staff

Cruz Garcia (Maint.)	10/17
Sarah Mccullough (Care)	10/22
Gurpreet Jhooty (Care)	10/25

THANK YOU, THANK YOU, THANK YOU

Seven years ago in October, I moved to California. A move of a lifetime for me, being a country girl. I immediately fell in love with the area and was eager to be a part of a new life. I began reaching out to Senior Living Communities to provide a participatory activity and Golden Pond was one of those communities. Lupe Ramirez was the Activity Director at that time and she allowed me the opportunity to share my joy of music with the residents at Golden Pond. Two years ago, life changed, the Pandemic arrived and changes needed to be made. Instead of coming into the community to provide the activity with the residents, I began performing for the residents instead. This was awesome until most communities were shutting the doors for any one coming in or out and this meant residents also. I did not become overwhelmed, I put my thinking cap on and decided to see where I could put my strengths to use. I had remembered in my many phone calls that Golden Pond was looking for an Activity Director, so I called up Golden Pond and asked for an interview. I came in the same day, and had a long conversation with various individuals. I left not knowing if I had the job or not. I waited for an answer, after a week I decided to call in and it was then I found out that the delay was due to COVID issues. I was hired and was so very excited to know that I would be the next Life Enrichment/Activity Director for Golden Pond. Thank you, Lupe for believing in me and Thank You Golden Pond for accepting me into the family and I look forward to many years of serving every person who enters these doors. Namaste!

What To Do, In Case Of A Fire

Golden Pond was built using the most up to date smoke and fire control technology, including smoke doors, sprinklers, fire rated walls, connection to a fire panel monitoring company and fire extinguishers be assured that you live in a very well protected environment!

Because Golden Pond uses the most up to date smoke & fire control technology, we have a “protect in place” facility by the state Fire Marshal’s office. That means the safest place for you to be in the event of a fire is to stay right where you are. So...

- If you are in your apartment, do NOT open the door into the hallway, stay where you are. If evacuation is necessary, a staff member or the Fire Department will assist you.
- If you are in the Dining Room, go to the Lobby area where the mailboxes are.
- If you are in the Performing Arts Room or Bistro, go to the Lobby area where the mailboxes are.
- If you are upstairs in the Exercise Room, Movie Theater, or the Pub, stay where you are. If evacuation is necessary, a staff member or Fire Department will assist you.
- If you are in the Hallway by your room, go back to your room. If you are in the Hallway and NOT by your room, stay where you are or sit down on the bench in the hallway and wait.

Never open the smoke doors in the Hallways. Staff members are trained to respond to all situations. 911 Response system will activate, Fire Department will respond, a staff member will come to your apartment to let you know “all is clear”. **ONLY** evacuate if you are instructed to.

Beauty Salon

Just want to point out that we have a wonderful Salon Stylist that does an amazing job with the resident’s hair. Kaori (Carrie) Luu is available every Wednesday from 9am-3pm. If you want to make an appointment, call her at 408-728-3298. Prices are:

Men’s Cut	\$10	Men’s Plus	\$15
(Nose, Ear, Eyebrow)			
Women’s cut	\$20	Perm	\$60
Women Cut/Style	\$25		
Color	\$50 and up		
Wash, Cut, Blow Dry	\$45		
Shampoo set and style	\$25		
Eyebrows Waxing	\$15		
Lip Waxing	\$10		
Manicure	\$15	Pedicure	\$25

Theme Days

Every month we celebrate Theme Days. Each Friday a different Theme takes place and we hope that everyone will participate in whatever the theme is for that Friday. We have 5 Fridays this month so we hope to see a lot of participation. Look for the October Theme Day Flyer located in this Newsletter. If you would like to make a suggestion for a theme day, please let Activities know and we will gladly see about adding your suggestion into the next months’ theme. Keep in mind the Holidays are coming so what would you like to see in November and December for Theme Day Fridays????????

A FEW REMINDERS

We know you love to socialize and enjoy each other's company, however when it comes to meal times, we ask that you please respect the times that have been allotted for you to share your meals together.

Breakfast 7:30am – 9:30am

Lunch 11:30am – 1:30pm

Dinner 4:00pm – 6:30pm

Should you arrive in the dining room before serving time, PLEASE, do NOT demand to be waited on. The staff is working hard to have everything ready for you to be served at the proper meal times. They are performing the meal preparation. Early sitters are welcomed to converse or simply sit and wait. Please DO NOT expect nor demand service from the kitchen/serving staff prior to the actual meal start-up time. Thank you for your full consideration in this matter.

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Maintenance Requests

Should you have any maintenance issues, or requests, PLEASE do not stop them in the hall, take your request to the front desk and ask them to put your request into the maintenance binder. This way there is a record of your request and maintenance can respond on a timely manner to meet your needs accordingly.

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Podiatry

Many of you have asked when Podiatry will be here. They normally come twice a month, should you want to be seen by them please come by or call the Front Desk and ask to be put on the Podiatry list, otherwise contact your physician and make an appointment to have your feet maintained on a regular basis.

Pfizer Booster Available

All residents who received the Pfizer Vaccine are now illegible for the Booster shot which will be here at Golden Pond on October 12th at 9:30 am in the PAR. Bring your Medicare Part B cards/information with you.

If you did not get the Pfizer or you do not know which vaccine you got, look at your Vaccine card you were given when you received your shot, it will state which one you received. If you did not get the Pfizer Vaccine you will have to contact your physician as to what you will need to do in order to receive the appropriate Booster shot. If you were living here at Golden Pond by January 15th 2021, you received the Pfizer Vaccine.

FLU SHOTS

If Kaiser is your Medical Provider, you are illegible to go with Kelly on October 14th to get a Flu Shot. She will be providing a round trip ride to Kaiser Rancho Cordova branch, at 10 am and a second trip if needed at 11:30 am. If Kaiser is NOT your provider, you need to contact your physician and set up a date OR you can wait to the end of October when we will be providing another update on where and when you can receive the Flu shot.

LIVE ENTERTAINMENT

Come with your dancing shoes on, your hands ready to clap, sing along when you want to and just enjoy yourself along with everyone else. Don't be shy, we love to have a great time when our performers come. When you enjoy yourself it tells the performers that they are doing their job, so get out of those rooms and come enjoy the show.

1ST ~ Jerry Lopes 3pm ~ PAR

5th ~ Skip Morgan 2:30pm ~ LP

8th ~ Midtown Jazz 2 pm ~ PAR

15th ~ Linda Bracamonte 2 pm ~ PAR

18th ~ Ciprian Mihutz 3pm ~ PAR

22nd ~ Evening Star Band 2pm ~ PAR

26th ~ Brandon Andronesi 3pm ~ PAR

Conversation with Tiffany with Art Reveals on the 21st in the PAR ~ come explore beautiful Art work from around the world and discuss the Artist. Allow your mind to wonder and let your heart smile.

October 30th, a spectacular event will take place in the PAR...Magician Andy Amyx will be performing live!!! If you invite anyone to this performance, remember they must show proof of Vaccination or a negative test within 72 hrs.

October Birthdays

In astrology, those born from October 1–23 balance the scales of Libra. Libras are peaceful and fair, and value balance and symmetry. For this reason, they often champion justice and equality. Those born from October 24–31 are Scorpions of Scorpio. Scorpions are passionate, dedicated, and resourceful. Scorpions may seem intimidating, but they are just no-nonsense people who value honesty and loyalty above all else.

Donna Karan (designer) – Oct. 2, 1948
 Chubby Checker (singer) – Oct. 3, 1941
 Chevy Chase (comedian) – Oct. 8, 1943
 Henry Heinz (food magnate) – Oct. 11, 1844
 Marie Osmond (entertainer) – Oct. 13, 1959
 Penny Marshall (director) – Oct. 15, 1943
 Naomi Osaka (tennis star) – Oct. 16, 1997
 Kamala Harris (vice president) – Oct. 20, 1964
 Pele (soccer player) – Oct. 23, 1940
 Jonas Salk (doctor) – Oct. 28, 1914
 John Candy (comedian) – Oct. 31, 1950

ANNOUNCEMENTS

The Food Committee Meetings are changing to Thursday for the month of October. The first and third Wednesday of the month. The meeting place will be in the Theater Room with the same time, 10am.

Due to many requests by a number of residents, we will be adding another day to the Pub. Saturdays at 2 pm. Enjoy!

In working with the Resident Council, we have heard your voice and will be making some changes on better serving our new residents by providing one on one walk through & conversation with detailed information that is needed as a resident living at Golden Pond.