A leading nonprofit provider of aging services in Northern California for over 50 years.

Independent Living with Services
3225 Freeport Boulevard
Sacramento, CA 95818
916-441-1015

Monroe Lodge Leadership Team
Executive Director          Tristin Benjamin
Sales Counselor             Latoya Pulanco
Life Enrichment Coord.     Sara Montgomery
Business Services Manager  Arsel Ducay
Dining Services Director   Lin Chee
Campus Patrol Supervisor   Jagdish Chandra
Maintenance Supervisor     Michael Spitale

Popular Recurring Activities for the Month of August at Monroe Lodge:
Mondays ........................................ Bingo
Tuesdays ................................. Technology Assistance
Wednesdays ...................... Corn Hole Competition
Thursdays ......................... “Let’s Talk About It” with Elaine
Fridays ................................. Movie Showtimess
Saturdays ............................ Strength Exercise Classes
Sundays ............................... Matinee Movie

Dear Residents,
Summer is a time of growth, and as we enter August, I’m happy to share information about endeavors Eskaton has undertaken this year as we continue to grow.

A healthy organization embraces change, innovation and adaptation. This describes Eskaton as we continue to explore new ways to provide choices and services to older adults living across Northern California. One of those ways is to expand services to people living on very low incomes and at risk of being placed in skilled nursing.

Eskaton has joint-ventured with InnovAge, the largest PACE (Program for All-inclusive Care for the Elderly) and Adventist Health to build a 47,000 square foot PACE center north of Sacramento. This Center will provide a day-program for hundreds of older adults with a full array of services, including geriatrician and clinic services, dental services, adult day health care, social engagement, nutrition services and transportation. This program is for people who qualify for MediCal and Medicare and is open as of July 2020. I hope you’re all as excited about this wonderful resource for older adults in our region as I am!
Medical Appointments & Out & About Trips  
**Mondays**: East Sacramento, Arden, Midtown  
**Tuesdays**: South Area, Greenhaven, South Sac.  
**Thursdays**: North Area, Carmichael, Fair Oaks & Midtown  

Grocery Shopping & Local Banking  
**Mondays**: 3:00 p.m.  
**Wednesdays**: 8:30, 9:30, 10:30  
**Fridays**: 8:30, 9:30, 10:30  

Out & About Errands  
**Fridays**: 1:30 - 3:00 pm  
North & Midtown/Downtown  

---

### Washing Your Hands the Right Way

Washing your hands is one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community. Follow these five steps every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. Sanitizers can quickly reduce the number of germs on hands. However,

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.

[cdc.org](http://www.cdc.org)

---

### Movie Requests

Is there a particular film you would like us to show during Movie Showtimes? Perhaps you don’t have one in mind, but you’d simply like more action movies or musicals? Leave your request at the Front Desk, and if available, specific films or films of your requested genre will be added to the queue!

---

### Activities Questionnaire and Survey

We strive to provide interesting, entertaining activities here at Eskaton Monroe Lodge. Keep an eye out this August for a questionnaire and survey on activities and events! You will be encouraged to share your ideas and interests so that we can provide relevant, engaging, socially-distanced activities based on what you would like to see on your calendar! As always, you don’t need to wait for a survey to share your great ideas with us. Please see Life Enrichment Coordinator Sara to discuss your ideas and interests as they arise.

---

Happy Birthday!

2 Jerry K.  
2 Junior A. - Staff  
3 Sharon D.  
4 Joy Ann M.  
6 Toni M. - Staff  
8 Alice B.  
9 Allen J.  
16 Gail D.  
21 Ben K. - Staff  
23 Lonnie C.  
24 Harold H.  
28 Sally S.  
30 Daniel M.  
31 Ron K.  
31 Mary W.
From Your Resident Handbook - Housekeeping

Light cleaning will be performed on a weekly basis completed by the Lodge housekeepers.

Typical weekly cleaning will include the following: vacuum all carpets; sweep and mop bathroom and kitchen floors; clean bathtub and/or shower, toilet and sink. In addition, interior & exterior windows are cleaned on a scheduled basis. The housekeepers are not permitted to do the following: dust or clean areas that are used to display personal items, wash dishes or personal laundry.

Housekeeping services can be passed for any reason. However, minimal service completion is necessary at least every 3 weeks.

Please contact the office if you do not want your apartment cleaned during your absence. The housekeepers will clean your apartment in your absence unless you indicate otherwise. On occasion, we may miss your apartment on the scheduled day due to absence of staff or predetermined holiday schedules. We make every effort to have coverage for illness, vacation, or unscheduled absences.

Summer Safety Tips

Please keep these safety tips in mind when you head outside: Stay out of the sun. If possible, avoid the sun when it’s at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it’s cooler. If you do go out during the heat of the day, try to stay in shaded areas. Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring. Dress appropriately. To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection. Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don’t wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids. Keep cool. Run a small towel under cool water, wring it out and drape it around your neck or on top of your head if you are in the heat. Let others know your plans. Include information such as where you will be and when you’ll return. Following these tips will help you enjoy August’s hot weather!

This year, Eskaton is a proud presenting sponsor of the Alzheimer’s Association’s “Walk to End Alzheimer’s,” a fundraiser to finance much-needed research and support for individuals living with cognitive change. Over the last 10 years, Eskaton raised over $111,000 for the organization. Every year, team members and residents walk in solidarity with the Alzheimer’s Association, those living with cognitive change and care partners. We invite you to continue this tradition by participating in 2020’s Virtual Walk to End Alzheimer’s. All Eskaton communities will host a walk on their campus on September 26th, making participation simple for all. Eskaton commits to this cause, as we believe in the Association’s mission to raise awareness of Alzheimer’s and other forms of dementia in order to debunk myths and stereotypes associated with these diagnoses. Our community will host small fundraisers to raise money. Last year Eskaton raised over $21,000 dollars! Please help Eskaton meet our 2020 goal of $22,000. Achieving this goal will help Eskaton claim the “Senior Cup” as the TOP fundraising senior living organization in the region. Contact your team captain today to sign up or donate!
**SUDOKU**

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.
Each column of 9 numbers must include all digits 1 through 9 in any order.
Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

```
  3  6  2  8  7
  8  7  4  2  3
  6  1  2  8  5
  9  5  3  4  2
  2  8  1  7  9
  4  6  7  3  1
  5  2  8  9  7
  1  4  9  6  8
  7  3  6  5  4
```

```
  4  5
  1  3
  2  9
  9  2
  5  7
  4  1
  9  7
  3  6
  4  9
```

**Eskaton Monroe Lodge**

3225 Freeport Boulevard
Sacramento, CA 95818