



## Eskaton Land Park

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

### **Eskaton Land Park Leadership Team**

Executive Director	Tristin Benjamin
Residential Living Advisor	Latoya Pulanco
DIR of Resident Services	Adriana Inclan
Business Services Manager	Arsel Ducay
Maint. & Housekeeping Sup.	Tom Hartley
DIR of Culinary Experience	Lin Chee
Driver	Adriana Muniz



**April 2024**

### **Dear Residents,**

**Happy April, Eskaton Land Park community!**

May was truly a delightful month filled with meaningful events. We express our gratitude to everyone who participated in Happiness Day, a heartwarming gathering dedicated to honoring our former resident Peggy McDonald. We also appreciate those who celebrated Easter with us. Thank you for being a part of these special moments.

During my absence, please continue to connect with Latoya Pulanco, our dedicated Sales Counselor. Adriana Inclan, our Director of Resident Services, is also available to assist with any resident-related needs. For maintenance issues, please communicate with Tom, our Maintenance Supervisor, and kindly report any concerns to the Front Desk. Additionally, Lin Chee, our Director of Culinary Experience, and her team are working diligently to create delicious meals based on your feedback. We are excited to introduce their spring-inspired dishes this month. Thank you for your cooperation and support.

As we continue spring, let's come together to celebrate the new month with a concert on Earth Day, April 22nd, and an appreciation happy hour for National Volunteer Month on April 9th. I miss you all and look forward to reuniting soon. Stay tuned for more exciting events and gatherings this April. Let's make it a memorable month at Eskaton Land Park!

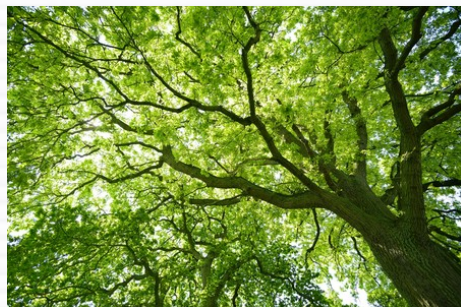
*Tristin Benjamin*

## Office Hours

The business office is open (with holiday exceptions) Monday through Friday, **8:00 a.m. to 5:00 p.m.** Photocopies are available upon request. Copies of 10 pages or less are complimentary. Additional pages are \$1 per page. The telephone number for the office is: **916-441-1015**.

## Transportation

We provide scheduled transportation to local shopping centers, banks, doctors, etc., **within a 10-mile radius of the community.** Please reserve your space at least 24 hours in advance, as seating can be limited.



## Celebrate Earth Day

Join us in celebrating and honoring the Earth with the talented singer Talia Voz, whose enchanting voice will grace the backyard garden on April 22nd, Monday, from 3:30 to 4:30 p.m. Don't forget to visit the fruit and flavored water bar for a refreshment!

## April Fools'!

Join Resident Paul C. for April Fools' Day bingo fun! Mystery prizes await the lucky winners on Monday, April 1st, at 11:00 a.m. in the Garden Room.



## Spring Brunch

We invite you to join us for our monthly Spring-inspired Brunch taking place on Thursday, April 18th, from 10:30 am to 12 noon in the main dining room. Filled with delicious food and a cheerful atmosphere that celebrates the season. Come and enjoy a meal with the community and welcome the beauty of spring.

## Passover Dinner

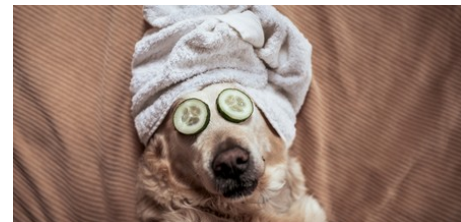
All are welcome to join the community Passover Dinner in the Dining Room on Friday, April 19th, from 4:30 p.m. to 6:00 p.m.

## Missing a Meal

Please notify the reception desk in advance whenever you will be missing a meal. For safety, attendance is noted at meals and office or campus patrol staff checks on anyone not accounted for. **Notifying the front desk when you are going to miss a meal lets us know that you are safe.**

## Dining Services -

Breakfast	7:30-8:30 am
Lunch	12:00-1:00 pm
Dinner	4:30-6:00 pm
	*Special event meal
Brunch 4/20	10:30-12 NOON



## Beauty & Barber Salon

A full service Barber/Beauty Salon is located on the First Floor next to the Dining Room. Manicure and Pedicure services are also available by appointment. **You may make an appointment by calling Jessica directly, 916 993-0622.** The salon is rented to privately contracted service providers. The beauticians and manicurists are not Eskaton employees.





### April Birthdays!

2	Margaret A.
4	Jo Anne C.
4	Susan W.
7	Tim R.
15	Ann B.
17	Steve T.
23	Sharon G.
26	Lew A.
27	Bob M.
27	Ann P.
Staff	
4	Sanjeet S.
11	Andrea A.
17	Bella R.
20	Quinn N.
15	Tim B.



### April Birthdays and Happy Hour

Join us for a festive happy hour and concert as we celebrate all April birthdays, followed by our annual birthday dinner from 4:30 to 6:00 p.m. on Wednesday, April 17th, in the main dining room.

### Signs of April

The birthstone of April is the diamond. Astrological signs for the month are Aries and Taurus. The flower is the daisy and sweetpea.

### April Zumba Schedule With Instructor Rhea

April 1st	10:30 a.m.
April 22nd	10:30 a.m.
April 29th	10:30 a.m.

### Gentle Folk Dancing Class Update

Friendly Reminder there is no class on Saturday, April 13th.

### NEW Book Club

We are proud to welcome our new resident volunteers now leading Book Club! Thank you Nancy M., Sally S., and Joyce M. for leading. Stay tuned for exciting updates and news.

### The Griever's Circle

Join our quarterly group facilitated by Grief Specialist and Certified Death Doula, Debra Chapman, and Yolocares for Kids Program Manager, Elisa Stone. Whether you are newly grieving or navigating through recurring feelings of grief, this supportive community is a place to freely share your experience and find comfort, validation, and support. Grief is a painful yet transformative journey that allows us to thrive, not just survive, in the wake of loss. Join us on **Thursday, April 11th, at 3:00 p.m. in the Garden Rm.**

### April 2024 Give Back Corner

#### Eskaton's Got Talent

Get ready to be amazed and inspired as we showcase the incredible talents of our beloved residents and dedicated staff. From heartwarming performances to jaw-dropping acts, the charity talent show benefiting Eskaton Foundation is all about celebrating the spirit of community and compassion.

Eskaton's Got Talent is on April 27, at 1 pm next door to the Eskaton Support Center at Christ Community Church in Carmichael. Tickets are \$20 resident and \$35 general admission. Can't make it, please consider making a donation to help us raise \$30,000. Use QR code to purchase tickets.

As we come together in support of a great cause, let's applaud the resilience, creativity, and sheer Eskaton talent on display.

**Questions, call Nicole Zamora** at 916-334-0810 or email, [nicole.zamora@eskaton.org](mailto:nicole.zamora@eskaton.org).



# MY *Monthly* PLAN

## To Do:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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## Goals:

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## Don't Forget!

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