

THE Greenhaven Estates Lifestyle



GREENHAVEN
ESTATES
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
7548 Greenhaven Drive · Sacramento, CA 95831 · (916) 427-8887

Leadership Team

Executive Director
Kayla Davis

Business Office Director
Bridget Botez

Sales Director
Krysta Broughton

Assisted Living Director
Alexandria Rodriguez

AL Resident Care Coordinator
Arlene Moreno

AL Activities Director
Kaitlynn Eagleson

MC Resident Care Coordinator
Desiree Burns

MC Activities Director
Delondra Davis

Dining Director
Dennis Lalata

Maintenance Director
Steven Corey

Greenhaven Birthdays

2/3 Josephine M.
2/8 Alicia M.
2/8 Alejandra G.
2/8 Berta L.
2/10 Aryianna M.
2/11 Delondra D.
2/25 Mary Y.
2/26 Patrick K.

FEBRUARY 2023



Join us for baking on Mondays and cooking on Tuesdays!

Get Up and Get Going!




Falling, literally and figuratively, is a hurdle that is hard to get over. The Get Up Campaign was launched by the U.S. Figure Skating organization in 2017 to identify the courage, passion and determination that is needed to get back up, not only in the rink, but also in life. Celebrate National Get Up Day on Feb. 1 by starting a new project, going back to one that you may have given up on, or inspiring others to keep going.

FEBRUARY 2023

Why You Should Participate in Activities?

- **Become happier and less depressed.** Studies suggest that older adults who participate in activities they find meaningful, such as volunteering in their communities or being physically active, say they feel happier and healthier.
- **Improve thinking abilities.** Research suggests that participating in certain activities, such as those that are mentally stimulating or involve physical activity, may have a positive effect on memory — and the more variety the better.
- **Learn a new skill or topic.** Every day there is a possibility to learn something new!
- **Make friends.** Friendships are meant to be made in our community!

“True friends are like diamonds—bright, beautiful, valuable and always in style.”
—Nicole Richie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
							
<p>5</p> <p>9:30 Morning Meeting</p> <p>10:00 Yoga Sunday</p> <p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Resident's Choice</p> <p>4:00 Games</p>	<p>6</p> <p>9:00 Muscle Monday</p> <p>9:30 Morning Meeting</p> <p>10:00 Shopping</p> <p>12:00 Baking</p> <p>2:00 Book Club Meeting</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night-Comedy</p>	<p>7</p> <p>9:30 Morning Meeting</p> <p>10:00 Tai Chi Tuesday</p> <p>12:30 Women's Tea Party</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night-Drama</p>	<p>1</p> <p>9:30 Morning Meeting</p> <p>10:30 Games</p> <p>1:00 Resident Council Meeting</p> <p>2:00 Cooking</p> <p>3:00 Happy Hour</p> <p>4:00 Garden Check</p>	<p>2</p> <p>9:30 Morning Meeting</p> <p>10:00 Thursday Stretching</p> <p>10:45 Church</p> <p>12:30 Trivia</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night-Throwback Thursday</p>	<p>3</p> <p>9:30 Morning Meeting</p> <p>11:00 Coffee & Donuts</p> <p>12:30 Let's Talk about It</p> <p>1:30 Spa Day</p> <p>2:30 Bridge</p> <p>3:00 Happy Hour</p>	<p>4</p> <p>9:00 Exercise- Resident's Choice</p> <p>9:30 Morning Meeting</p> <p>10:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Bingo on MC</p> <p>3:30 Trivia</p> <p>5:30 Movie Night- Resident's Choice</p>	
<p>12</p> <p>9:30 Morning Meeting</p> <p>10:00 Yoga Sunday</p> <p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Resident's Choice</p> <p>4:00 Games</p>	<p>13</p> <p>9:00 Muscle Monday</p> <p>9:30 Morning Meeting</p> <p>10:00 Shopping</p> <p>12:00 Baking</p> <p>2:00 Trivia</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night-Comedy</p>	<p>14</p> <p>Valentine's Day</p> <p>9:30 Morning Meeting</p> <p>10:00 Tai Chi Tuesday</p> <p>12:30 Arts & Crafts</p> <p>3:00 Valentine's Happy Hour</p> <p>5:00 Movie Night-Drama</p>	<p>15</p> <p>9:30 Morning Meeting</p> <p>10:30 Games</p> <p>12:45 Town Hall Meeting</p> <p>2:00 Cooking</p> <p>3:00 Happy Hour</p> <p>4:00 Garden Check</p>	<p>16</p> <p>9:30 Morning Meeting</p> <p>10:00 Thursday Stretching</p> <p>10:45 Church</p> <p>12:30 Trivia</p> <p>3:00 Happy Hour</p> <p>5:30 Movie Night-Throwback Thursday</p>	<p>17</p> <p>9:30 Morning Meeting</p> <p>11:00 Coffee & Donuts</p> <p>12:30 Let's Talk about It</p> <p>1:30 Spa Day</p> <p>2:30 Bridge</p> <p>3:00 Happy Hour</p>	<p>18</p> <p>9:00 Exercise- Resident's Choice</p> <p>9:30 Morning Meeting</p> <p>10:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Bingo on MC</p> <p>3:30 Trivia</p> <p>5:30 Movie Night- Resident's Choice</p>	
<p>19</p> <p>9:30 Morning Meeting</p> <p>10:00 Yoga Sunday</p> <p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Resident's Choice</p> <p>4:00 Games</p>	<p>20</p> <p>Presidents Day</p> <p>9:00 Muscle Monday</p> <p>9:30 Morning Meeting</p> <p>10:00 Shopping</p> <p>12:00 Baking</p> <p>2:00 Book Club Meeting</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night-Comedy</p>	<p>21</p> <p>Mardi Gras</p> <p>9:30 Morning Meeting</p> <p>10:00 Tai Chi Tuesday</p> <p>12:30 Arts & Crafts</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night-Drama</p>	<p>22</p> <p>National Margarita Day</p> <p>9:30 Morning Meeting</p> <p>10:30 Games</p> <p>12:00 Meditation with Shaku</p> <p>2:00 Cooking</p> <p>3:00 Happy Hour</p> <p>4:00 Garden Check</p>	<p>23</p> <p>Birthday Celebration!</p> <p>9:30 Morning Meeting</p> <p>10:00 Thursday Stretching</p> <p>10:45 Church</p> <p>12:30 Trivia</p> <p>3:00 Birthday Celebration!</p> <p>5:30 Movie Night-Throwback Thursday</p>	<p>24</p> <p>9:30 Morning Meeting</p> <p>11:00 Coffee & Donuts</p> <p>12:30 Let's Talk about It</p> <p>1:30 Spa Day</p> <p>2:30 Bridge</p> <p>3:00 Happy Hour</p>	<p>25</p> <p>9:00 Exercise- Resident's Choice</p> <p>9:30 Morning Meeting</p> <p>10:30 Workbooks (Crosswords, Word Search, Etc.)</p> <p>3:00 Bingo on MC</p> <p>3:30 Trivia</p> <p>5:30 Movie Night- Resident's Choice</p>	
<p>26</p> <p>9:30 Morning Meeting</p> <p>10:00 Yoga Sunday</p> <p>11:00 Workbooks (Crosswords, Word Search, Etc.)</p> <p>1:00 Matinee- Resident's Choice</p> <p>4:00 Games</p>	<p>27</p> <p>9:00 Muscle Monday</p> <p>9:30 Morning Meeting</p> <p>10:00 Shopping</p> <p>12:00 Baking</p> <p>2:00 Trivia</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night-Comedy</p>	<p>28</p> <p>9:30 Morning Meeting</p> <p>10:00 Tai Chi Tuesday</p> <p>12:30 Arts & Crafts</p> <p>3:00 Happy Hour</p> <p>5:00 Movie Night-Drama</p>	<p>All Events Are Subject to Change</p>				

Signs of Depression and How to Cope

Signs/Symptoms of Depression

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities, including sex
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, waking up too early, or oversleeping
- Eating more or less than usual
- Thoughts of death or suicide

How to Help

- Stay in touch. Don’t withdraw from life. Socializing can improve your mood. Keeping in touch with friends and family.
- Build a routine and stick to it.
- Relax. Relaxation can also help you cope with negative feelings.
- Find a hobby. Spend time doing something you love each day. exercise boosts mood.
- Do things that boost your self-esteem, put on your favorite clothes, makeup, cologne, etc.
- Seek help. Don’t be afraid to ask for help, everyone needs it from time to time. Your community and health care team are here for you.



January's Employee of the Month

Sam Ibrahim is Greenhaven's employee of the month. We are so thankful to have him. He is very hardworking, reliable, and always willing to do what it takes for the team! He always has a positive attitude and is a very important part of the success in our community! Thank you, Sam!

Floating Lantern Festivals

Like small hot air balloons, paper lanterns have an opening at the bottom where a heat source is suspended, allowing the lantern to drift across the sky. These bright, floating marvels originated in China and were used as a military signal during the Eastern Han Dynasty (A.D. 25–220). Now, they are used mostly for celebration or in remembrance ceremonies. This tradition doesn't only occur in China; many cultures hold festivals with floating lanterns, including areas in North America, India, Vietnam, Thailand and Poland. Often, a wish, riddle or message to a loved one is written on the lantern before it's released into the sky.

Popular Pages: 'The Nightingale'

Published in 2015, this book by author Kristin Hannah is about women during wartime and the brave, yet risky, choices they make to protect their children and their way of life. The story focuses on two sisters' struggle to survive and resist the German occupation of France during World War II. This becomes increasingly more difficult when a German captain requisitions their home. When released, the harrowing and hard-hitting novel spent 20 weeks on the New York Times bestseller list and quickly became a must-read for historical fiction fans.

