



Eskaton Village Roseville

Independent With Services, Assisted Living and Memory Care

1650 Eskaton Loop Road
Roseville, CA 95747
916-789-7831
License # 315002052

Management Associates

Adam Hill Executive Director
Josh Garcia Assistant Executive Director
Tricia Diaz Resident Care Coordinator
Michelle Edmondson Food Service Director
Henry Ayala Director Environmental Services
Bianca Caputo Business Office Manager
Emma Ledesma Director of Resident Services
David Dingcong Memory Care Coordinator
Norma Unsay Wellness Nurse
Brittany Wright Residential Living Advisor
Marissa Hodge Residential Living Advisor

A Warm Welcome Is In Order ...

Feb. Dr. Joe V.
Feb. Anne K.
Feb. Mike G.



April 2024



April is Parkinson's Disease Awareness Month, with World Parkinson's Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease.

The condition, which affects specific parts of the brain, was noted by several ancient cultures, but Parkinson's 1817 publication "An Essay on the Shaking Palsy" was the first clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, including weakness, trembling in the hands and arms, and a stooped gait. Parkinson also noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson's work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

In the 1980s, a Dutch horticulturist with the condition developed a new flower variety he named the Dr. James Parkinson tulip. A red tulip is now the global symbol of Parkinson's disease awareness and the commitment and hope for a cure.



Resident Birthdays

Apr. 5	Al D.
Apr. 8	Lorraine W.
Apr. 14	Chuck G.
Apr. 24	Marsha S.
Apr. 29	Rosalie A.

Staff Birthdays

Apr. 2	Emma L.
Apr. 3	Kiara T.
Apr. 4	Christy B.
Apr. 9	Adam H.
Apr. 10	Harjeet B.
Apr. 14	Ashlyn H.
Apr. 15	Bill J.
Apr. 20	Paramjit K.
Apr. 22	Keira P.
Apr. 24	Josh G.
Apr. 24	David N.

Longevity Matters

Apr. 4	5 YRS - Mary Ann M.
Apr. 16	3 YRS - Rhonda F.
Apr. 21	21 YRS - Rupinder K.

Resident Stay Anniversary

Apr. 17	Rocco R. - 1 YR
Apr. 17	Marian S. - 1 YR
Apr. 18	Joan W. - 1 YR
Apr. 24	Colleen N. - 1 YR
Apr. 29	Robert B. - 6 YRS
Apr. 29	Dianne W. - 2 YRS
Apr. 30	Marian G. - 3 YRS

Make a Butterfly Garden

Watching butterflies flit from flower to flower is one of the many joys of tending a garden. By growing certain plants that attract butterflies, you can encourage these important pollinators to visit every day!

Butterflies like a variety of colors, shapes and heights, and planting different flowers in one container, as well as in pots of varying sizes, helps provide a dense, lush habitat. Typically, butterflies are drawn to bright, warm colors—think reds, oranges, pinks and purples. Plants with tubular flowers, tiny clusters of blooms, or blossoms with large, flat petals are favorites of the insects. Some of the best choices are zinnias, petunias, marigolds and lantana.

To attract even more butterflies, grow host plants such as milkweed, parsley, fennel and dill. The insects will seek out these species and lay their eggs on them.

Create a relaxing oasis for butterflies by adding some basking stones. You can also build a drinking station by arranging some gravel, sand and smooth stones in a saucer, then adding a shallow amount of water.



Spring Fever

The days are getting longer, temperatures are warming and plants are blooming. Take a break and share your memories of spring.

- What were your favorite springtime activities when you were a child? What about as an adult?
- Did you get a spring break from school? If so, how did you spend the time off?
- Spring is known for its budding flowers and trees. What are your favorite seasonal plants?
- Was planting a garden an annual practice in your family? What did you grow?
- Did you spend time doing yardwork or home improvement projects? How did you feel about those activities?
- What types of warm-weather outings do you enjoy?
- Did you ever play or watch spring sports, such as baseball, tennis or track and field?
- How do you feel about rainy spring days? Talk about some things you like to do when it's wet outside.
- From bunnies to butterflies to birds, many animals become more active at this time of year. Which ones do you enjoy seeing?
- What is your idea of a perfect spring day?

Japan Is April's Focus Country

In April, we will be learning all about the country of Japan. We will focus on their culture, history, food and language. We will also have some special classes - origami folding with Dr. Joe, a painting class where we paint cherry blossoms and personal travelogues of Japan and even a guest speaker. Please plan to join us for a special month of continued learning!



EVR offers transportation within the Roseville and Rocklin areas. If you are interested in utilizing the transportation, please sign up at the front desk in the transportation binder. These trips are all free of charge to the Lodge Residents. If a fee is expected, EVR will communicate this ahead of time.

LODGE WEEKLY OUTINGS

SUNDAY	CHURCH TRIP
MONDAY	SHOPPING TRIP
TUESDAY	MEDICAL TRIPS
WEDNESDAY	OUTINGS
THURSDAY	MEDICAL TRIPS
FRIDAY	APPTS. AVAIL.
SATURDAY	OUTINGS



Welcome to April

The world is remembering its roots this month as spring starts turning everything green! No matter how fickle the weather may be, we always anticipate the new beginnings this freshest of months brings. Of course, April is full of other celebrations, like April Fools' Day (1st), Earth Day (22nd) and even National Velociraptor Awareness Day (18th). However you choose to have fun this month, we hope you enjoy the brightening days!

We would love to hear your feedback!

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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.





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