

# Carefield Castro Valley NEWSLETTER



## January 2026

### Happy Birthday

#### Residents Birthday

Violeta E.	1/3
Delma T.	1/16
Patricia C.	1/21
Raymond D.	1/27
Nancy M.	1/29

#### Staff Birthday

Stella F.	1/5
Elane B.	19
Yabeth A.	1/10
Kathy B.	1/21

### Letter from the Executive Director

Welcome 2026!

As we prepare to welcome a new year, I would like to take this opportunity to thank our residents and families for being such an important part of the Carefield Living community. The warmth, trust, and relationships we have built together truly make Carefield Living feel like home, and we are grateful for each of you.

A brand-new year brings fresh opportunities, renewed energy, and the chance to look ahead with optimism. Over the past year, our community has grown as we welcomed new residents, team members, and partners. Together, our dedicated Carefield Living team remains committed to providing compassionate care, meaningful connections, and a supportive environment where everyone can thrive.

As we look toward 2026, we are excited to continue creating a year filled with happiness, connection, and engaging activities that inspire, enrich, and bring joy to everyday life. We look forward to sharing many more special moments and experiences together.

It has been a pleasure sharing this past year with you. On behalf of the entire Carefield Living team, we wish you and your loved ones a joyful festive season filled with warmth, peace, and good health.

Here's a new year filled with purpose, joy, and meaningful connections. We look forward to a wonderful 2026 together.

Warm Regards,  
Parveen Singh

# Upcoming Events

# Community News



Happy New Year! May 2026 be an extraordinary year for you and your loved ones. This month let's focus on growth, gratitude, and gentle progress. Whether your goals are big or small, remember that every step forward counts. Celebrate the little wins, embrace the lessons, and keep moving toward the life you envision.



We at Carefield Living hope your holidays are filled with love, family, and joy. A new year is the perfect time to reflect on the past, appreciate the moments that shaped us, and imagine the exciting possibilities ahead.



Did you know that January is named after the ancient Roman god Janus, the god of gateways and doorways? Janus is often depicted with two faces, one looking backward, the other forward reminding us that this month is about reflection and fresh beginnings. January is not just the start of a calendar year, it's the month of new opportunities, fresh starts, and hope for all the wonderful things to come. Let's embrace it as a time to open new doors and explore what's possible!



We're excited to welcome a few new entertainers to perform for our residents this month, along with volunteers who will be leading card games, board games, and arts & crafts sessions. As we embark on this new journey together, the entire Carefield Living team wishes you and your family a very happy, healthy, and prosperous New Year. Here's to 2026! May it be a year of joy, connection, and meaningful memories!



# Last Month's Highlight



Christmas Tree Lighting



Mrs Santa Claus and All Saints Church Carolers



Ariel Webb Dance School



# Last Month's Highlight



Christmas Luncheon with family & Friends



# Carolers from different schools and organizations

