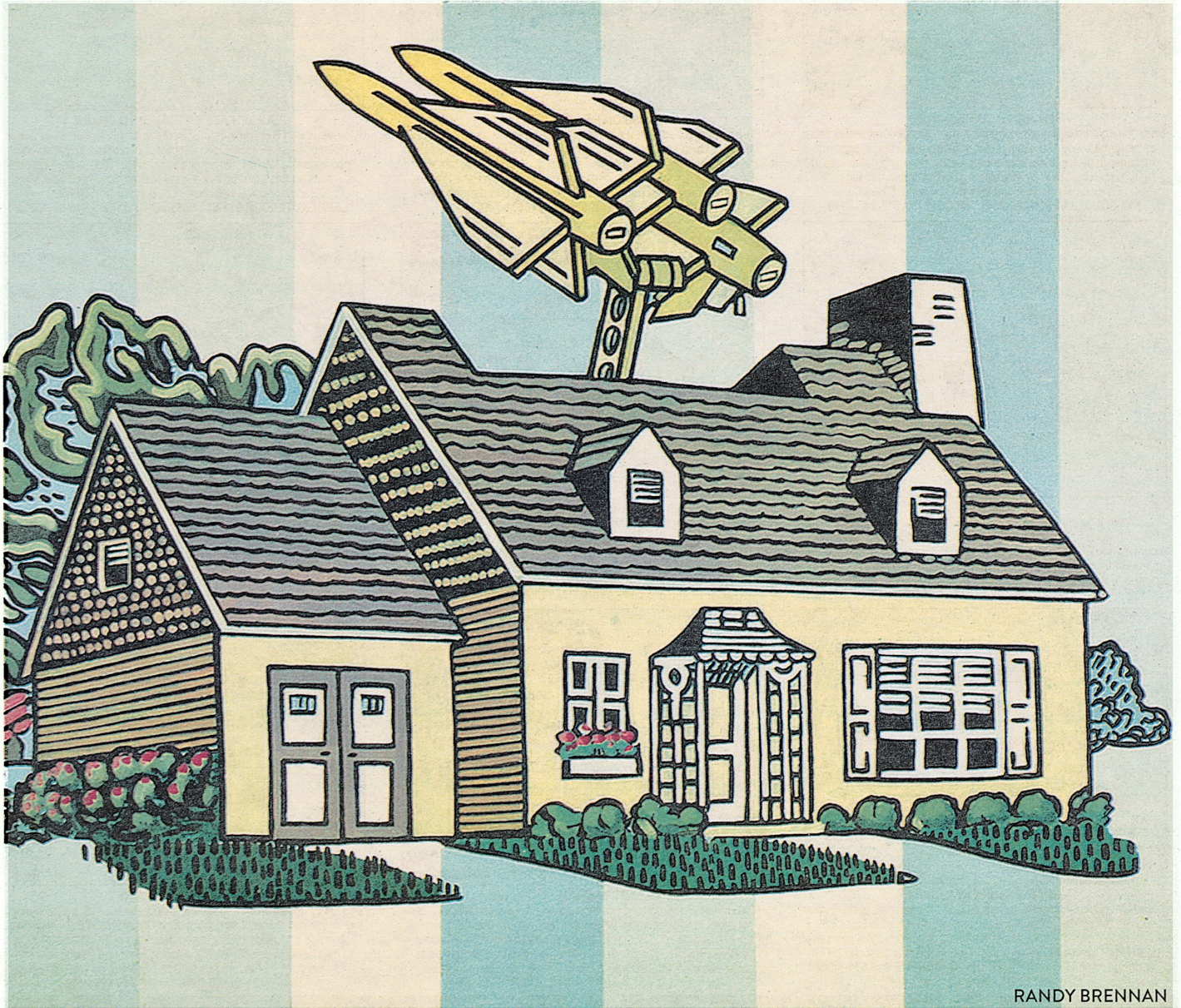


INSIDE

JANUARY 2019

EAST SAC



RANDY BRENNAN

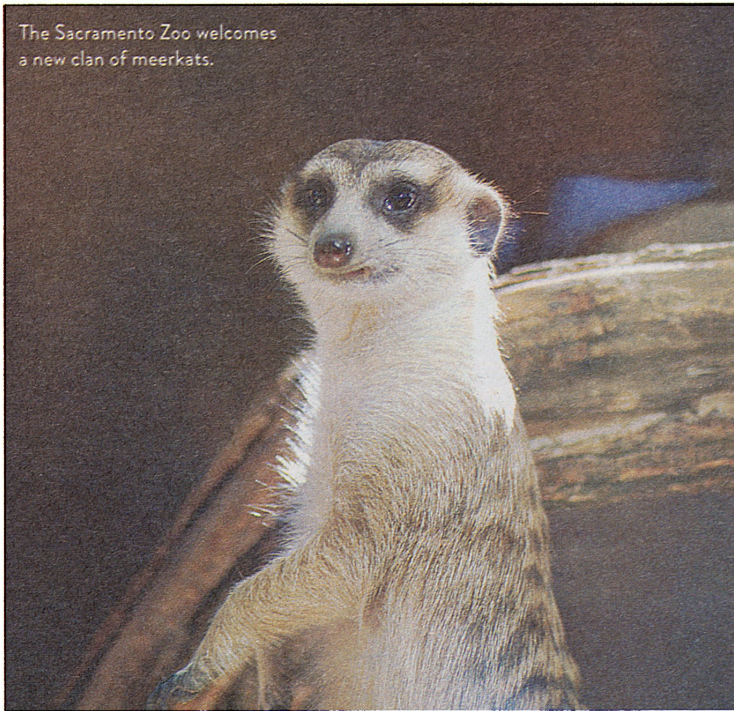
EAST SACRAMENTO • MCKINLEY PARK • RIVER PARK • ELMHURST • TAHOE PARK • CAMPUS COMMONS
ARDEN • ARCADE • SIERRA OAKS • WILHAGGIN • DEL PASO MANOR • CARMICHAEL
LAND PARK • CURTIS PARK • BROADWAY • THE GRID • DOWNTOWN • MIDTOWN • OAK PARK
POCKET • GREENHAVEN • SOUTH POCKET • LITTLE POCKET • RIVERLAKE • DELTA SHORES

INSIDEPUBLICATIONS.COM • 3104 O ST. #120 • SACRAMENTO, CA 95816

PRSR STD
US Postage
PAID
Permit # 1826
Sacramento CA

...ECKWSSDDM...
POSTAL CUSTOMER

THE MOST INTERESTING PEOPLE, PLACES & CULTURE IN AMERICA'S FARM-TO-FORK CAPITAL



The Sacramento Zoo welcomes a new clan of meerkats.



New SeniorCare PACE center showcases carefully selected artwork.

UPPING THE PACE

Visitors to Sutter Health's new SeniorCare PACE (Program of All-Inclusive Care for the Elderly) facility—which opened in the River District in December—will notice the lively artwork that decorates the 45,000-square-foot center.

That's because Sutter Health retained Art Consulting Services—a local woman-owned firm—to develop a unique package for its elderly patients. ACS worked with an art selection committee comprised of area interior designers, clinicians and Sutter leadership, as well as with current PACE patients to find the perfect artistic balance.

"They were funny and outspoken about not wanting 'old people art' in

their new facility," says ACS principal Kira Stewart. "It was really inspiring!"

The new state-of-the-art facility—located at 444 N. Third Street—boasts black-and-white photos of musicians like the Beatles and Elvis alongside vibrant abstract paintings by Roseville artist Margarita Chaplinska, as well as wall space for the seniors' own creations.

PACE is a nonprofit, all-inclusive health plan that offers daily activities at the day center, roundtrip transportation to appointments and in-home medical care to adults 55 and older as an alternative to residence at a nursing home. For more information, visit sutterhealth.org/lp/pace.

ZOO'S COOL 'KATS

For the first time in its history, the Sacramento Zoo is now home to an all-female clan of meerkats from the Brevard Zoo in Florida.

Contrary to what the name suggests, a meerkat is not a feline but rather a small carnivore belonging to the mongoose family native to Africa. These gregarious animals spend much of their lives in underground burrows in large family groups of up to 40 individuals.

This species is specially adapted to life in the Kalahari Desert of southern Africa, making them exceptionally

well-suited for Sacramento's hot days and cool nights, as well as relatively temperate winter.

Much of the construction work to augment the new meerkat habitat—which includes a central termite mound for the meerkats to plunder—was completed by the zoo's in-house facilities team with training by Cemrock Landscapes Inc. For more information, visit saczoo.org.

Jessica Laskey can be reached at jessrlaskey@gmail.com. Submissions are due six weeks prior to the publication month. ■



Q19 offers Midtown luxury living.