

Sonoma Hills Newsletter

Getting Active at Sonoma Hills

Exercise has countless benefits for all ages, including a healthier heart, stronger bones and improved flexibility. For seniors, there are additional benefits, including a reduced risk of chronic diseases, lowering the chance of injury and improving mood.

From a variety of exercise classes, to bingo, brain games, jeopardy, and puzzles, to mindful meditation, singing and juicing nutritious drinks, Sonoma Hills provides many opportunities for residents to find something of interest!



Monica Powers, a certified fitness professional, teaches safe, fun & effective movement classes at Sonoma Hills. She specializes in movement to music emphasizing motion, balance, and coordination in a fun environment. The weekly

sessions are taught either in a seated, standing, or combination seated/standing format. Monica starts each class with a warm-up, guides the residents through a medley of movement, and concludes with a cool down and balance exercises, always emphasizing good breathing techniques and posture. It is never too late for seniors to start engaging in a regular exercise routine. The key is to find something you enjoy doing, and start at a level easy to maintain.



Physical activities keep your body in good condition, just as mental activities help keep your brain working well. Keeping the mind active

is what activities like bingo, brain games, puzzles, and jeopardy do for the residents of Sonoma Hills as they provide beneficial brain stimulation. Some of the residents also work on the giant crossword puzzle or do word searches and word scrambles.

Sonoma Hills offers a variety of activities to improve the residents' physical and mental health. Give one or all a try!

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MY 2 CENTS

By Mark Nilsson

Managing coronavirus and stress:

As the situation around the coronavirus continues to evolve, we're living life differently and learning as we go. Now is the time to be kind to each other - and to ourselves. Practicing self-care is more important than ever - and so is focusing on things you can control, while letting go of things you cannot.

EAT AS HEALTHY AS YOU CAN -- It's easy to fall back on less healthy options when we are feeling anxious. Try to include fruits and vegetables in every meal. Drink plenty of water and snack mindfully.

GET CREATIVE WITH EXERCISE -- When you're worried, get out of your head and into your body. Virtually any form of physical activity can act as a stress reliever. Try Sonoma Hills exercise classes; while at home, stretching does wonders.

STAY SOCIALLY CONNECTED -- Talk with people about how you feel -- from a safe distance, of course. This can help everyone feel more connected and less alone. Ups and downs are inevitable, so check in with loved ones. Every opportunity to reach out is an opportunity to help lift someone up -- including yourself.

PRACTICE KINDNESS -- Simple gestures mean a lot. Small acts of kindness add up, and the benefits go both ways. There's a proven link between kindness and feelings of happiness -- helping others just feels good!

MAKE TIME FOR MINDFULNESS -- Ease anxiety about what the future holds by intentionally focusing on the present moment. That's exactly what mindfulness is. Try this simple mindfulness exercise next time you feel stressed or anxious: Get comfortable, relax your jaw and drop your shoulder, breath deeply and count your breathe - inhale on 1, exhale on 2, inhale on 3. When you get to 10, start over. When your mind wanders, bring your focus back to your breathing.

National Fruits and Vegetables Month

June brings sunshine and plants love those golden rays! As the growing season is in full swing, it's not surprising this month is National Fresh Fruit and Vegetable Month.

With an abundance of fresh produce available in the gardening boxes at Sonoma Hills Retirement Community, this observation won't be hard to celebrate!

Taking on the "job" as Sonoma Hills Gardener is resident Steve White. He made

sure plenty of vegetables were planted in the gardening boxes this spring, and he continues to care for the crops daily. Almost any time of the day, you

will find Steven tending to the garden boxes. He has planted tomatoes, peppers, zucchini squash, and cucumbers. Fresh herbs, such as oregano, rosemary, and chives are also in abundance. Sonoma Hills also has many fruit trees around the grounds

-- figs, peaches, oranges, apples, plums and lemons, which are used in the kitchen for our residents' meals.

While the community at Sonoma Hills has a variety of fruits and vegetables to choose from, most Americans don't consume enough

fruits and vegetables in their diet. Statistics show that less than

30% of Americans -- that's seven out of every ten people -- are failing to meet the recommended daily allowance of fruits and vegetables. A great source of calcium, fiber, folate, iron, magnesium, potassium, sodium, Vitamin A, and Vitamin C, it's hard to understand why many are reluctant to add these healthy foods into their routine. A diet filled with fresh fruits and veggies may help lower the risk of heart diseases, type 2 diabetes, obesity, and high blood pressure, while decreasing bone loss and protecting against some cancers.

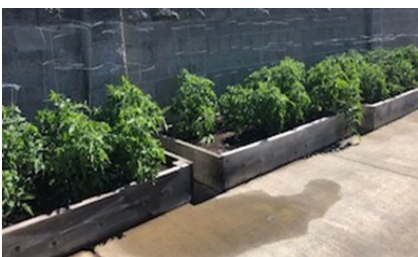
If you find yourself resistant to eating more leafy greens and hearty vegetables, there are many easy ways to "sneak" these

foods into your meals. Mix chopped vegetables into your scrambled eggs, or add them to muffins. Throw pumpkin or squash puree into your pancake or waffle mix. Stir spinach, mushrooms or broccoli into spaghetti, or better yet, use a spiralizer to make zucchini noodles and skip the pasta altogether! Finely shred vegetables and fold them into casseroles or ground beef

for a healthier burger. A surprisingly awesome stand-in for bread or tortilla wraps - large leaves of lettuce!

When making soup, toss in a can of puréed tomatoes, zucchini, potatoes and carrots to increase the amount of vitamins and minerals while creating a thicker and more delicious dish!

If none of those options appeal to you, what about hiding vegetables in chocolate? Who doesn't love chocolate? When grated or chopped finely, almost any vegetable can be added to brownie mix or a



National Fruits and Vegetables Month (cont.)

chocolate cake base. We bet you can't tell the difference! Try it! Mix carrot or sweet potato purée to chocolate chip cookies for a tasty treat with hidden health benefits. Another veggie-packed delight? Zucchini bread! A great way to get in a serving of vegetables while satisfying your sweet tooth.



You can also drink your nutrition with a juice or smoothie. Each week, the residents at Sonoma Hills get to sample the latest concoction, as we mix together many different fruits and vegetables for Juice It Up. Nothing goes to waste as the leftover pulp from juicing is saved and will be incorporated into recipes for the residents at Sonoma Hills.

I'm sure most of us remember our mothers telling us, "Eat your vegetables!" Well, Mom was right! There is no excuse why we can't meet the recommended daily amounts of fruits and vegetables -- especially since we can "sneak" them in, making food more enjoyable and our lifestyle healthier.

Spotlight on Steve White



Steve White grew up in suburban St. Louis, Missouri, graduated from the University of Minnesota, and served as an Army officer in Frankfurt, Germany. According to Steve, Army life was "fun-filled with little 'soldiering'... Think three years of MASH, but with much more travel -- both on duty and as a civilian. I took an overseas discharge, hopped in my beetle and traveled for four months until the money ran out."

Steve has a love for gardening. Inspired by his wife Mary Jo, Steve found himself quite fond of how she grew flowers in gutters on top of their condo patio walls. When they moved into their first house on an acre lot, his dad helped him plant vegetables. Five or so years before he retired, Steve assisted two senior friends, who were in poor health, with some gardening work. They had both been commercial growers and Steve learned a lot from both.

Steve and Mary Jo eventually retired to a Del-Webb Community in North Central rural Florida. For 14 years, Steve volunteered with the Central Florida College Horticulture Department. Home to a large greenhouse that grew flowers for the campus, Steve started and maintained a maze garden. Spending time landscaping their Florida home, Steve also worked on his church's greenery.

Steve and Mary Jo have a daughter and a son that both live in Marin. Both their children and grandchildren, ages 7-13, had been begging them to move to the area. Two years ago, they finally made the trip out to the West Coast, visiting seven different facilities during their stay. Steve said if it hadn't been for Sonoma Hills, they would still be in Florida. "It is truly unique and our cup of tea. Being in Sonoma is the icing on the cake. The location is so user-friendly. We feel that Sonoma and Sonoma Hills have much in common, small scale, slow-paced and friendly people. We feel fortunate to have both."

July Book Club

Since March, the Sonoma Hills Book Club has been reading *Radium Girls*, by Kate Moore. Come join the discussion on Monday, July 13 on the Dining Room Courtyard.



July 2

Dave Fry

July 19

Don Dimick

Spotlight on Nelly Baas



Do you know which employee has only worked in one place, Sonoma Hills, all of her working years? It is none other than Nelly Baas! This month we would like to tell you a little more about this treasured staff member.

Nelly was born in Yucatán, Mexico, and came to the United States with her mother and two younger sisters when she was just five years old. They settled in Sonoma, where Nelly graduated from Sonoma Valley High School. Working

at Sonoma Hills Retirement Community for sixteen years, Nelly started out as a server in the dining room. She has also been a dishwasher and a chauffeur, driving residents to appointments and out on shopping trips. Now you see Nelly's smiling face behind the front desk, as the concierge during the 2:30 pm to 11 pm shift, Tuesdays through Saturdays.

Nelly has two children, Francisco, 17, and Marey, 12. She enjoys outdoor activities with her family, swimming, reading, and coloring. For Nelly, her family always comes first.

"What I love most is sharing time with the people I love."

Crafts Classes in July

On June 22, we became creative with our first craft class in a while, making a micro-wavable heating pad. Hopefully we have all put them to good use! So here is what to look forward to in July!



On **July 13**, we will be "painting" a tissue paper painting. All and any kind of designs are possible. Time to use your imagination!

If you would like to make a planter for a succulent come to the crafts class on **July 29**.



(All supplies will be available, so be sure to sign up on the sign-up sheet on the table next to the Activity Office.

Executive Director..... Mark Nilsson
Business Manager Sandra Lopez
Maintenance Manager ... Ignacio Vargus
Chauffeur Jessica Vincent
Kitchen Director Michele Jones
Cuisine Creator Lori Stegner
Cuisine Creator Jorge Gomez
Life Enrichment Dir. Debi Kopmann



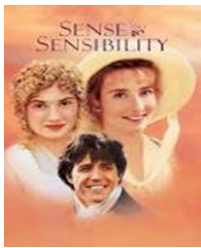
July 10

Myrle and Chuck MacLaughlin

July 18

Lucy and Bud Yaffee

JULY 2 - 21 MOVIE NIGHTS



Thursday, July 2 - SENSE & SENSIBILITY - When Elinor Dashwood's (Emma Thompson) father dies, her family's finances are crippled. After the Dashwoods move to a cottage in Devonshire, Elinor's sister Marianne (Kate Winslet) is torn between the hand-

some John Willoughby (Greg Wise) and the older Colonel Brandon (Alan Rickman). Meanwhile, Elinor's romantic hopes with Edward Ferrars (Hugh Grant) are hindered due to his prior engagement. Both Elinor and Marianne strive for love while the circumstances in their lives constantly change.

Saturday, July 4 - THE SOUND OF MUSIC

-A tuneful, heartwarming story, it is based on the real life story of the Von Trapp Family singers, one of the world's best-known concert groups in the era immediately preceding World War II. Julie Andrews plays the role of Maria, the tomboyish postulant at an Austrian abbey who becomes a governess in the home of a widowed naval captain with seven children, and brings a new love of life and music into the home.



Tuesday, July 7- THE KEYS TO THE KINGDOM -

Orphaned as a child, Francis Chisholm (Gregory Peck) grows up to join the priesthood. He decides to become a missionary in China, and arrives to find the previous church burned down. Undaunted, he presses on, but doesn't initially fare well with the local populace. It's not until the child of a Mandarin falls ill that Chisholm proves his worth. Over time, he collaborates with a trio of nuns, endures several wars and, at the end of his life, returns to Scotland.



Thursday, July 9 - FUNNY GIRL - In this bittersweet, classic musical drama, the vibrant and beautiful young Fanny Brice (Barbara Streisand) starts out as a bit player on the New York City vaudeville stage, but works her way up to stardom on Broadway. Valued for her vocal and comedic talents by the renowned theater impresario Florenz Ziegfeld (Walter Pidgeon), Fanny thrives, but her relationship with her suave, imprisoned businessman husband, Nick Arnstein (Omar Sharif), is another story.



Saturday July 11 - THE GRASS IS GREENER -In order to maintain their crumbling stately home, Earl Vincent Rhyall and his wife Lady Hilary reluctantly open it to coach parties of



American tourists, one of whom, Charles Delacro, falls for the lady of the manor. Feeling rather neglected, she begins to return his advances. In order to win her back, the Earl has to call on the services of his old flame, Hattie Durant and his very laconic, very English butler.

Tuesday, July 14 - HIGH SOCIETY

-Jazz artist C.K. Dexter Haven (Bing Crosby) is still hung up on his ex-wife and neighbor, socialite Tracy Samantha Lord (Grace Kelly), however Tracy is engaged to another man (John Lund). Matters are complicated even further when a magazine reporter (Frank Sinatra), in town to cover Tracy's wedding, also winds up falling for the beautiful bride-to-be. As Tracy tries to decide on the ideal husband, each suitor works hard to convince her he is the best choice.



Thursday, July 16 - GONE WITH THE WIND

-Epic Civil War drama focuses on the life of petulant southern belle Scarlett O'Hara (Vivien Leigh). Starting with her idyllic on a sprawling plantation, the film traces her survival through the tragic history of the South during the Civil War and Reconstruction, and her tangled love affairs with Ashley Wilkes (Leslie Howard) and Rhett Butler (Clark Gable).



Saturday, July 18 - FINIAN'S RAINBOW

-Feisty Irishman Finian McLonergan (Fred Astaire) and his faithful daughter, Sharon (Petula Clark), bearing a pot of gold stolen from the leprechaun Og (Tommy Steele), settle in the village of Rainbow Valley, Mississippi. Siding with local sharecroppers like Woody Mahoney (Don Francks) against a blustering, bigoted local politician (Keenan Wynn), the McLonergans get into a number of fanciful scrapes while being pursued by the magical Og, who will become mortal if he doesn't recover his gold.



Tuesday, July 21 - AUSTRALIA

-With the globe on the brink of World War II, Lady Sarah Ashley (Nicole Kidman) travels from Britain to Australia to inspect a cattle ranch she inherited. Reluctantly joining forces with a rugged local known as the Drover (Hugh Jackman), she sets out on a cattle drive across hundreds of miles of harsh terrain to save her ranch. But when they finally reach the town of Darwin, they must contend with the same Japanese bombers that just rained death upon Pearl Harbor.



July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch & Balance - Courtyard	2 1:30 pm. - Bingo - AR 3:00 pm - Ice Cream Cones - Dining Room 6:30 pm. - Movie Night - Lobby	3 10:00 am. - Zumba with Monica - Courtyard 1:00 pm. Men's Poker - LB	4 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby
5	6 11:00 am - Brain Fitness - AR 1:00 pm - Bridge - GE 1:30 pm - Bingo - AR	7 11:00 am - Jeopardy - AR 1:00 pm - Men's Poker 3:00 pm - Juice It Up! - Dining Room 6:30 pm - Movie Night - Lobby	8 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch & Balance - Courtyard	9 6:30 pm. - Movie Night - Lobby	10 10:00 am. - Zumba with Monica - Courtyard 1:00 pm. Men's Poker - LB 1:30 pm. - Bingo - AR 3:00 pm. - Ice Cream Cones - Dining Room	11 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby
12	13 11:00 am - Crafts- AR 12:00 pm. - Book Club - Courtyard 1:00 pm. - Bridge - GE 1:30 pm - Bingo	14 11:00 am - Jeopardy - AR 1:00 pm - Men's Poker 3:00 pm - Juice It Up! - Dining Room 6:30 pm - Movie Night - Lobby	15 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch & Balance - Courtyard	16 1:30 pm. - Bingo - AR 6:30 pm. - Movie Night - Lobby	17 10:00 am. - Zumba with Monica - Courtyard 1:00 pm. Men's Poker - LB 1:30 pm. - Bingo - AR 3:00 pm. - Ice Cream Cones - Dining Room	18 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby
19	20 11:00 am - Brain Fitness - AR 1:00 pm - Bridge - GE 1:30 pm - Bingo - AR	21 11:00 am - Jeopardy - AR 1:00 pm - Men's Poker 3:00 pm - Juice It Up! - Dining Room 6:30 pm - Movie Night - Lobby	22 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch & Balance - Courtyard	23 1:30 pm. - Bingo - AR 6:30 pm. - Movie Night - Lobby	24 10:00 am. - Zumba with Monica - Courtyard 1:00 pm. Men's Poker - LB 1:30 pm. - Bingo - AR 3:00 pm. - Ice Cream Cones - Dining Room	25 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby
26	27 11:00 am - Crafts- AR 1:00 pm - Bridge - GE 1:30 pm - Bingo - AR	28 1:00 am - Jeopardy - AR 1:00 pm - Men's Poker 3:00 pm - Juice It Up! - Dining Room 6:30 pm - Movie Night - Lobby	29 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch & Balance - Courtyard	30 1:30 pm. - Bingo - AR 6:30 pm. - Movie Night - Lobby	31 10:00 am. - Zumba with Monica - Courtyard 1:00 pm. Men's Poker - LB 1:30 pm. - Bingo - AR 3:00 pm. - Ice Cream Cones - Dining Room	