

# Sonoma Hills Newsletter

## Craft Classes At Sonoma Hills



The residents attending the Craft Classes at Sonoma Hills are producing some wonderful projects.

During April, with just a sponge brush and some paint, residents painted glass jars. Some of the masterpieces were then packaged and shipped to our friends at Bethany Home.

Later in the month, a two-day project resulted in beautiful mosaic coasters. Many different patterns and designs were glued in place and after drying, grout was applied to fill in all the spaces.

Come join the Craft Classes to make some masterpieces of your own.



### INSIDE THIS ISSUE

May Super Food.....	2
Birthdays .....	3
Anniversary .....	3
May Craft.....	3
Staff Spotlight.. ..	3
Resident Spotlight.....	4
Spring Word Search .....	4
May Calendar.....	5

## MY 2 CENTS

By Mark Nilsson

Black lives matter.

It's a battle cry for people across the country protesting police brutality and racial inequality. It's also a topic of discussion because this is what I've been seeing and hearing, not just the past few days, but the past few years. Someone says, "Black lives matter." And someone responds "All lives matter."

Of course all lives matter. That is exactly true. But that's not the conversation here. Black lives matter because parts of society and all of history tells them different. Black people were brought here as slaves. Black people weren't even counted as full human. Black people couldn't vote at one point in time. Black people experience a disproportionate amount of police brutality, health care disparity, and mass incarceration.

When the response is all lives matter, we are going back to ignoring the problem. Because there is a difference between focus and exclusion.

When it's breast cancer awareness month, do we respond with all cancers matter? When it's someone's funeral, do we respond with all deaths matter? When one home is burning, do we respond with all homes in the neighborhood matter?

No, It's implicit, of course. But the focus is on the specific issue because that's what clearly needs to be addressed.

So when someone says black lives matter, it's a call to address inequality. Ignoring that won't make it go away. Look at where we are in society right now. It's uncomfortable to talk about, yes. But we must and we can't be dismissive. I appreciate you letting me speak frankly about this. I hope if a black friend, neighbor, or stranger says to you black lives matter, you will take some time to be empathetic, that you listen instead of minimizing the experience of being black in America.

That's just my two cents.

# May Super Food - Raspberries

Raspberries are one of the world's most consumed berries, and it's no wonder since they're naturally sweet and juicy. They can range in color from the popular red and black varieties to purple, yellow, or golden. Each color of berry has a unique composition of vitamins, minerals, and antioxidants, which may help prevent a range of health conditions.

The first recorded cultivation of raspberries were believed to have originated from Eastern Asia. Archaeological evidence shows that raspberries were a part of the Paleolithic cave dwellers' diets. In ancient Greece, raspberries were believed to promote fertility. Europeans brought raspberries into North America during the 1700's and today, the leading raspberry producing regions include Washington, Oregon, and California.



Why are raspberries so beneficial for our health?

- Raspberries are a good source of antioxidants. Raspberries contain a high amount of antioxidants which help the body eliminate toxic substances known as free radicals. The body produces some of these substances during metabolic processes, but others result from external factors, such as unhealthy foods and pollution. Unhealthful foods include processed foods and those high in fat and sugar. If too many free radicals remain in the body, they can cause cell damage, resulting in a range of health problems. Vitamins C and E, selenium, beta carotene, lutein, lycopene, and zeaxanthin are all examples of antioxidants present in raspberries. Consuming a diet rich in antioxidants can contribute to the health of the brain and the neurological system, as there is evidence that vitamins C and E may help protect a person's ability to think and remember information as they get older. The National Cancer Institute also notes that antioxidants from dietary sources may help protect the body from lung, esophageal, gastric, and other types of cancer.

- Raspberries can suppress inflammation that leads to cardiovascular disease.

Various antioxidants may reduce a person's risk of cardiovascular disease by preventing platelet buildup and lowering blood pressure. The American Heart Association strongly encourage people to increase

their potassium intake and reduce the amount of sodium in their diet. One cup of raspberries contains 186 milligrams of potassium.



- Raspberries help with diabetes management

The antioxidants in berries may help prevent inflammation, which could be a risk factor for type 2 diabetes. Dietary fiber might lower the risk of developing type 2 diabetes and improve symptoms in people who already have this condition.

- Raspberries are a good source of fiber.

One cup of raspberries contains 8 grams of fiber, which can help keep our digestive system working smoothly. The fiber and water content in raspberries can help prevent constipation and maintain a healthy digestive tract. Adequate fiber promotes the regularity of bowel movements, which is crucial for the daily excretion of toxins. Increased fiber intake may also help with managing blood pressure, reducing cholesterol levels, and supporting weight loss.

- Raspberries promote eye health

Raspberries contain the antioxidant zeaxanthin, which filters out harmful blue light rays. It may play a role in protecting the eyes from age-related macular degeneration (AMD), a condition that causes vision problems in older people.



Raspberries can be added to a number of foods. They are available fresh, frozen, and freeze-dried or as an ingredient in jellies, syrups, and jams. Fresh or frozen raspberries are

best, as other raspberry products usually contain added sugars. Ways to include fresh or frozen raspberries in the diet include adding them to smoothies, yogurt, or oatmeal; making a fresh fruit cocktail with raspberries, pineapple, sliced peaches, and strawberries; adding raspberries, grapes, and walnuts to a chicken salad; topping whole-grain waffles or pancakes with fresh raspberries; blending raspberries in a food processor with a little water and using the mixture as a fresh syrup for desserts, ice cream sundaes, or breakfast foods; or mixing raspberries into a spinach salad with walnuts and goat cheese.





- May 1**            **Lori Stegner**
- May 7**            **Maria (Fer) Medina Silva (employee)**
- May 13**          **Bud Yaffee**
- May 16**          **Frank Drews**
- May 19**          **Sandra Lopez (employee)**
- May 20**          **Michele Jones (employee)**



- May 10**          **Pat and Tony Garcia**



# Spotlight on Lupe Lopez

You may know Lupe Lopez as one of the wonderful housekeepers that keeps your apartment at Sonoma Hills looking its best. This month we would like to share a little more about this valued employee.

Growing up in Tala, a town in the state of Jalisco, Mexico, Lupe was one of eight children. Coming from a large family, she always dreamed of having a family. Meeting her husband in her hometown of Tala, they had three children together. From those three children, Lupe is blessed with five grandchildren. Deciding to leave Mexico, Lupe and her family moved to the United States in 1995.

She worked many jobs, until she found a position at Sonoma Hills in 2015. Taking on the role of housekeeper, Lupe says that she likes her work at Sonoma Hills and is happy to



meet the residents and their families. "They are all so nice," she says.

In addition to her talents of cooking and cleaning, Lupe's favorite thing to do is gather with her family.

## Flowerpot Craft Class

On Friday, May 7 at 11 am, residents will meet in the Activity Room to paint some beautiful hand painted flowerpots. A few different sizes of pots will be available from which to choose. Please be sure to sign up for the class on the sign-up sheet on the table next to the Activity Room. All supplies will be furnished.

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



# Spotlight on Don Dimick



Few of us know what career we want to pursue at the age of nine, but when Don Dimick's dad gave him a trumpet for his birthday, an immediate love for the instrument became his calling.

Don began playing the instrument in public with his local high school band in Boise, Idaho. Desiring advanced levels of instruction, he auditioned for the band at the Naval School of Music in Washington, DC. Typically

following basic training, sailors develop their musical and military knowledge. During this time, Don performed in military parades and was part of the Navy Band at Pearl Harbor. It was here where he met his wife.

While Don stayed in the military for only four years,

his love of playing the trumpet never left him. Following his stint of duty, he enrolled at University of North Texas and majored in Composition and Arranging. Taking classes in Jazz Education, he spent one winter in Sweden dedicated to learning the style of Jazz.

Following graduation, Don performed with various orchestras, working in Chicago for Peter Palmer, and then joining the Si Zentner Orchestra. He toured with the orchestra all over the United States, performing at many state fairs, and luckily his wife was able to join him. They performed many hits from the likes of The Osmonds and Sammy Davis Jr.

In 1967, Don performed with an orchestra at the Blue Room at the Tropicana Hotel in Las Vegas. There he met singer Betty Martin. He started arranging music for her, traveling and playing for her for three months. Following that wonderful opportunity, Don started arranging and playing music at conventions for the Convention Corporate Business. He was part of a 50 piece orchestra that played in Los Angeles for Ray Charles.

Don put the trumpet away in 2004 and he and his wife moved to the state of Washington. Following his wife's death in 2010, Don moved to Sonoma Hills to be closer to his brother and sister-in-law.

## SPRING VOCABULARY WORD SEARCH



R	B	Z	B	V	S	W	W	H	K	F	C	T	Q	C
R	S	G	U	O	C	A	W	F	M	O	E	S	F	L
Y	H	M	T	N	K	T	V	X	R	O	B	I	N	K
W	O	Y	T	O	Q	G	R	E	E	N	Y	Q	W	Z
O	W	Z	E	C	T	T	O	X	T	L	A	Z	P	A
T	E	Y	R	L	I	K	R	O	E	V	H	M	W	Y
G	R	Z	F	E	P	D	J	Z	A	T	V	O	Y	K
A	S	D	L	A	Q	A	Y	S	P	P	B	A	G	T
R	I	M	Y	N	G	N	W	E	Y	N	L	J	V	B
D	K	W	K	I	S	D	T	S	I	Q	Y	D	L	L
E	P	A	Z	N	M	E	M	A	Y	F	A	I	W	O
N	G	N	V	G	V	L	R	S	B	I	E	S	H	S
U	L	I	O	Y	K	I	K	J	B	I	Y	T	Y	S
Z	Y	N	R	F	L	O	W	E	R	S	C	K	E	O
Y	Q	K	P	I	C	N	I	C	W	O	B	N	U	M

BLOSSOM  
BUTTERFLY  
CLEANING  
DANDELION  
FLOWERS  
GARDEN  
GREEN  
MAY  
PICNIC  
RAINBOW  
ROBIN  
SHOWERS





# May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>The monthly calendar is subject to change. Check the "Week At A Glance" for the most accurate updates!</b></p>						<p><b>1</b> 10:00 am - Mexican Train Dominoes - AR 1:00 pm. - Bingo - AR 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby</p>
<p><b>2</b> 10:00 am - Catholic Communion - Lobby</p>	<p><b>3</b> 2:15 pm - Paint By Number - AR</p>	<p><b>4</b> 10:45 am - Jeopardy - AR <b>1:00 pm - Resident Meeting - Lobby</b> 2:15 pm. Chair Yoga with Krissy 3:00 pm - Juice It Up! - Dining Room 6:30 pm - Movie Night - Lobby</p>	<p><b>5</b> 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch &amp; Balance - Lobby</p>	<p><b>6</b> 11:00 am - Scrapbooking - AR 1:00 pm. - Bingo - AR 2:15 pm - Strength Training with Monica - 6:30 pm. - Movie Night - Lobby</p>	<p><b>7</b> 10:00 am. - Zumba with Monica 11:00 am - Craft Class - AR 1:00 pm. - Bingo - AR</p>	<p><b>8</b> 10:00 am - Mexican Train Dominoes - AR <b>1:30 pm - 3 pm Celebration of Women - Courtyard</b> 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby</p>
<p><b>9</b> 10:00 am - Catholic Communion - Lobby</p>	<p><b>10</b> 10 am - Gentle Stretch &amp; Balance - 2:15 pm - Paint By Number - AR</p>	<p><b>11</b> 10:45 am - Jeopardy - AR <b>1:00 pm - Chef's Corner - AR</b> 2:15 pm. Chair Yoga with Krissy - Lobby 3:00 pm - Juice It Up! - Dining Room 6:30 pm - Movie Night</p>	<p><b>12</b> 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch &amp; Balance Lobby</p>	<p><b>13</b> 1:00 pm. - Bingo - AR 2:15 pm - Strength Training with Monica - 6:30 pm. - Movie Night - Lobby</p>	<p><b>14</b> 10:00 am - Zumba with Monica 1:00 pm Bingo - AR 4:00 pm - 5:00 pm - Happy Hour - Lobby</p>	<p><b>15</b> 10:00 am - Mexican Train Dominoes - AR 1:00 pm. - Bingo - AR 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby</p>
<p><b>16</b> <b>Sunday Brunch 9 am - 1 pm</b> 10:00am - Catholic Communion - Lobby</p>	<p><b>17</b> 10 am - Gentle Stretch &amp; Balance - 2:15 pm - Paint By Number - AR</p>	<p><b>18</b> 10:45 am - Jeopardy - AR 1:00 pm - Bingo - AR 2:15 pm. Chair Yoga with Krissy 6:30 pm - Movie Night - Lobby</p>	<p><b>19</b> 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch &amp; Balance - Lobby</p>	<p><b>20</b> 1:00 pm. - Bingo - AR 2:15 pm - Strength Training with Monica 6:30 pm. - Movie Night - Lobby</p>	<p><b>21</b> 10:00 am. - Zumba with Monica 1:00 pm. - Bingo - AR 4:00 pm - 5:00 pm - Happy Hour - Lobby</p>	<p><b>22</b> 10:00 am - Mexican Train Dominoes - AR 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby</p>
<p><b>23/30</b> <b>Sunday Brunch 9 am - 1 pm</b> 10:00 am - Catholic Communion - Lobby</p>	<p><b>24/31</b> 10 am - Gentle Stretch &amp; Balance - 2:15 pm - Paint By Number - AR</p>	<p><b>25</b> 10:45 am - Jeopardy - AR 1:00 pm - Bingo - AR 2:15 pm. Chair Yoga with Krissy 6:30 pm - Movie Night - Lobby</p>	<p><b>26</b> 1:00 pm - Bingo - AR 2:15 pm. - Gentle Stretch &amp; Balance</p>	<p><b>27</b> 1:00 pm. - Bingo - AR 2:15 pm - Strength Training with Monica 6:30 pm. - Movie Night - Lobby</p>	<p><b>28</b> 10:00 am. - Zumba with Monica 1:00 pm. - Bingo - AR 4:00 pm - 5:00 pm - Happy Hour - Lobby</p>	<p><b>29</b> 10:00 am - Mexican Train Dominoes - AR 1:00 pm - Bingo - AR 3:00 pm. - Art with Berti - AR 6:30 pm. - Movie Night - Lobby</p>