

Gardens' News

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Happy August Birthday, Residents!

To all of our residents who were born in August, this is your month! We will be celebrating these birthdays on Wednesday, August 26th.

08/06 Alfred Brameld
08/06 Laurance Mayfield
08/09 Evelyn Crosby
08/10 Leora Bradford
08/13 Lornene Hacker
08/13 Pauline McKie
08/14 Curtis Layman
08/15 Marie Farrago
08/19 Jennifer Coy
08/19 Elaine Olsen
08/20 Barbara Pilgrim
08/22 Janice Tucker
08/26 Jan Bartrum
08/26 Charles Broddie
08/28 Dorothy Groody
08/28 Lorraine Reading
08/31 Jay Ball



Happy
Birthday

August 2020

Staff Directory Lic. #336403516

Ted Holt
Executive Director
Alicia Padilla
Business Office Director
Barbara Mireles
Support Services Director
Robin Tristao
Food Service Director
Edoardo Estrada
Marketing Director / Resident Relations
Esmeralda Cervantes
Marketing Assistant
Michele Lynch
Activity Director
Irene Luevano
Assisted Living/Memory Care Activities
Daryl Stout
Maintenance Director
Venessa Russo
Assisted Living Director



Wish List

As a nonprofit community, we rely on donations for selected projects. The following are examples of the many projects we have on our "wish list:"

1. Atrium Renovation
2. Interior and Exterior Seating that contains shade
3. Resident computer station with Internet, Video Feed, and printers
4. Furniture for the clubhouse lobbies
5. DVD movies for the theater

If you feel compelled to make a generous donation, please contact our Administrative Director. Thank you in advance for your support.

Welcome to Sun City Gardens!

David Anastasia
Jack Jessen
Florence Rudie
Heather Walker
Janice Kollit
Donna Hart
Gregory Stillwell
Ward Pugh



Good Things Happening

These are challenging times for residents, families, and staff. We appreciate everyone's support for the restrictive guidelines that we follow.

We support following the three W's:

1. Wear a face mask covering nose & mouth.
2. Wait 6 feet apart. Avoid close contact.
3. Wash your hands or use sanitizer.

Our Employee of the Month for June is Jesse Soto, our Assistant Maintenance Supervisor. His supervisor Daryl Stout says it is a pleasure to work with Jesse. They really work as a team. Jesse has a phenomenal memory for each room that he improves. We appreciate Jesse's work ethic and all he does to meet the needs of our residents.

Irene Luevano, our receptionist, has received a promotion to work in activities. She will be trained to be an Activity Director. We are excited to see Irene take on this new position.

During these challenging times we push forward recognizing many teammates that inspire us during these times that can bring out the best in all of us.

Sincerely,
Ted J. Holt
Administrator

Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

Mango. This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya. The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash.

Guava. Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is featured in jams, candies and thirst-quenching Latin American fruit drinks called *aguas frescas*.

Passion fruit. The common types of passion fruit are the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.



Soothing Skin Care

Long celebrated as a healthy beverage, green tea and its benefits can now be found brewing in the beauty aisle. Matcha, the name for dried and crushed green tea leaves, is a trendy ingredient in products such as lotions, soaps, face masks and lip balms. The plant's high levels of antioxidants, vitamin K and other compounds have a calming effect on skin and even provide some protection from sun damage.



Remember When: Porch-Sitting Season

Before air conditioning was a common feature in most American homes, many folks took to front porches to find cool relief. There, they gathered to catch a breeze in the open air, sip a cool beverage and chat about their day. Porches served as social hubs, and neighbors and friends were often invited to pull up a chair and "sit a spell."



Remembering V-J Day

The happy news came on Aug. 14, 1945. Calling it "the day we have been waiting for since Pearl Harbor," U.S. President Harry S. Truman announced to crowds gathered outside the White House that Japan had surrendered unconditionally to the Allies. World War II was finally over.

Three months earlier, fighting had ended in Europe with Germany's surrender. Now relief and jubilation erupted at word that the battle in the Pacific had been won. In the U.S., millions of people flooded city streets to hold impromptu parades, complete with marching bands, confetti and fireworks.

In New York City's Times Square, sailors climbed lampposts and waved American flags, while strangers cheered and embraced. One celebratory moment, of a sailor excitedly kissing a woman in a white dress, was captured by photographer Alfred Eisenstaedt and printed a week later in Life magazine. The iconic image is an enduring symbol of Victory Over Japan Day, or V-J Day.

Allied nations also broke out in festivities, which continued through Aug. 15, the date the United Kingdom declared as V-J Day. Japan's formal surrender took place a few weeks later on Sept. 2.

Wit & Wisdom

"Now came the dog days—
day after day of hot,
still summer, when for hours
at a time light seemed the
only thing that moved."
—Richard Adams

"A dog is a window to
Mother Nature."
—Cesar Millan

"You know, a dog can snap you
out of any kind of bad mood
that you're in faster than you
can think of."
—Jill Abramson

"Dogs laugh, but they laugh
with their tails."
—Max Eastman

"I have found that when you are
deeply troubled, there are things
you get from the silent devoted
companionship of a dog
that you can get from
no other source."
—Doris Day

"Dogs have boundless
enthusiasm but no
sense of shame. I should
have a dog as a life coach."
—Moby

"You can say any foolish thing
to a dog, and the dog will give
you a look that says, 'Wow,
you're right! I never would've
thought of that!'"
—Dave Barry

Circle of Friends

Philosopher Thomas Aquinas wrote, "There is nothing on this earth more to be prized than true friendship." In honor of Best Friend's Day on Aug. 15, reflect on your own experiences with friendship.

- What does it mean to be a friend? What qualities does a good friend possess?
- Who were some of your best friends when you were a child? How did you become friends? What games did you play? What other activities did you do together?
- Can a person have more than one best friend? Do you?
- Name some other good friends you've had through the years. Did you keep a lot of the same friends as you grew up, or did you make new friends at each new stage of your life?
- Who is your oldest friend? Who is your newest friend?
- Think back to the happiest or funniest moments you've shared with friends.
- What is the nicest thing a friend has ever done for you? What's the nicest thing you have done for a friend?
- What advice would you give to someone who is looking to make new friends?



Marshmallows' Sweet Past

You'll find them frozen in rocky road ice cream, roasted over a campfire for s'mores, and topping a cup of cocoa. Soft and sweet, marshmallows are one of the world's oldest candies.

The confection used to be made from the root of the mallow plant, which grows in marshes, giving the marshmallow its name. Ancient Egyptians combined the root's sticky sap with honey as a treat reserved for nobility. Later in medieval times, pieces of the root were eaten candied.

In the mid-1800s, French candymakers had the idea to whip the sap with egg whites and sugar and mold the batter into bars and lozenges. Eventually, gelatin replaced the plant sap, and by 1900, marshmallows became a penny candy.

Its fluffy factor came about in 1948, with the invention of a new manufacturing process that pumped the marshmallow mixture through tubes, forming ropes that were then cut into bite-sized pieces. This gave marshmallows their airy, cylindrical shape.

Unfolding the History of Road Maps

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the "The Survey of the Roads of the United States of America" was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the "Official Automobile Blue Book." Spurred by the success of the Ford Model T, other publishers soon began producing maps for travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services.





Shedding Light on Sun Protection

Sunshine is one of the best parts of summer, but we need to protect our skin from its harmful effects. Let's shed some light on some common misconceptions:

Myth: I've already had years of sun damage, so there's no point in protecting myself now.

Fact: Sun protection is important at any age. Doctors say even if you have a long history of sun exposure, you can still reduce your risk of skin cancer and prevent further skin damage.

Myth: If I don't have a sunburn, my skin isn't damaged.

Fact: You don't have to see or even feel the sun's burning effects. Wearing a sunscreen that blocks all ultraviolet rays—UVA and UVB—is the best defense, and reapply it every two hours.

Myth: I don't need sun protection on cloudy days.

Fact: Sunscreen, hats, sunglasses and other defenses should be worn anytime you're outdoors, since most of the sun's UV rays can penetrate clouds and fog.

Oodles of Noodle Fun

Foam pool noodles provide fun and easy exercise both in and out of the water. Here are some creative ways to use the ol' noodle on dry land!

Javelin throw. Form a circle shape with a pool noodle by duct-taping the two ends together. Hang the ring in an open area. Cut a second noodle in half to make a javelin, then try to throw it through the hoop. To increase the difficulty, make the hoop a moving target by swinging it from side to side.

Ring toss. Stick a chopstick or dowel rod into the ground, then slide a pool noodle over it to create a stake. Tape a noodle's ends together to form a ring; repeat to make several rings. See how many rings you can land over the stake.

Balloon basket. Mark starting and finish lines. Using a pair of pool noodles, each player will carry an inflated balloon to a large basket or box sitting at the finish line. Tally up how many balloon baskets each person scores.



Remember Me?

If it happened in Hollywood, there was one woman who probably knew about it and spilled the news to millions of her readers: Louella Parsons.

- Called the queen of Hollywood gossip, Parsons was born Aug. 6, 1881, in northern Illinois.
- Always an aspiring writer, she got her first job working for a newspaper while in high school.
- In 1914, after a move to Chicago, Parsons created the country's first newspaper column about movies and movie stars. She landed a similar job for a New York City paper owned by media mogul William Randolph Hearst.
- After recuperating from tuberculosis in California, Parsons agreed to stay in Los Angeles to be the Hearst company's Hollywood columnist.
- For 40 years, during Hollywood's golden age, millions of readers followed Parsons' daily gossip column, which ran in over 400 newspapers. It was said she could make or break a career.
- She later developed a fierce rivalry with another gossip columnist, Hedda Hopper. For years, the two battled for celebrity scoops.
- Parsons' column continued until 1965.



Back in the Day

Some experiences that were part of everyday life in the past are curious concepts to today's generation. See if you remember these things that have faded away with changing times.

Party lines. Between 1930 and 1950, phone service for many homes consisted of a party line—a telephone line shared among several households. Anyone on the party line could pick up their phone receiver and end up in the middle of someone else's call, so conversations were not always private.

S&H Green Stamps. Similar to today's rewards programs, many retailers offered their customers S&H Green Stamps as bonuses, which were based on the dollar amount of their purchase. Shoppers could save up stamps and exchange them for merchandise from a catalog. S&H and other stamp programs were most popular in the 1960s.

TV stations signing off. Before the days of 24-hour broadcasting, TV stations would often end the day's programming in the early morning hours by playing a recording of the national anthem.

Brain Bender: Comic Book Conundrum

Jimmy bought a box of comic books at a garage sale and found several issues he already owned from these series: "Wonder Wizard," "Robot Squad," "Octo-Queen," and "Shadow Snake." They were published in the years 2008, 2014, 2017 and 2019, and Jimmy was able to sell them for \$5, \$7.50, \$10, and \$12.50. Using the clues below, can you figure out when each title was printed and how much each one sold for?

- The comic book from 2014 sold for \$2.50 less than the one printed in 2017.

- "Shadow Snake" was either printed in 2017 or sold for \$12.50.
- "Robot Squad" debuted before any of the other series, back in 2008.
- Jimmy made \$5 more from selling "Octo-Queen" than he did from "Shadow Snake."

(Answer: "Robot Squad" was printed in 2008 and sold for \$10. "Wonder Wizard" was printed in 2014 and sold for \$5. "Shadow Snake" was printed in 2017 and sold for \$7.50. "Octo-Queen" was printed in 2019 and sold for \$12.50.)



Rock Picture Holder

Make a simple photo holder to display a treasured memory.

Materials:

- Small paintbrush
- Acrylic paints, colors of your choice
- Small, smooth rock
- Acrylic sealer spray
- Spool of craft wire
- Wire cutters

Directions:

Paint the rock in your desired colors and patterns, allowing the paint to dry between coats. Once your final design is dry, spray

the rock with acrylic sealer spray and let dry.

Take a length of wire and wrap one end around the handle of the paintbrush a few times to create several tight loops. These loops will grip your photo.

Next, straighten the wire beneath the loops to measure about 10 inches, then use the wire cutters to cut the wire from the spool. Wrap the straight end of the wire around the painted rock 2 to 3 times, leaving 3 to 4 inches between the small loops and the rock.

Slip a photograph between the small loops of the wire and set the rock on a shelf or table to display.

Ingenious Jars

Even if you've never canned your own produce, you're probably familiar with the glass container known as a Mason jar.

Food has been preserved in glass containers since the early 1800s. Jars of produce were heated, sealed with wax, and then gradually heated again and cooled.

In 1858, John L. Mason developed a jar with a threaded neck and a metal cap that screwed onto the jar. The cap had a rubber ring that formed a seal during the cooling process, making food preservation safer and also easier to do at home.

Later, other businessmen used Mason's idea to make their own jars. The Ball brothers began mass producing glass fruit jars around 1886, and they quickly became leaders in the industry.

Another company, owned by Alexander H. Kerr, produced one of the first wide-mouth jars. Kerr also invented the two-part lid, with a flat metal disk that was held on by a threaded ring. Thanks to this innovation, home canning became even safer and more economical, as jars could be reused.



Clearing Up the Forecast

Weather forecasts can be more confusing than clear at times. Meteorology is a science and often includes a flurry of jargon and data. Here are some common weather concepts explained:

Pressure systems. A high pressure system is dry, cool air moving in a clockwise direction. It brings sunny skies. A low pressure system is moist, warm air moving in a counterclockwise direction. It brings stormy, wet weather.

Warm and cold fronts. A cold front brings cold, drier air into an area. A warm front brings warm, humid air. When a cold front meets a warm front, expect stormy weather.

Jet stream. A narrow band of strong winds high in the atmosphere, the jet stream steers pressure systems and fronts.

Relative humidity. Expressed as a percentage, this is the amount of moisture in the air compared to how much the air could hold. The higher the humidity, the warmer you'll feel during hot weather and the colder you'll feel in chilly weather.

Laugh Lines: 'Seas' the Moment

Soak in some fun with these water witticisms:

Jill: "What's your favorite beach?"

Joe: "It's a beach in California."

Jill: "California has a lot of beaches. Could you be more Pacific?"

Two men rented a canoe and went fishing in a remote part of a lake. Admiring their day's big catch, one of the men said, "We need to mark this spot!" The other man took out his pocketknife and began carving a big X in the bottom of the canoe. "What are you doing?" yelled the first man. His buddy explained, "I'm marking our spot, like you said!" "That doesn't make any sense! How do you know we'll get the same canoe next time?!"

A geology professor's former student returned to campus one day with a gift for her teacher, a unique soil sample she'd collected from a faraway river. Upon receiving the gift, the professor replied, "I appreciate the sediment."

Q: Why did the teacher dive into the lake?

A: To test the water.

Q: What keeps a dock floating above water?

A: Pier pressure.

"This Month In History"

AUGUST

1909: The U.S. military enters the aviation age when the Army purchases its first airplane, the Wright Military Flyer, built by the Wright brothers.

1910: Chicago engineer Alva J. Fisher receives a patent for his electric motor-powered washing machine. The washer was sold under the brand name Thor.

1939: Business tycoon and pilot Howard Hughes receives the

Congressional Gold Medal for "advancing the science of aviation."

1942: The Battle of Guadalcanal begins. It was the first major Allied offensive in the Pacific during World War II.

1957: With teens dancing to the day's hit music, "American Bandstand," hosted by Dick Clark, starts broadcasting nationwide.

1962: Spider-Man makes his debut in the comic book "Amazing Fantasy" issue No. 15, published by Marvel Comics.

1970: Introduced by Neil Diamond at a club in Hollywood, singer Elton John performs his first show in the U.S.

1981: The IBM Personal Computer goes on sale with a price tag of \$1,565.

1993: Parisian officials welcome the 150 millionth visitor to the Eiffel Tower since it opened in 1889.

2001: Astronomers announce the discovery of the first solar system outside our own when they identify two planets orbiting a star in the Big Dipper constellation.

2008: China's capital city of Beijing hosts the Summer Olympic Games.

2017: In a rare coast-to-coast total solar eclipse, the moon's shadow sweeps across 14 U.S. states.

Word Search

Category: European Nations

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

1. Bulgaria
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- Word Search Solution:
1. Albania
 2. Austria
 3. Belgium
 4. Bulgaria
 5. Croatia
 6. Denmark
 7. France
 8. Germany
 9. Greece
 10. Hungary
 11. Iceland
 12. Ireland
 13. Italy
 14. Monaco
 15. Norway
 16. Poland
 17. Portugal
 18. Slovakia
 19. Spain
 20. Sweden

