

Gardens ' News

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April 2019



Happy April Birthday, Residents!

To all of our residents who were born in April, this is your month! We will be celebrating these birthdays on Wednesday, April 24th. A special birthday table will be set up for you, and one outside guest is free.

Judith Coit.....4/02
Jesse Allen.....4/07
Mary Kincaid.....4/07
Ruby Danford.....4/11
Howard Ulm.....4/12
Lydia Goring.....4/14
Ronald Kirkland..... 4/16
Adele Lyczak.....4/20
Kathleen Swanson..4/20
Harold Cox.....4/23
Marilyn Broddie.....4/25
Betty Fish.....4/29



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
Residential Activity Director
Daryl Stout
Maintenance Director
Robin Gruwell
AL/MC Activity Director
Venessa Russo
Assisted Living Director



Welcome to Sun City Gardens, New Residents!

Freda Christian
Dr. Kenneth Luther
Lillian Cramer
John Malcom
Gwen McDonald
Howard Tangler
Elgiva Burgans
Jan Bell



Wish List

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

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

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



Laugh Lines: Harebrained Banter

A woman opened her refrigerator and found a rabbit sitting inside. "What are you doing in there?" she shrieked. The rabbit said, "This is a Westinghouse, isn't it?" The woman confirmed the appliance's brand. "Well," the rabbit explained, "I'm westing."

- Q. How do bunnies travel?
A. By hareplane.
- Q. How can you tell which rabbits are older?
A. Look for the gray hares.
- Q. What is a rabbit's motto?
A. Don't worry; be hoppy!
- Q. Where do bunnies like to eat breakfast?
A. IHOP.
- Q. What kind of book does a rabbit like to read?
A. One with a hoppy ending.
- Q. What's the best job for bunnies at hotels?
A. Bellhop.
- Q. Why do rabbits go to the beauty shop?
A. For hare care.
- Q. What must a police officer have before searching a rabbit's home?
A. A search warren.
- Q. What do you call a group of rabbits hopping backwards?
A. A receding hareline.

Today,

Dear Lord, I'm 90, and there's much I haven't done. I hope, dear Lord, you'll let me live until I'm 91. By then, if I've not finished with all I want to do, would you be so kind as to let me live until I'm 92? There are things I want to know about, and oh so much to see. Do you think that you could manage, Lord to make it 93? The world is changing all too fast, and yet, there's so much in store. So I'd surely like to be on hand when I am 94. And, if by then, my heart is sound and I am still alive, I'd like to live and be around when I am 95. There are so many problems, and so much that needs "afix." I'd like to lend a helping hand when I am 96. I know, dear Lord, it's much to ask, and it's mighty nice in heaven. But I would like to stick around until I'm 97. Perhaps by then I may be slow, and I know it's getting late. But 'twould be so nice to be your guest when I am 98. I will have seen so much by then, and had so great a time, That I'd be willing to call it "quits" and settle for 99.





Military Camouflage

Blending in with the environment is an essential aspect of military operations. Camouflage uniforms were developed to help soldiers disguise themselves on the battlefield.

Prior to the 1900s, combat troops wore colorful uniforms that made them visible to generals and distinguished them from the enemy. This changed during World War I with the rise of trench and aerial warfare,

which made it crucial for soldiers to remain undetected. The U.S. Army began to employ artists to create camouflage uniforms.

Camouflage comes from the French word *camoufler*, meaning "to disguise." Camouflage designs are based on the terrain where units are deployed and are usually mottled patterns in shades of green, brown, black and gray. One of the earliest patterns was called frog skin, with spots that blended in with jungle foliage. Over the years, designs resembling trees, tiger stripes and even chocolate chip cookie dough have helped hide soldiers in forest, desert and urban locations.

Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of

both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician.

Focus on Special Moments

Our focus this month is on our Activity Program and how our staff creates special moments that help us all to be present and totally enjoy the moment.

Our Employee of the Month for February is our Activity Director, Michele Lynch. She has that rare ability to get things done in a loving, nurturing manner. She told me we are all family and she loves working with our residents.

Robin Gruwell, our Activity Director in Assisted Living and Memory Care, gave her a very creative plaque describing the many responsibilities Michele accomplishes with a joy filled heart on a daily basis.

Edoardo gave a great talk about the importance of creating special moments for our residents through our Activity program and the entire team.

We are focused on creating special moments for our residents, staff, families, and visitors.

I highly recommend reading the book entitled the Power of Moments by Chip Heath & Dan Heath. You will understand the power of creating special moments.

Ted J. Holt
Administrator





"This Month In History"

APRIL

1912: Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

1924: The first book of crossword puzzles is published.

1935: Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

1947: A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

1956: World heavyweight champion Rocky Marciano retires from boxing undefeated.

1969: At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

1976: Barbara Walters is named the first female co-anchor of a network evening news program. She teamed with Harry Reasoner on ABC.

1983: Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

1993: The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

2008: Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

2011: In the largest outbreak ever recorded, more than 300 tornadoes hit 15 states in the southern and eastern U.S.

2018: Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.