

Gardens ' News

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Happy Birthday, Residents!

To all of our residents who were born in April, this is your month! Happy Birthday from Sun City Gardens!!

04/02 Judith Coit
04/02 Fredrick Mudd
04/04 Norma McGuire
04/06 Alexander Kapanui
04/10 Hazel St. John
04/23 Patricia Bumpus
04/23 Harold Cox
04/25 Marylin Broddie
04/27 David Anastasia



Happy Birthday



April 2021

Staff Directory Lic. #336403516

Angela Scott-Kapiloff
Senior Executive Director
Alicia Padilla
Business Office Director
Barbara Mireles
Support Services Director
Paula Morse
Food Service Director
Edoardo Estrada
Marketing Director / Resident Relations
Esmeralda Cervantes
Marketing Assistant
Bituin Dizon-Garcia
Assisted Living Director
Michele Lynch
Activity Director
Irene Luevano
Assisted Living/Memory Care Activities
Daryl Stout
Maintenance 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 Home to Sun City Gardens!

Khristi Rogone
Patricia Hawthorne
Patricia Bumpus
JoAnn Radosevic
Norvella Rice
Wendy Piatt
Melvin Brodski
Suzette



Easy, Breezy Springtime Crafts

Spring has arrived, so get in the swing of things and celebrate the new season with these fun and simple crafts.

Festive florals. Whether fresh or faux, nothing says spring like flowers. Dress up a plain vase or a clean, empty jar to display them in. Add stripes or other geometric designs with patterned tape, or glue on a piece of colored tissue paper or a swatch of fabric.

Rainy day welcome. Fill a pair of brightly colored rain boots with artificial flowers or greenery, then set the display by the door to welcome in spring.

Yarn-wrapped eggs. Eggs are popular as a symbol of the season. Wrap strands of yarn or embroidery floss around wooden, plastic or foam eggs, then display them in a bowl or tray.

Spring garland. Use watercolors to paint several sheets of blank paper, letting the colors swirl together to create a marbled pattern. Once the paper dries, cut raindrop, egg or flower shapes out of the paper, then punch a hole in each shape and loop them all on a string. Hang the garland above a doorway or across a shelf.

Technicolor Spectaculars

There was a time when posters and trailers publicizing the latest movie release boasted the fact it was shot "in glorious Technicolor!"

In the early 1900s, Hollywood entered a new era in moviemaking, shifting from black and white to color motion pictures to reflect the real world and bring storylines to life.

Co-founding the Technicolor company in 1915, American engineer Herbert Kalmus developed the groundbreaking method that produced vivid, eye-popping color on the big screen. It took his team 20 years of trial and error. The process used a special camera that recorded three reels of film, each with a filter that captured the primary colors of red, blue and yellow, which were later dyed and layered together.

Despite being expensive and troublesome, Technicolor became the standard by the late 1930s. Richly colorized classics include "The Adventures of Robin Hood," "Gone With the Wind" and "Singin' in the Rain." But the most famous film is "The Wizard of Oz," with its scenes of the yellow brick road and Dorothy's ruby slippers.



Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible.

Head turns. Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

Shoulder rolls. Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place. Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts. This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls. These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.



Twinkie Talk

Much more than a sweet snack cake, the Twinkie is an American icon.

Like so many other innovations of the time, Twinkies were born out of necessity during the Great Depression. James Dewar, a manager at the Continental Baking Company just outside of Chicago, wanted a way to use shortcake baking pans after strawberry season had passed.

His solution was a golden spongecake with a banana-flavored cream filling. He called the cakes Twinkies, after seeing a billboard advertising Twinkle Toe Shoes.

When World War II rationing limited the company's banana supply, it began filling Twinkies with vanilla cream, which became a top seller. Under the company's Hostess brand, Twinkies grew in popularity, especially with kids after commercials for the cakes aired on the TV show "Howdy Doody." In the following decades, Twinkies made appearances in comic books, as well as in blockbuster movies such as "Ghostbusters."

Wit & Wisdom

"The Earth does not belong to us. We belong to the Earth."

—Chief Seattle

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."

—Olivia Newton-John

"This Earth is our only home. Together, we must protect and cherish it."

—Ban Ki-moon

"Cherish sunsets, wild creatures and wild places. Have a love affair with the wonder and beauty of the Earth."

—Stewart Udall

"I consider the world, this Earth, to be like a school, and our life the classrooms."

—Oprah Winfrey

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."

—Stan Lee

"Once you've been in space, you appreciate how small and fragile the Earth is."

—Valentina Tereshkova

"Try to leave the Earth a better place than when you arrived."

—Sidney Sheldon

Pockets and Purses

Unique to each person are the everyday essentials found in their pockets or purse. Look at what you carry with you, and think back to how it's changed over the years.

- Are you the type who carries just the essentials or one who has a little bit of everything, just in case?
- Do you keep your ID, money and bank cards in a wallet or a money clip?
- Are there any photos of loved ones in your wallet or purse?
- Did you or anyone in your family carry a pocket watch as a timepiece?
- Do you always have a handkerchief, or hankie, with you? If so, does it have a special design or monogram?
- For ladies, cotton gloves, a plastic rain bonnet, and a scarf to protect one's hairdo on windy days were both fashionable and a necessity. Do you remember using these?
- A pocketknife comes to the rescue in many situations. Is that something you've carried?
- Is there a small sentimental object or good luck charm that you like to keep with you? If so, what's the story behind it?
- What are some uncommon or unexpected things you've carried with you?

Updates for Spring at Sun City Gardens

Visitation has begun again as of March 2, 2021. Our Assisted Living residents as well as residents that have been vaccinated can leave the community without quarantining upon return. The Assisted Living is still not open to visitors; the exception is Home Health, Hospice, and Physical Therapy.

Independent Residents can leave the community without quarantine upon return; visitors are allowed in resident rooms, but not in common areas around other residents.

Activities have opened with social distancing. It has been amazing to hear the residents singing, laughing and being social as we all have missed for the past year. Unidine has begun Grab and Go for Independent Living. It seems to have worked out well, giving residents options of portion sizes, social interaction with the kitchen team, and the ability to change their minds about the entree previously chosen. RHF and Unidine are preparing for Dining Service to commence in the dining room for Assisted Living and Independent Living. This could take another 60 days, but it is our immediate goal to return to normal as the regulations change.

Thank you,
Angela Scott-Kapiloff, Senior Executive Director

Make a Butterfly Garden

Watching butterflies flit from flower to flower is one of the many joys of tending a garden. By growing certain plants that attract butterflies, you can encourage these important pollinators to visit every day!

Butterflies like a variety of colors, shapes and heights, and planting different flowers in one container, as well as in pots of varying sizes, helps provide a dense, lush habitat. Typically, butterflies are drawn to bright, warm colors—think reds, oranges, pinks and purples. Plants with tubular flowers, tiny clusters of blooms, or blossoms with large, flat petals are favorites of the insects. Some of the best choices are zinnias, petunias, marigolds and lantana.

To attract even more butterflies, grow host plants such as milkweed, parsley, fennel and dill. The insects will seek out these species and lay their eggs on them, which then provide food for their caterpillars as they prepare to transform into butterflies.

Create a relaxing oasis for butterflies by adding some basking stones, which can be any flat rocks placed in a sunny spot.





Laugh Out Loud

Is laughter really the best medicine? Many medical experts report that laughing produces major health benefits.

Easy exercise. Think about what happens when you get the giggles: Your heart rate increases, you can't catch your breath, and your facial muscles are sore. That's right, laughing is like a mild workout, burning up to 50 calories in just 10 minutes.

A happy heart. In addition to aerobic benefits, laughing heartily can improve circulation and help balance blood pressure levels, boosting heart health.

A stress-free smile. While some stress is good, too much can cause both mental and physical health problems. Laughter relieves stress by reducing stress hormones and releasing endorphins, the feel-good chemicals in the body. People usually feel more relaxed and happier after laughing, even during trying situations.

Rest and relief. Laughter is considered a natural pain reliever, since the action releases endorphins and provides a temporary distraction from physical or emotional pain. Watching a comedy before bedtime can ease aches and relax your muscles and your mind.

The Vinyl Revival

After decades of playing second fiddle to cassettes, CDs and music streaming services, vinyl records are once again climbing the charts to the top. Vinyl sales recently beat CD sales for the first time in nearly 40 years.

More and more people are getting into the groove of vinyl for a truly special, immersive listening experience. It's the reason why current artists now release new albums as well as their early work on vinyl, and why acclaimed albums from classic bands and singers continue to be bestsellers.

Many music fans say vinyl records have a fuller, warmer sound than songs that have been compressed into a digital file. And often, playing a record feels like a beloved ritual that encourages mindful, attentive listening. Buying a record is also part of the experience, from searching store bins for a hidden gem to admiring an album's artwork and reading the liner notes.

This retro music trend is most popular with people under 35. But many other adults miss the days of owning a physical album, a concept that is unfamiliar yet seems to be appealing to today's teens.



Remember Me?

Entertainer Debbie Reynolds will forever be famous for "Singin' in the Rain" and having an "unsinkable" personality.

- Nicknamed America's sweetheart, she was born Mary Frances Reynolds on April 1, 1932, in Texas.
- She grew up in California, and at age 16, won the Miss Burbank beauty pageant and caught the attention of talent scouts.
- Reynolds began her career working for Warner Bros., and the movie studio renamed her Debbie.
- Although she wasn't a trained dancer, in 1952 she was cast as the romantic lead in the classic "Singin' in the Rain," hoofing it alongside Gene Kelly and Donald O'Connor.
- She exuded that same charm and energy in films throughout the 1950s and became a box office star.
- Another memorable role came in 1964, when she starred in the musical biopic "The Unsinkable Molly Brown," earning a best actress Oscar nomination.
- Her 60-year career also included acclaimed parts on TV and Broadway.
- Reynolds had a passion for movie memorabilia and owned a huge collection of historic costumes and props.

Ahoy, Kitty!

Horses, mules, dogs and even pigeons have long been praised for the roles they've played during times of conflict and war, but there's a place in history for cats, too. Commonly known as ships' cats, these felines were kept on board vessels to catch rodents and boost the morale of homesick sailors.

Cats and seafarers have been partnering up since ancient times, when Egyptians took the animals on the Nile to catch birds along the banks of the river. By the 17th and 18th centuries, every ship in the French Navy was ordered to keep two cats on board, and photos abound of 20th-century sailors posing with their beloved ship mascots.

Among history's most famous ships' cats was Blackie, who lived aboard the HMS Prince of Wales, which carried British Prime Minister Winston Churchill to meet with U.S. President Franklin Roosevelt in 1941. As Churchill disembarked, Blackie darted out to him for a pat that was captured by press photographers. Blackie became a worldwide media darling and was renamed Churchill.



Occupational Therapy: Making the Most of Every Day

Since 1980, April has been designated as Occupational Therapy Month, a time to recognize and appreciate the men and women who work in this field, which is one of the fastest growing in health care.

Occupational therapists and therapy assistants help people of all ages overcome physical, mental, social and

developmental problems, assisting them with everyday living and working tasks so they can function as independently as possible at home, work, school and in the community. This independence is typically gained from exercises focused on self-care, work, or play and leisure activities. The therapist works to change whatever obstacles are preventing the patient from doing the things he or she wants to accomplish.

Candidates for occupational therapy can range from an infant born with a physical disability to an adult recovering from an accident to an older adult striving to maintain mobility.



Brain Bender: Grocery Goof-Up

Lynn, Callie, Morgan and Eva each went to the supermarket and spent different amounts: \$20, \$30, \$40 or \$50. But they all forgot to buy a different item from their lists: bread, coffee, milk or laundry detergent. Use the clues below to match each shopper to the money they spent and their forgotten product.

- Lynn forgot to buy detergent.
- The shopper who spent \$50 is either Eva or the person who forgot milk.
- Morgan spent \$30.
- Eva spent \$10 less than the woman who forgot to buy coffee.

(Answer: Lynn spent \$40 and forgot detergent. Callie spent \$50 and forgot milk. Morgan spent \$30 and forgot coffee. Eva spent \$20 and forgot bread.)

The Sweetest Bean

Chewy, sweet and colorful, jelly beans are a favorite treat.

It's believed that jelly beans originated from Turkish delight, a candy made of cornstarch and sugar that's similar to the soft, gel-like center of a jelly bean. Jordan almonds, a type of candied almond with a hard outer shell, may also have been an inspiration.

An unknown American candy maker created the first jelly beans in the mid-1800s, and in the 1860s, they were marketed to soldiers serving in the Civil War. Their protective, nonsticky outer shell and small size made them easy to carry in pockets. Jelly beans quickly became a popular penny candy and were the first candy to be sold by weight rather than by piece.

About 16 billion jelly beans are produced every year. Depending on the manufacturer, it can take seven to 21 days to make a jelly bean. Once the gooey center is formed, the bean undergoes a process called panning, in which colors, flavors and several layers of sugar are applied, creating the outer shell.

Cherry is the most popular jelly bean flavor.



Rubber Duck Tale

A symbol of bath time fun, rubber ducks have been helping kids get squeaky-clean for more than 100 years.

The first rubber ducks splashed on the scene in the late 1880s, when manufacturers came up with different ways to use Charles Goodyear's newly invented vulcanized rubber. These duckies didn't float, and instead were designed as teething toys for toddlers.

By the 1930s, toy companies were making floating bath toys out of vinyl, although the name rubber duck still stuck. In 1949, sculptor Peter Ganine patented a design for the now-classic bright yellow duck with an orange bill. The cheerful little ducks were marketed as soothing toys for bath time, helping youngsters overcome fears of the water and also learn about hygiene.

Inducted into the National Toy Hall of Fame in 2013, rubber ducks are now available in all sizes, colors and designs, including many that resemble entertainment and sports celebrities. Also popular are duck derby races, where rubber ducks are floated down a body of water to raise money for charity.

Laugh Lines: Jokes With Quack-itude!

Q: When does a duck wake up?

A: At the quack of dawn.

Q: What kind of TV shows do ducks like to watch?

A: Duck-umentaries.

Q: What's a duck's favorite game?

A: Beak-aboo!

Q: Did you hear what happened when the basketball coach put a duck in the game?

A: It made a fowl shot.

Q: What do you call a duck that steals?

A: A robber duck.

Q: Are ducks good detectives?

A: Yes, they always quack the case!

A duck walks into a pharmacy and says, "Do you have any lip balm?" The clerk hands over a tube, and the duck replies, "Thanks! Just put it on my bill."

Two ducks are at a pond. One went, "Quack, quack!" The other duck replied, "That's funny; I was just about to say that!"

Q: When does a duck say, "Quick, quick"?

A: When it has the hiccups!

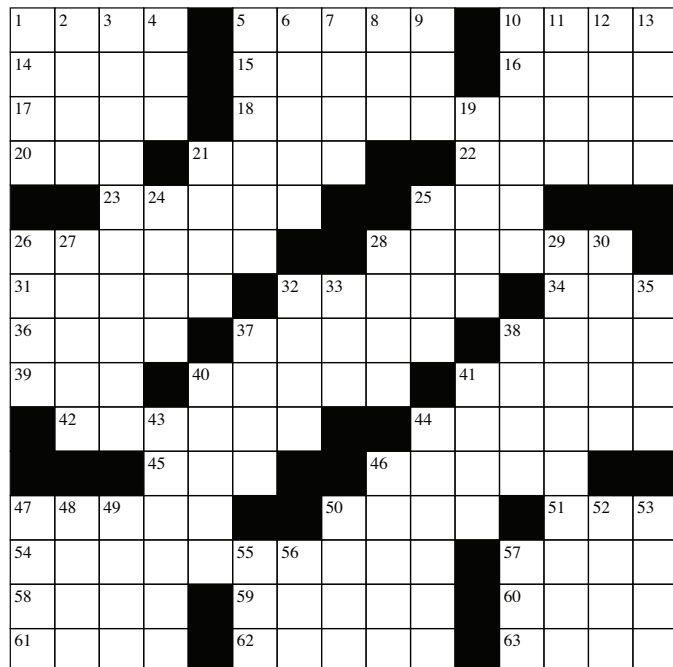
Q: What do you call a crate full of ducks?

A: A box of quackers.

Q: What did the duck do after he heard all these jokes?

A: He quacked up!

Crossword Puzzle



ACROSS

1. Wraparound garment
5. Detection device
10. Talk
14. Help in a conspiracy
15. Public building
16. Penniless vagabond
17. Ocean phenomenon
18. Gymnastic stunts
20. Behold
21. Folk singer's son
22. Alleviates
23. Stretches of lowland
25. One who sleeps upside down
26. Gave one's 2 cents' worth
28. Explodes
31. Leans
32. Intimidate
34. ___ pedestal; lovingly honored
36. Narration
37. Wet
38. Burro's complaint
39. 2/7 and 5/7
40. Linger
41. Oyster lining
42. Rara avis
44. Woodworkers' machines
45. Period
46. Attention-getter in court
47. Without ___; unworried

50. Opposite of 37 Across
51. Mr. McKellen
54. Caused to go broke
57. Look at with desire
58. Elks' letters
59. Rib
60. "Get lost!"
61. 1492 or 1776
62. Penetrate
63. British submachine gun

DOWN

1. Word of disgust
2. Acting aword
3. Confused completely
4. Nice time to visit Nice
5. Inviolable
6. Spoken tests
7. Infamous emperor
8. Crawling insect
9. Uncooked
10. Is dishonest
11. Garden shed items
12. Qualified
13. Pitch
19. Blood pumper
21. Beverages
24. Bet
25. Batter's stratagem
26. Bismarck, for one
27. Grand or upright
28. Working
29. Flambeau flame

30. Tempt into a dangerous situation
32. Rowboat
33. Atmosphere
35. Words of agreement
37. Wedded one
38. Lessen
40. Athlete from Michigan
41. Parishioners' area
43. Less illumined
44. Food storage room
46. Featherbrains
47. Ann Landers' sis
48. Poncho
49. Celebes ox
50. ERA, for one
52. ___ vera
53. Bright light gas
55. American Indian
56. Shirt pocket item
57. Govt. agcy. (1942-45)



It's Spring!

Best wishes for a bright and happy season.

