

# Gardens ' News

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August 2019



## 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 28th. A special birthday table will be set up for you, and one outside guest is free.

Virginia Occhino.....8/06  
Evelyn Crosby.....8/09  
Leora Bradford.....8/10  
Lorene Hacker.....8/13  
Pauline Mckie.....8/13  
Curtis Layman.....8/14  
Marie Farrago.....8/15  
Freda Christian.....8/16  
Harriet Pierce.....8/16  
Jennifer Laird.....8/19  
Elaine Olsen.....8/19  
Janice Tucker.....8/22  
Dora Arnold.....8/26  
Charles Broddie.....8/26  
Amanda Mitchem.....8/26  
Lorraine Reading.....8/28  
Jay Ball.....8/31

## 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



### 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.



### Welcome to Sun City Gardens, New Residents!

Mr. & Mrs. Tardy  
Earl Kerr  
Frances Sauriol  
Virginia Adams  
Frances Toyosaki  
Jennifer Laird  
June Lowry  
Frank Prather  
Paul Garcia  
Charles "Tom" Willey

### We Had a Splash at Our 1st Day of Summer Pool Party!

Entertainer Bryan Davis played the guitar and sang while we splashed around, lounged poolside and sipped iced tea!



### Tropical Treat

They're golden, tropical and oh-so-sweet. Pineapples have long been prized for their refreshing taste and regal image.

Pineapples originated in South America and were brought to the Caribbean islands, where Christopher Columbus encountered the strange-looking fruit on one of his voyages. He introduced the pineapple to Europe, and it became a status symbol among royalty.

During Colonial times, only the wealthy could afford the few pineapples that were shipped to America. Dinner parties in affluent homes showcased the exotic fruit in elaborate food displays. The pineapple grew into a symbol of hospitality and was often depicted in home décor, art and architecture.

Around the turn of the 20th century, Massachusetts native James Dole moved to the island of Oahu, Hawaii, and started a pineapple plantation and canning operation, which later became Dole Food Co. Ad campaigns and recipes promoting canned pineapple led to booming sales, and the fruit became more widely available and an affordable treat.







## Why Our Bodies Need Water

It's important to stay hydrated during warm weather, as well as throughout the year. Water is essential for many of the body's organs and functions.

*Heart.* Staying hydrated promotes proper circulation by allowing the heart to more easily pump blood, which carries oxygen throughout the body. Drinking water is one way to

maintain a healthy weight and regulate blood pressure, reducing stress on the heart.

*Brain.* Multiple studies show that even mild dehydration can impair memory and concentration. Drinking enough water can improve cognition, focus and mood, and help prevent fatigue and headaches.

*Kidneys.* Your kidneys have the important job of cleansing toxins from your body, but they need water to work properly.

*Muscles and joints.* Water lubricates the joints, so staying hydrated can reduce pain and stiffness. The same goes for your muscles, especially during and after exercise.

## 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."



## America's Favorite Flavors

Scooped in a dish, on a cone or in a sundae, ice cream is often a crowd-pleaser no matter how it's served or topped. According to a survey of ice cream retailers across the U.S., the top-selling flavors of this cool and creamy treat are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough.

## Wit & Wisdom

"I look on life as a joyous adventure."

—Ernie Harwell

"Instead of trying to make your life perfect, give yourself the freedom to make it an adventure, and go ever upward."

—Drew Houston

"The biggest adventure you can take is to live the life of your dreams."

—Oprah Winfrey

"It's never too late in life to have a genuine adventure."

—Robert Kurson

"Adventure is not outside man; it is within."

—George Eliot

"Keep reading. It's one of the most marvelous adventures that anyone can have."

—Lloyd Alexander

"You must go on adventures to find out where you truly belong."

—Sue Fitzmaurice

"Adventure is worthwhile in itself."

—Amelia Earhart

"Adventure isn't hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day-to-day obstacles of life."

—John Amatt





## Our '50s Style Father's Day Sock Hop Was a Blast!

We honored our Fathers with a '50s style Sock Hop dance, with entertainment provided by Sharon and Nat who kept the crowd dancing and singing. We even had Elvis in the house! Some of our residents and staff even dressed up in '50s style poodle skirts and attire. Our dining staff served old fashioned Americana '50s fare including miniature hamburgers and hotdogs, French fries and Coca-Cola. It was definitely a dance to remember!





**Sun City Gardens  
Patriotic Ice Cream Social  
in Honor of  
Independence Day!**



**Solar Project Will Begin**

Our solar project started on July 8, 2019 and is scheduled to be completed by July 30, 2019.

The solar panels will preheat the water that will go into our water boilers and will reduce the energy needed to heat the water. This project is funded by grant money and will help us reduce our energy usage.

Pictures of our proposed renovation are posted in our main lobby. When the proposal is approved we are projecting completion by November 2020.

The employee of the Month for June was Carlo Monserrat. He works as a dish washer in the kitchen. Robin Tristao, our Food Services Supervisor, stated that Carlo always takes the initiative to perform at a consistent excellent level. Carlo sets a high standard and we appreciate his work ethic.

We look forward to constantly improving our community, and to recognize and appreciate our staff.

-Ted J. Holt, Administrator







### Dog-Inspired Dialogue

With a nickname like “man’s best friend,” it’s no surprise that dogs have nosed their way into our everyday speech. “Paws” and enjoy some favorite dog-related phrases:

*Dog days of summer.* This expression for the hottest phase of summer, between July 3 and Aug. 11, comes from Sirius, known as the Dog Star, the brightest star in the constellation Canis Major. During midsummer, Sirius rises with the sun, which inspired the ancient Greeks and Romans to call this period of intense heat the “dog days.”

*Every dog has its day.* This popular proverb means that everyone will enjoy a moment of glory at some point in life. The first written use of the phrase in English was made by Queen Elizabeth I in a letter to her brother.

*You can’t teach an old dog new tricks.* This adage suggests that it’s difficult to change a person’s habits or behaviors. It has been around since the 1500s, when shepherds were advised to train their sheepdogs as pups, because older dogs could be more set in their ways.



### Toby Is Sun City Gardens Pet of the Month!

Toby the dog has been chosen as August’s Pet of the Month! His owner and best friend, Dave Wagner, takes leisurely walks daily throughout the community. Per Dave, Toby’s favorite hobby is eating. Toby is not only adored by Dave but also by his fellow furry friends, residents and staff. Congratulations, Toby!



### A Few Residents Taking a Leisurely Stroll Through the Gardens...

Flowers are definitely in bloom at Sun City Gardens! Residents and their families enjoy strolling through the property, identifying different flowers and trees, and gazing at the peaceful waterfall.



### Congratulations to Employee of the Month, Carlo Monserrat!





## Sun City Gardens 2019 Senior Prom!

Our residents danced the day away at our 2019 "Senior" Prom! We had fabulous entertainment by Tracy and Raul, and delicious hors d'oeuvres, punch and wine were prepared by our kitchen staff. Each year Sun City Gardens crowns a prom king and queen from Independent Living and a prom king and queen from Assisted Living/Memory Care. This year our royal court winners were:

Gwen Bodle and Robert Morrison

Christene Kingsolver and Jack Morgan

Congratulations to our royal court, and a special thank you to all of the volunteers who helped make this dance a memorable one!







## Movie Theater Milestones

From the first “talkies” to today’s special effects-packed blockbusters, cinemas have been drawing moviegoers for more than a century. Grab some snacks, sit back and view a few industry highlights.

Year	Milestone
1922	Air conditioning debuts at movie theaters.
1933	In New Jersey, the first drive-in theater opens.
1952	A movie craze emerges with 3D films.
1962	The first multiplex cinema is built in Missouri.
1970	Imax film technology debuts in Japan.
1981	Cup holders are added to movie seats.
2000	Customers get the option to buy tickets online.
2014	Large reclining seats become a feature at many theaters.

## “This Month In History” AUGUST

**1902:** Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer’s School of Cookery.

**1938:** Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

**1948:** As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

**1962:** Little Eva travels to the top of the pop music chart with the hit song “Loco-Motion” and inspires a dance craze.

**1975:** The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

**1990:** The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago’s Field Museum.

**2015:** Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.