

Gardens ' News

28500 Bradley Road • Sun City, CA 92586
Phone (951) 679-2391 • Fax: (951) 679-8002



Happy February Birthday, Residents!

To all of our residents who were born in February, this is your month! We will be celebrating these birthdays on Wednesday, February 27th. A special birthday table will be set up for you, and one outside guest is free.

Mercy Ortiz.....2/1
Norvella Rice.....2/2
Daniel Williams....2/3
Gloria Kelly.....2/10
Albert Riquelme...2/13
Leroy Reading.....2/14
Alice Walters.....2/17
Gary Stafford.....2/19
Betty Davis.....2/27



February 2019

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 lobby in Assisted Living.

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

Welcome New Residents!!

Mimi Houghtaling
Mary Davis
Diana Romo
Richard Weaver
Iris Mickelson
Larry Ocampo
Delma Ferguson



Super Bowl, Super Fun

Pro football's biggest event draws a huge crowd, at both the hosting stadium and gathered around TVs everywhere. Huddle up for a discussion about the NFL's championship game.

- Do you usually watch the Super Bowl? What is your favorite part—the game, the commercials or the halftime show?
- Did you ever host a Super Bowl party? What about attending a party? What were the festivities like?
- Watching football and snacking go hand in hand. What are your favorite game-day foods to munch on?
- Are there any memorable Super Bowl commercials you recall? Which one was your favorite? Do you prefer funny or sentimental ads?
- Do you enjoy watching the halftime show? What do you think about the entertainment?
- Has your favorite team ever made it to the championship? Did they win?
- Have you ever attended the Super Bowl? If so, talk about the experience. If not, would you want to go if you had the opportunity?
- Which team are you rooting for in this year's Super Bowl?

We Are Truly Blessed!

We had our General Staff Meeting December 28th. Our Employee of the Month is Jesse Soto who will soon be promoted to Assistant Maintenance Director. Jesse works consistently and efficiently to take care of the many maintenance needs at our community.

The Employee of the Year is Luella Shelton who is our ALU Assistant Manager. She has a very nurturing personality and is consistently positive and upbeat. Luella's attitude is definitely worth catching.

Our solar project is moving forward. We will soon be applying for permits. This project will significantly reduce our electricity costs.

The air conditioning and heating for the second floor corridor in the 200 building is complete and will provide a comfortable environment for residents, families, and staff.

We have had our first meeting with our architect for our renovation of the main dining room and cafe.

We are so blessed to have a great team and exciting projects that will continue to elevate our services for our residents.

Ted J. Holt
Administrator





Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry “Hap” Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter

Owen Crump quickly produced “Winning Your Wings,” a short film starring actor and USAAF pilot Jimmy Stewart. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry—actors, directors, animators and more—the FMPU began producing training films from its base at a Hollywood studio lot. The unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

The Super Bowl of Car Racing

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the “Super Bowl of stock car racing,” the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was

held Feb. 22, 1959. It was a close one, with officials taking days to review photos before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

The race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.



Common Cold Myths

While there is no cure for the common cold, much folklore surrounds the illness, from how it’s spread to home remedies. Here are some popular myths and the truth behind them.

The cold causes a cold. Have you ever heard someone say to bundle up or you’ll get sick? People do tend to catch more colds in winter, but frigid air is not to blame. We spend more time indoors and in closer contact with others during this time, causing germs to spread more easily.

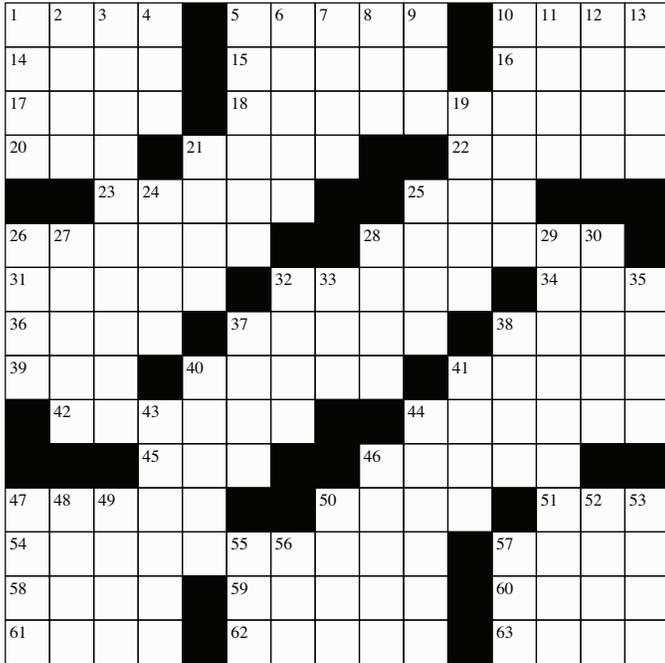
Coughs and sneezes are the only way colds are spread. Airborne germs can make others nearby sick, but studies show that hand-to-hand contact is the biggest culprit in spreading viruses.

Hand sanitizer works as well as soap. Gels are fine in a pinch, but scrubbing with soap and water is the best way to rid your hands of germs. If sanitizer is all that’s available, it needs to contain at least 60 percent alcohol to be effective.

Feed a cold, starve a fever. The truth is simple: Eat if you are hungry, but don’t force yourself. Staying hydrated is important when you are ill, so be sure to drink plenty of fluids.

Garlic around your neck will ward off colds. Wearing garlic will not keep you from getting sick, but eating the antioxidant-rich plant may boost the immune system.

Crossword Puzzle



ACROSS

1. Mexican lunch, perhaps
5. Tutuila's location
10. Friends in Chartres
14. Bird's feature
15. Oak nut
16. Baseball's Blue
17. Drinks liqueur
18. Deficiencies
20. Luau offering
21. Got rid of
22. Tees off
23. Records
25. Ointment
26. Subject of the Emancipation Proclamation
28. At once
31. Whitened
32. Yellow-billed birds
34. Shade provider
36. Kuwaiti leader
37. Tear to pieces
38. Spartan queen
39. Common verb
40. Like a chimney sweep's clothes
41. Web surfer's stops
42. Waterway
44. Astounds
45. ___ over; finished
46. Don't exist

DOWN

2. Recipe abbr.
3. First four of five
4. Approves, for short
5. Obis
6. Flu symptoms
7. Temperament
8. Boston Bruin Bobby
9. Colony member
10. ___ oneself of; uses
11. Factory
12. Lounging around
13. Brat's talk
19. Lets go
21. Ran
24. Declare to be true
25. Taft, to Yale, for short
26. Gush forth
27. Religious men
28. Victim

29. One who is dry
30. More ancient
32. Injection
33. Scrap
35. Tridentine or traditional Latin ___
37. Earth
38. Leo, for one
40. Realtors' delights
41. Committed homicide
43. Fixed portion
44. Snowman's name
46. Goose genus
47. Opening
48. Female animal
49. Finished
50. Game of chance
52. ___ out; betray one's cause
53. Golfer's target
55. Ship letters
56. Have-___; poor person
57. Be in the red



Questions

- 1) Name the three most-nominated films.
- 2) Who has hosted the Academy Awards the most times?
- 3) How much does the Oscar statuette weigh?
- 4) The first Academy Awards ceremony was held in what year?
- 5) Who was the first woman to win best director?
- 6) What movie was named best animated feature in 2016?

Answers

- 1) "All About Eve" (1950), "Titanic" (1997), "La La Land" (2016), with 14 each
- 2) Bob Hope (18 times)
- 3) 8 1/2 pounds
- 4) 1929
- 5) Kathryn Bigelow for "The Hurt Locker" (2009)
- 6) "Zootopia"

ENTERTAINMENT TRIVIA

Oscar's Golden Glow

Once a year, the movie industry honors the best in the business with much glamour and fanfare. Test your knowledge of the Academy Awards with these trivia questions.