

Gardens ' News

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Happy January Birthday, Residents!

To all of our residents who were born in January, this is your month! We will be celebrating these birthdays on Wednesday, January 30th. A special birthday table will be set up for you, and one outside guest is free.

01/01 Helen Olsen
01/06 Margery Kinser
01/08 Lucillia Mullaly
01/10 Pamela Tassey
01/12 Robert Lind
01/15 Charles Brucks
01/18 Frank Ferraiolo
01/20 Helen Jones
01/21 Morris Rhodes
01/22 Paula Rehmann
01/23 Helen McCauley
01/25 Gail Acosta
01/25 Tony Vasquez
01/26 Nancy Stromenger
01/29 Dawn Hutchison
01/29 Terry Mesa



January 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!

Olaff Lamadrid
Gloria Kelly
Mimi Houghtaling
Mr. & Mrs. Rhodes
Mary Davis
Diana Romo
Richard Weaver



Holiday Celebrations

We had our Staff Appreciation Luncheon. Dave Wagner, our Resident Council President, and Barbara Truncale, Council Treasurer, gave generous checks to our appreciative staff. We then provided catered food from Olive Garden. We held a raffle and gave out many gift certificates. Lyliana Renteria, a server in our kitchen, won the 65 inch TV and was so happy! I want to thank all of the department heads who helped coordinate this event.

Special thanks to Robin Tristao, our Food Services Director, and her team. They provide an excellent service for our residents, and cater so many luncheons for a variety of community organizations especially during the holidays. We deeply appreciate this team constantly going the extra mile to give a great first impression.

We had the Pastor Appreciation Luncheon on November 28th. Dr. Laverne Joseph, President and CEO of RHF, our parent organization, gave the keynote address. Our visiting pastors appreciated this event. The dietary staff prepared steak and lobster and a chicken entree that was excellent.

We hope you all had the happiest of holidays, as we give thanks for our many blessings.

Ted J. Holt
Administrator

Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

Be upfront with special requests. If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

Make eye contact. Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

Learn your server's name. Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

Remember the golden rule. Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

Tip with respect. A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.





Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress. Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Word Search Success

A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for

Increases cognitive skills. From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression. Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills. Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Word searches became a staple in newspapers, puzzle books and classrooms.



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

	1	2	3		4	5	6	7		8	9	10	11	12	
13					14					15					
16					17					18					
19					20					21			22		
23								24				25			
					26		27	28		29				30	31
32	33	34	35			36		37				38			
39					40							41			
42					43							44			
45					46			47		48					
		49				50			51		52	53	54	55	
56	57				58			59	60						
61				62				63				64			
65								66				67			
68								69				70			

ACROSS

- Layer of turf
- Recommendations for sore muscles
- Of the neighborhood
- Aleutian island
- Broncos' home: abbr.
- Wear away
- Complement
- Of a historical period
- Business transactions
- Showy
- Naval vessel, for short
- Tried
- Metric unit
- Bewildered
- Goodies
- Gemstones
- Otherwise
- U.S. writer James
- In the center of
- Witch's home
- Restoration to health
- Contemptible
- Affirmatives
- Unsmiling
- Purchases from the post office
- Actor's concern
- Outbursts of laughter
- Solution
- "Ben-_"

DOWN

- Take off
- Web-footed swimmer
- Because of
- Panoramas
- Red beverage
- Jai _
- Performs alone
- Not as significant
- _ pro nobis; pray for us
- Business associate
- Thirst quenchers
- For fear that
- Electric guitar accessories, for short
- Gabor and Longoria
- Complete
- Respond to a stimulus
- Counter's start
- Rapidly growing tree
- Yukon or Northwest: abbr.

- Spotted
- Pokes
- Amo, amas, _
- Differs in opinion
- Swell situation?
- Unexceptional
- Let up
- Elected ones: abbr.
- Satisfy
- Place for stored food
- Foolish
- Biblical queen's home
- Stratagems
- Fencing swords
- Invitation abbr.
- Place with many beds: abbr.
- Until
- Social get-togethers
- In the past
- House divs.

