

Gardens ' News

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Happy January Birthday, Residents!

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

01/01 Helen Olsen
01/05 James Bradley
01/06 Patricia Brown
01/09 Sarah Jones
01/14 Beverly Klasa
01/18 Frank Ferraiolo
01/18 Barbara Huber
01/20 Helen Jones
01/23 Helen McCauley
01/29 Dawn Hutchison
01/31 Frank Simpson



Happy Birthday



January 2021

Staff Directory Lic. #336403516

Angela Scott-Kapiloff
Senior Executive Director
Alicia Padilla
Business Office Director
Barbara Mireles
Support Services Director
Tina Colmenero
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 to Sun City Gardens!

Fredrick Mudd
Ava Gavalier-Lacy
Lois Fritz
David Barron
Helen Hecht



A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

Pierogies. These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat.

Soupe a l'oignon. A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

Cha siu bao. A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

Picadillo. This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

Irio. In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish.

Feel-Good Films

Begin the new year on a bright note by enjoying one of these movies that are favorites for their uplifting stories.

"The Wizard of Oz" (1939). Called one of history's greatest films, this Technicolor musical fantasy has stood the test of time for its tale about friendship, courage and longing for home.

"Hoosiers" (1986). A small town high school basketball coach defies the odds and guides his team to the state finals. This underdog story has been named one of the best sports films.

"The Shawshank Redemption" (1994). With its plot about a man wrongly imprisoned and message of never losing hope, this drama remains a top-rated pick decades after its release.

"Apollo 13" (1995). "Failure is not an option." That's a line from this true story of NASA's against-all-odds mission to get the three astronauts of the 1970 Apollo 13 moon mission safely back to Earth after an explosion damages their spacecraft.

"Ray" (2004). A portrait of Ray Charles, this biopic shows how the music legend overcame tragedy and blindness to revolutionize American music.

"Up" (2009). In this animated hit, 78-year-old Carl carries out an unusual plan to fulfill a promise to his late wife by taking flight for a South American paradise. But a young stowaway steers his adventure off course.



Falling For Dominoes

Whether it's chicken foot, Mexican train or 42, domino games score big for fun.

The click-clack sound of dominoes has long been enjoyed across geography and cultures. The game likely originated in China during the 12th century. By the 1700s, a modified version was being played in Europe, then it later spread to North and

South America.

Domino game pieces are rectangular tiles, also called bones. The face of each tile has two sections, marked with a number of spots known as pips, which are like those on a pair of dice. Players take turns laying down their dominoes, forming connected chains of tiles. There are dozens of domino games for all skill levels.

Domino toppling has also become a popular activity. Game tiles are stood upright on their ends and lined up, forming designs and images. Knocking over one domino creates a chain reaction of falling pieces and a visual spectacle.

Get Your Fill of Fiber

Fiber is famous for keeping the body's digestive system working, but it also has a powerful effect on other vital functions, helping you live longer and stay healthier.

Controls blood sugar. Eating foods high in fiber—whole grains, vegetables, fruits and nuts—slows the absorption of sugar and carbohydrates into the bloodstream. Blood sugar levels rise gradually instead of spiking and crashing.

Lowers cholesterol. The type of fiber found in foods such as oats and beans attaches to cholesterol in your intestine and keeps it from being absorbed, contributing to heart health.

May reduce inflammation.

Studies suggest that people who eat a diet full of fiber have reduced levels of chronic inflammation, which is linked to arthritis and certain cancers.

Helps control weight. High-fiber foods tend to be low in calories and help you feel full faster and longer.

Guidelines recommend that older women fill up on at least 21 grams of fiber each day, and 30 grams for older men.



Wit & Wisdom

"Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you."

—Mary Lou Retton

"Perpetual optimism is a force multiplier."

—Colin Powell

"No matter what happens, I feel you must move forward with optimism."

—Gloria Estefan

"Dare to be optimistic. It doesn't cost you money or time. It's free and makes you feel better."

—Remez Sasson

"Be fanatically positive and militantly optimistic.

If something is not to your liking, change your liking."

—Rick Steves

"You have to look to the future with optimism instead of negative ideas. Take the good and the bad and face it head on."

—Goldie Hawn

"Part of being optimistic is keeping one's head toward the sun, one's feet moving forward."

—Nelson Mandela

"It's a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient."

—Daniel Kahneman

By the Book

Cracking open a book and getting lost in its pages is a popular pastime for many people. Take a few moments to reminisce about reading.

- Do you like to read? If so, why do you enjoy it?
- How often do you read? Do you have a favorite time of day to read?
- There are thrillers, biographies, poetry, romance and more. What types of books interest you? Have your tastes changed over the years?
- How do you choose what you're going to read?
- What is your favorite book of all time? Why is it your top pick?
- Do you have a favorite author? What do you like about their work?
- Have you ever attended a book signing and met a famous writer?
- Do you remember learning to read as a child? Who helped you learn?
- What storybooks from your childhood did you enjoy? Did you go on to share those books with your children, grandchildren or other youngsters?
- Have you taken part in a book club? Did you like it?
- Based on what you've read, what titles would you recommend to someone?



App Adventures

Smartphones and tablets help us keep in touch with folks. And with apps for every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

Games. Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies. Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books. Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages. Multiple apps make learning a language fun with interactive games.

Mindfulness. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.

Choosing the Right Resolution

The beginning of a new year provides the perfect opportunity to make a positive change in your life by making a New Year's resolution. It can be fun and rewarding to set a goal for the next 12 months, especially if you keep these tips in mind.

Put the "new" in new year.

Experts say setting the same goals year after year is a mistake. Something fresh and exciting, such as deciding to learn a new skill, will motivate you more than a resolution you've already tried.

Fine-tune your focus. Pick one goal, and be specific. Instead of saying "exercise more" or "eat healthier," say "walk for 30 minutes each day" or "eat a serving of vegetables at every meal."

Ask for help. Friends and relatives can support you and keep you accountable if you share your goals with them.

Be realistic. Everyone has limitations, whether related to health, finances, time or something else. Finding ways to work around them will prove more beneficial than pushing yourself too hard and fizzling out.



The Words of MLK

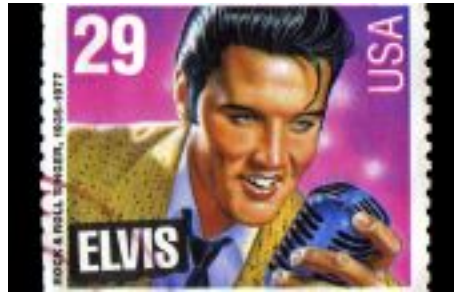
In honor of Martin Luther King Jr. Day on Jan. 18, here are some of his most enduring speeches.

"I Have a Dream." King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on Aug. 28, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech. In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on Dec. 10, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long." On March 25, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop." King gave his final address in Memphis, Tenn., on April 3, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



Fun Facts About Elvis

For fans of Elvis Presley, Jan. 8 is a special day—the entertainer's birthday. To mark the occasion, here's some trivia about the man who will forever be known as the King of Rock 'n' Roll.

He was a twin. Presley's twin brother, Jesse Garon Presley, died at birth. His mother claimed that because of this, Elvis had the energy of two people.

Elvis as Tony? Film director Robert Wise originally wanted Presley to star as Tony, the male lead in the 1961 movie version of the musical "West Side Story." But Colonel Tom Parker, Presley's business manager, felt the role wasn't right for the star.

He pitched one product. Though his likeness has been used in countless ads, Presley himself made just one product commercial during his career. In 1954, he recorded a radio jingle for Southern Maid Donuts, a favorite of the King.

He had presidential genes. Various genealogy studies show that Presley was distantly related to two U.S. presidents, Abraham Lincoln and Jimmy Carter.

Remember Me?

A Hollywood legend famous for his blue eyes, Paul Newman had an on-screen career as a leading man, and an off-screen dedication to philanthropy.

- Newman was born Jan. 26, 1925, in Cleveland, where he grew up acting in school plays.
- During World War II, he served in the U.S. Navy as a radio operator.
- Newman made his Broadway debut in 1953 in the play "Picnic." Joanne Woodward was also in the cast, and the two later married.
- His first of nine Oscar nominations came in 1959 for his role in "Cat on a Hot Tin Roof." He won the best actor award in 1987 for "The Color of Money."
- Among the 65 movies in his 50-year career were the hits "The Hustler," "Hud," "Cool Hand Luke," "The Verdict" and "Nobody's Fool."
- For many years, Newman was an avid race car driver and formed a pro racing team.
- In 1982, he launched a food company by selling bottles of his homemade salad dressing. Since then, Newman's Own has donated over \$550 million in profits to charities.

Craft a Sock Snowman

This soft snowman will look cute sitting on a shelf or table.

Materials:

- Measuring cup
- Two socks, one white and one any color (ankle or crew-type socks)
- Dry rice or beans
- Rubber bands
- Scissors
- Hot glue gun and glue
- Buttons and/or pompoms, various colors
- Black marker
- Ribbon

Directions:

Use the measuring cup to fill the white sock with dry rice or beans to create your desired size of snowman. Wind a rubber band around the top of the sock to close the opening, then trim any excess fabric. Take another rubber band and place it around the sock, about a third of the way down, to form the snowman's head and body.

Glue several buttons or pompoms down the front of the snowman's body, and dot on eyes and a mouth with the black marker. For the nose, glue on a small orange pompom or button. Wrap a length of ribbon around the snowman's neck to resemble a scarf, and secure with glue.

To make a hat, cut the colored sock just below the heel. With the toe section as the top of the hat, place the sock on the snowman's head and roll up the cut end to form the hat's brim.



Motivational Messages

Everyone faces challenges. But you can have a more positive outlook despite them. Using positive affirmations can go a long way toward keeping your spirits up. Start by writing a few encouraging phrases on a piece of paper or in a journal, and then make a habit of reciting each affirmation every day.

Affirmations are typically statements about your current

strengths or goals for your well-being. Allow time for your positive messages to become a part of your daily thinking. You can always change or add affirmations.

Here are some phrases to get you started:

- I have lots of knowledge and wisdom to share with others.
- I am surrounded by people who love me.
- I am a good role model to my children, grandchildren and friends.
- I am looking forward to learning something new today.
- Today, I choose to be happy.



Brain Bender: Mug Matchup

Benita, Leo and Phoebe came inside from the cold after taking a walk and wanted a hot drink to warm up. They each have a favorite color of mug—red, purple or yellow—and chose a different beverage to enjoy—coffee, herbal tea or cocoa. Then they each picked a chocolate chip cookie, a blueberry muffin or a banana to eat.

Using the clues below, can you match each person to the color of their mug, and the drink and snack they chose?

- Leo, whose favorite color is red, wanted to avoid caffeine.
- Phoebe has a sweet tooth; if chocolate is an option, she picks it.
- The color of Benita's cup matched her snack.

(Answer: Benita drank coffee in a yellow mug and ate a banana. Leo drank herbal tea in a red mug and ate a blueberry muffin. Phoebe drank hot cocoa in a purple mug and ate a chocolate chip cookie.)

A Tea Timeline

People have been drinking tea, made from the plant *camellia sinensis*, for thousands of years.

Originally discovered in China and enjoyed for its taste and health benefits, tea soon spread to Japan and was often used during meditation. As more tea plants were discovered and cultivated, the drink became available to everyone.

Similarly, when tea was introduced to Europe in the late 1600s, it was considered a beverage for the aristocratic class, as high import taxes limited the availability of tea to the common people. Around this same time, tea was popular among American colonists, but they too faced high prices due to taxes. Following the Revolutionary War, when tea was famously boycotted, the United States joined the tea trade, making it a beverage of the people.

A staple of modern tea drinking, tea bags were invented by chance. In 1908, American merchant Thomas Sullivan discovered that restaurants were using the bags he wrapped his tea samples in to brew the beverage, avoiding the mess of loose tea leaves.



Yoga and You

“Anyone can do yoga.” That’s what we often hear from health and fitness experts. But for many of us, the thought of getting down on the floor and twisting the body into various positions isn’t an ideal form of exercise.

Fortunately, yoga is very flexible—even if you aren’t! Several styles of yoga move at a slow, relaxed pace. All poses can be modified, and props, such as chairs, straps and blocks, are used to help the body move more easily into positions.

Yoga programs often build seniors’ confidence by allowing beginners to work at their own speed and helping them become more aware of their abilities. This awareness helps participants grow comfortable with their bodies, which, along with gentle stretching that increases range of motion and flexibility, can help prevent falls.

In addition to providing relief to people with arthritis and other bone and joint aches, yoga can also increase blood circulation and help control blood sugar levels. Breathing exercises and meditation—two essential features of yoga—work to improve respiratory function and boost energy.

Laugh Lines: Screen Time Snickers

National Technology Day on Jan. 6 celebrates the world’s tech wonders. Browse these jokes about the computer age:

What’s the best way to learn about computers? Bit by bit!

Why is a computer so smart? It listens to its motherboard.

What should you do when your Nintendo game ends in a tie? Ask for a Wii-match.

Signs of the 21st century:

- You haven’t played Solitaire with real cards in years.
- You try to enter a password when using a microwave.
- You remember when everyone had diaries and got upset when someone read them. Now people post everything on Facebook and get mad when they don’t!

Heard of “typothemia”?

It’s trying to text in cold weather but making a lot of mistakes.

What kind of phone does an optometrist use? An eye-phone.

The new employee was let go from his job at the keyboard factory. The manager said he wasn’t putting in enough shifts.

Why did the digital spy get fired? She couldn’t hack it.

Spiders are the best when it comes to using the internet. They know all the good websites.

What do you call a ride-sharing app that serves breakfast? Eggs Uber Easy.

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				
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48				49		50		51				
			52			53	54			55	56	57
58	59	60				61				62		
63						64				65		
66						67				68		

ACROSS

- Grows gray
- Padres' stats
- Full
- Nag
- Apiece
- Door support
- Pointed, projecting part
- Request
- Mr. John
- Title role for Barbara Stanwyck
- Musical notes
- Use a hand shuttle
- Feather's partner, in phrase
- Natural environment
- Pick
- Mountaineer's spike
- Amount to be swallowed
- Stiffly formal
- Aleutian island
- Transmitted electronically
- Biblical twin
- Ollie's partner
- Foreign leader's title
- Golf shop purchases
- Cattleman
- Solicit votes
- English rhos
- "Hurray!"
- Bit of cereal

- People who seek a homeland
 - Curtin and Pauley
 - Lamentor's word
 - Sad item
 - Sudden and sharp
 - Drink much and often
 - Island goose
 - Apportioned
 - Notorious German
 - Quit
- ### DOWN
- Plays a part
 - Canter, for one
 - White-tailed eagle
 - Fascinated
 - Meal
 - Like Telly
 - ___ cake; apply frosting
 - Commandment word
 - Blade case
 - Is in poor health
 - Trinitrotoluene, familiarly
 - Conceit
 - Private area
 - Form of "to lie"
 - Spiked the punch
 - Trunks
 - Afghans and others
 - Twin brother of Romulus
 - Batter
 - Damask rose oils

- First of zillions
- Poisonous
- "-ectomies"
- Turkish title
- Blood fluids
- Wild
- ___ the Terrible
- Wiped out
- Bangs and clatters
- Shrub
- ___ Seeger
- Blackthorn fruit
- Touches lightly
- Assist in crime
- Chihuahua child
- Bit of progress
- Strawberry concoction
- Part of a blackjack
- Kook

