

Gardens ' News

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March 2020



Happy March Birthday, Residents!

To all of our residents who were born in March, this is your month! We will be celebrating these birthdays on Wednesday, March 25th. A special birthday table will be set up for you, and one outside guest is free.

Jane Brown.....03/05
Jack Honberger.....03/06
Eulalia Devez.....03/07
Eleanor Munn.....03/08
Bobbie Wade.....03/08
Dolores DeLeon.....03/13
Leanna Thurman.....03/18
Pamela Senior-Grottolo.....03/18
Evalena Varner.....03/18
Brice Smith.....03/20
Louise Davis.....03/20
Catalina Bleuer.....03/24
Lucy Aguilar.....03/28
James Wheeler.....03/28
Juanita Polidoro.....03/29



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 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 New Residents

Cynthia Michaelson
Della Lease
Eleanor Acedo
Nathalie Derry
Barbara Palermo
James Keener
Larry Tovey



Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

The flower's sweet fragrance has been a staple scent in the perfume industry. In cuisine, edible violet petals are sometimes used to garnish cakes and other desserts, and as an ingredient in salads and savory dishes.

Staff Appreciation

Our Employee of the Month is Erna Rose who is a Caregiver in our Memory Care. Erna consistently performs her duties in a loving, supportive, professional manner. She constantly goes above and beyond expectations. Erna joined our Safety Sub-Committee and gave a thorough report on Safety and maintenance suggestions. She walked the entire building way beyond expectations.

Alicia Padilla, our Business Office Director, came up with the idea of recognizing our staff anniversaries at each general staff meeting. Barbara Mireles, our Support Services Director, creates the certificates and we recognized staff for 1yr, 2yr, 3yr, 4yr, and 24 yr anniversaries. This was well-received and gave us a chance to say thank you.

New furniture will be delivered to the lobby of Assisted Living and new chairs will be delivered to the TV room in Memory Care Feb. 7th.

A transfer switch will be installed Feb. 27th. This will allow a generator to be hooked up and run electricity for Assisted Living and Memory Care in case of an emergency.

We look forward to continually showing appreciation for our staff and improving the safety and appearance of our community.

Ted J. Holt
Administrator



St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the

population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.

Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the

feet. The dancer's upper body usually remains rigid, arms loose at the sides. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.



Wit & Wisdom

"Great art picks up where nature ends."

—Marc Chagall

"Sometimes with art, it is important just to look."

—Marina Abramovic

"When I think of art
I think of beauty.
Beauty is the mystery
of life."

—Agnes Martin

"If art doesn't make us better,
then what on earth is it for?"

—Alice Walker

"The artist is not a
different kind of person,
but every person is a
different kind of artist."

—Eric Gill

"In a sense, as we are creative
beings, our lives become
our work of art."

—Julia Cameron

"Great art is indefinable but
that's all right; it exists anyway."

—Edward Abbey

"A true artist is not one
who is inspired but one
who inspires others."

—Salvador Dalí

"Art helps us identify with
one another and expands
our notion of we—from the
local to the global."

—Olafur Eliasson

Up in the Air

From flying kites to flying planes, humans have long been fascinated with all things air-related. Gather with a group and "air" your thoughts about a few.

- Have you ever flown a kite? How old were you? Where did you fly it?
- Did you fly toy airplanes or launch rockets when you were growing up?
- Have you traveled on an airplane? If so, was it a small plane or a large jet? Did you fly regularly or occasionally? Where did you go?
- If you've ridden in a helicopter, what was that like?
- Did you or anyone you know learn to fly a plane in the military or earn a pilot's license? Talk about that experience.
- Hot air balloons provide a bird's-eye view at a slower pace than planes. Did you ever ride in one?
- Aerial trams, cable cars and gondola lifts are used in some big cities and at mountain resorts and amusement parks. Have you ever ridden in one? Where was it?
- Have you ever been sky diving, hang gliding or bungee jumping? If you haven't done any of these, would you want to?

2020 Winter Wonderland Dance

Sun City Garden's 2020 Winter Wonderland Dance was fun for all! We'd like to extend a big thank you to entertainer Angelo for his timeless classic songs which got the party started. The dining staff made wonderful appetizers and munchies which helped fuel everyone's energy for all of the dancing. And finally, a special thank you to all of the volunteers who helped make this party a great success!





Remember Me?

Irish-born actress Maureen O'Hara lit up movie screens as the fearless heroine in many Hollywood classics.

- She was born Maureen FitzSimons outside of Dublin on Aug. 17, 1920.
- O'Hara began acting as a child.
- After seeing her in a screen test, actor Charles Laughton cast her in the 1939 British thriller "Jamaica Inn." At his advice, she took the stage name O'Hara.
- That same year, she made her U.S. film debut as Esmeralda in "The Hunchback of Notre Dame."
- O'Hara went on to portray spirited, strong-willed women in "How Green Was My Valley" and the holiday classic "Miracle on 34th Street."
- When Hollywood began producing color motion pictures, she was called the "queen of Technicolor" because of her fiery red hair and bright green eyes.
- O'Hara is best remembered for the iconic Irish romance "The Quiet Man," which co-starred John Wayne. She played opposite Wayne in four other films: the Westerns "Rio Grande," "McLintock!" and "Big Jake" and the war drama "The Wings of Eagles."

Laugh Lines: Jest a Few Holiday Jokes

These St. Patrick's Day-related jokes will have you Dublin over with giggles!

Rainbow Riddles

What do you call a rainbow over a farm?

A grain-bow.

What about one over a construction site?

A crane-bow.

Over an airport runway?

A plane-bow.

What if it's over the city of Madrid?

A Spain-bow.

Clover Comedy

Why do we wear shamrocks on St. Patrick's Day?

Because regular rocks are too heavy!

What happens when you cross poison ivy with a four-leaf clover?

You get a rash of good luck.

Why shouldn't you iron a four-leaf clover?

You might press your luck.

Leprechaun Laughs

What's a leprechaun's favorite place to relax?

The paddy-o!

What do you call leprechauns who collect plastic bottles?

Wee-cyclers.

Why do leprechauns hate running?

They'd rather jig than jog.



Brain Bender: Leprechaun Logic

Four young leprechauns—Bridget, Erin, Declan and Seamus—are going to a St. Patrick's Day party. Each is taking a treat—shamrock cookies, a rainbow cake, Irish stew and soda bread. Use the clues to find out the name and age of each leprechaun and the food they're taking to the party.

- Bridget is the same age as the leprechaun who likes bread.

- The 8-year-old girl is not bringing a cake.
- Declan isn't taking the stew.
- Erin loves rainbows. She is younger than Seamus.
- Seamus and his twin sister are 8 years old.
- The youngest leprechaun, who is 6, isn't bringing cake or stew.
- Bridget isn't taking bread, and Seamus isn't taking cookies.

(Answers: Declan is 6 years old and taking cookies. Erin is 7 and taking a cake. Bridget is 8 and taking Irish stew. Seamus is 8 and taking soda bread.)



Lucky Clover Coaster

Give your table some St. Patrick's Day style with this decorative drink coaster.

Materials:

- Foam paintbrush
- 4 flat, unfinished wood hearts, each about 2 1/2 inches wide
- Green craft paint
- Tacky or wood glue
- Clear acrylic sealer spray

Directions:

Paint all the hearts green.

Let dry.

To form a four-leaf clover shape, fit the hearts together so that their pointed ends meet in the middle. Glue the hearts together, then let dry.

In a well-ventilated area, spray the clover with a coat of clear acrylic sealer. Let dry before using.





Tips for a Healthy Spring... Brought to You by Hope Hospice

While we may look forward to the pleasant weather that spring brings, for many, the enjoyable climate comes with a price in the form of seasonal allergies. Sadly, even if you have never experienced seasonal allergies before, you cannot assume you are immune to them.

Allergies can develop at any age. One theory is that repeated exposure to certain allergens can actually increase sensitivity over time, rather than decrease it as one might think. Seasonal allergy symptoms include sneezing, runny nose, congestion, itchy and/or watery eyes. If you notice them, speak to your doctor right away, as allergy symptoms can be particularly dangerous to seniors with cardiovascular issues. Additionally, a doctor will be able to recommend treatments other than antihistamines, which may not be recommended for seniors due to their potential side effects.

Regardless if allergies are familiar to you or something you are experiencing for the first time, the following tips can help get you through allergy season more smoothly.

- Nutritionists say eating inflammation fighting foods can decrease allergy symptoms. Foods include apples, flax seed, ginger, leafy greens, walnuts, and foods high in Vitamin C.
- Avoid opening windows during allergy season, as it increases the amount of pollen and mold entering your home/vehicle.
- After an extended period of time outdoors, take a shower to wash the pollen out of your hair and change into fresh clothes.
- Wear sunglasses outdoors to keep pollen and other airborne irritants out of your eyes.



Frank Turns 102!!!

Sun City Gardens recently celebrated a very special birthday. Frank Ferraiolo turned 102 this past January! When Frank turned 100, we had the mayor and the local newspaper at his birthday bash! This year he requested a simpler, more intimate party with friends and one of his favorite guitarists, Darryl Reed. Happy Birthday, Frank!!!





Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

Year	Milestone
1847	The first U.S. postage stamps are issued.
1860	The Pony Express mail service begins.
1918	Airmail service between New York and Washington, D.C., takes off.
1942	Victory Mail, or V-Mail, delivers letters to soldiers serving overseas.
1963	ZIP codes are assigned.
1971	The Post Office Department is renamed the U.S. Postal Service.
1993	A stamp featuring Elvis Presley becomes the bestselling commemorative stamp.
2007	The "forever" stamp debuts.

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.