

Gardens ' News

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



May 2019

Happy May Birthday, Residents!

To all of our residents who were born in May, this is your month! We will be celebrating these birthdays on Wednesday, May 29th. A special birthday table will be set up for you, and one outside guest is free.

05/03 Bessie Kajiya
05/04 Frank Palmer
05/10 Jan Leck
05/12 Marie Weidemann
05/13 Russell Ellis
05/13 Philip Adkins
05/14 Smitty Parker
05/14 Loraine Benjamin
05/14 Larry Ocampo
05/19 Judith Epley
05/19 Jeanie Swift
05/28 Robert Hooker
05/28 Lori Rice
05/31 Sally Brackett



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



Welcome to Sun City Gardens, New Residents!

Freda Christian
Dr. Kenneth Luther
Lillian Cramer
Gwen McDonald
Howard Tangler
Elgiva Burgans
Patricia Brown
Mr. & Mrs. Aguilar
John Myrtle

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.



Good Future Ahead

We have so many projects approved and completed. The A/C and heating system on the second floor of the 200 bldg has been installed, a new upgraded call system for our residents has been installed, a new pool lift has been ordered, a stair lift as a back up to our elevator is approved, the first phase of our renovation is complete, and the permits for our solar system have been approved. We just received our worker's comp injury report from our insurance carrier with no injuries listed. We celebrated at our General Staff Meeting with gift boxes for all staff prepared by our Dietary Team. It is a team effort led by Alicia Padilla, our Business Office Director, who spearheads our Safety Program.

Our Spring Fling '80s Party was a huge success. Many of our department heads dressed up and participated in this fun event. Our **Employee of the Month** for March is Kelia Demuth who works as our Activities Assistant. "She is hard working, creative, reliable and fun, and we are thankful to have her be a part of our team," states her supervisor Robin Gruwell.

We have many blessings and will be able to constantly provide improved services for our residents in a safe and fun environment where residents, families and staff feel appreciated.

Ted J. Holt, Administrator

The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.





Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados,

tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means “avocado sauce.” After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners’ tables across the U.S.

Traditional recipes have not changed much since the Aztecs’ invention. Regional variations and personal preferences result in endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it’s also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun. If possible, avoid the sun when it’s at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it’s cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen. Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately. To help

stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated. Drink plenty of water and decaffeinated beverages throughout the day, and don’t wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.



Wit & Wisdom

“A flower cannot blossom without sunshine, and man cannot live without love.”

—Max Muller

“Challenge yourself, grow, blossom, and become who you were meant to be.”

—Carolyn Aronson

“When the flower blossoms, the bee will come.”

—Srikumar Rao

“Any human anywhere will blossom in a hundred unexpected talents and capacities simply by being given the opportunity to do so.”

—Doris Lessing

“I like to think of thoughts as living blossoms borne by the human tree.”

—James Douglas

“A flower blossoms for its own joy.”

—Oscar Wilde

“Roses do not bloom hurriedly; for beauty, like any masterpiece, takes time to blossom.”

—Matshona Dhliwayo

“Blossom by blossom the spring begins.”

—Algernon Charles Swinburne

“If you want love to blossom in your heart, just sit in the garden, and watch the flowers grow.”

—Anthony T. Hincks



Fragrances of the Famous

Many celebrities have put their names on perfume bottles and released their own fragrances. Sniff out these popular scents from some of the world's biggest stars.

<u>Year</u>	<u>Fragrance Name</u>	<u>Celebrity</u>
1957	Teddy Bear	Elvis Presley
1957	L'Interdit	Audrey Hepburn
1981	Sophia	Sophia Loren
1987	Uninhibited	Cher
1991	White Diamonds	Elizabeth Taylor
1997	Legend	Michael Jordan
2002	Glow	Jennifer Lopez
2005	Instinct	David Beckham
2014	Rise	Beyoncé

"This Month In History" MAY

1914: Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

1926: Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

1935: Under the glow of 600 lights, Crosley Field, home of the Cincinnati Reds, hosts Major League Baseball's first night game.

1959: Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

1963: Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

1977: With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

1986: At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

1998: An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

2003: Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

2014: TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

2018: "The Rivals," a painting by Mexican artist Diego Rivera, sells for a record \$9.76 million. It is the highest-priced Latin American work of art ever sold at auction.