

Gardens ' News

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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 27th.

05/02 Doreen Arteaga
05/03 Bessie Kajiya
05/04 Barbara Davis
05/10 Jan Leck
05/12 Marie Weidemann
05/13 Russell Ellis
05/14 Loraine Benjamin
05/14 Nathalie Derry
05/14 Smitty Parker
05/17 Ruth Dickey
05/18 Jenny Congdon
05/18 Ronald Schley
05/19 Judith Epley
05/19 Jeanie Swift
05/28 Lori Rice
05/28 Robert Hooker
05/31 Sally Brackett



May 2020

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

Jan Bartrum
Ted Brameld
Ken Daily
Henry Buerer
Mr. & Mrs. Groody
Beverly Klasa
Kendra Roberts
Patsy Stone
Richard Krzysiak
Marilyn Kruse
Pascual Martinez
Frank Simpson
Inga Liepe
Kenneth Cox
Gertrude Riley



Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof. Called the "garden of Europe," this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year.

Gardens of Versailles. Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden. The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance and martial arts demonstrations.

Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why "Life Is Better in Motion."

Helps prevent illness. High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy. The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood. Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Physical activity can also improve self-esteem.

Improves sleep. A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest.

Reduces fall risk. Exercise strengthens muscles and bones, increases flexibility, and improves balance—all benefits that are key to preventing falls and broken bones.



That's a Wrap

Filled, rolled, folded and wrapped, tortillas have become a handy ingredient for many meals.

The round flatbread was created thousands of years ago by the native peoples of what is now Mexico and Central America. They ground soaked corn kernels into a dough, shaped it into flat, thin pancakes and baked them. When Spanish explorers arrived in the region in the 1500s, they called the maize bread a *tortilla*, from a word meaning "small cake."

Today in Mexico, corn tortillas are still made by hand, but most people buy them fresh daily at local shops called

tortillerias, which make the bread by machine. Tortillas made of flour are popular in northern Mexico and much of the U.S.

Tortillas are an ideal vessel for holding a variety of ingredients. Filled with meat, beans, cheese and veggies, they are used in traditional Mexican foods such as tacos, enchiladas, tostadas and quesadillas. Cut into pieces and fried into crisp chips, they scoop up sauces, salsa and guacamole.



The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army Gen. Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive

crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.

Wit & Wisdom

"There is nothing as sincere as a mother's kiss."

—Saleem Sharma

"Mother's love is peace. It need not be acquired, it need not be deserved."

—Erich Fromm

"Being a mother is learning about strengths you didn't know you had."

—Linda Wooten

"It may be possible to gild pure gold, but who can make his mother more beautiful?"

—Mahatma Gandhi

"There's no way to be a perfect mother and a million ways to be a good one."

—Jill Churchill

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie."

—Tenneva Jordan

"When you look at your mother, you are looking at the purest love you will ever know."

—Mitch Albom

"When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."

—Erma Bombeck

From the Desk of...

Ted J. Holt Administrator

Challenging Times:

We appreciate our residents, families, and staff who have supported the new policies in place that have been sent from our regulating agencies such as the CDC, Department of Social Services, and CMS.

The following are powerful tools to control the spread of COVID-19: Hand washing for 20 seconds, social distancing up to six feet or more, and staying at home. We are taking temperatures of all staff and essential visitors. We have one entry to our community.

Our employee of the month for March is Lisa Sandoval, who works as one of our receptionists. Barbara Mireless, Support Services Director, supervises Lisa and had the following to say: "Lisa is a great asset to the reception team. She works well under pressure and gets the job done. Lisa is well liked by all. I know I can depend on her when I need her. Sun City Gardens is fortunate to have Lisa on the team!"

We have challenging times ahead, but if we all work together, we will get through it and support each other through the process.

Ted J. Holt
Administrator



Barbecue Buddies

While smoked meat slathered in sauce is the star of the show at a barbecue, there's usually a plentiful pick of side dishes at the table.

Baked beans. For many, a barbecue menu must-have is a pot of baked beans, which may include bits of meat along with the beans, simmered in a sweet sauce.

Coleslaw. Cool and crunchy coleslaw, made with raw cabbage, carrots, other veggies and even fruit, complements all types of barbecue. Both creamy and vinegar-based dressings are popular choices for this salad.

Corn. Warm-weather cookouts and picnics often feature this fresh, sweet vegetable, whether as grilled corn on the cob, creamed corn, corn pudding, succotash or corn relish.

Potato salad. A helping of cold, creamy potato salad provides taste buds a soothing contrast to tangy and spicy fare. Lighter versions with oil-dressed spuds can be served warm or chilled.

Bread. Slices of white bread, biscuits, cornbread or hush puppies often come with a plate of barbecue and offer a hands-on way to sop up the sauce.

Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tenn. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages.





The Story of the School Nurse

In communities across the country, school nurses offer care to students of all ages, safeguarding their health and education.

The history of this vital nursing specialty begins at the turn of the 20th century. Due to its growing population, New York City's public schools battled a rise in contagious infections among students.

Despite hiring doctors to provide health screenings, the rates of illnesses and absences remained high until a woman named Lillian Wald stepped in.

A nurse who worked in low-income neighborhoods, Wald saw the need for children to receive basic health care at school. In 1902, she persuaded officials to hire the first public school nurse in America, Lina Rogers. In her first month on the job working at four schools, Rogers treated nearly 900 students and made over 100 home visits. Soon after, 27 more school nurses were hired, and within six months, health-related absenteeism dropped by a whopping 90%.

By the '20s, school nurses were working throughout the nation.

Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.



Remember Me?

Affectionately called "Mother" and a member of country music's first family, Maybelle Carter is revered as a pioneering musician.

- She was born Maybelle Addington on May 10, 1909, in the Appalachian Mountains of Virginia.
- As a child, she learned to play the guitar, autoharp and banjo.
- After marrying Ezra Carter, Maybelle joined Ezra's brother, A.P., and her sister-in-law Sara, and the three began performing as the Carter Family in 1927.
- A hallmark of the trio was Maybelle's unique style of guitar picking, known as the "Carter scratch," in which she strummed both the melody and rhythm. Many artists would go on to imitate her technique.
- Their recordings of many traditional songs, including "Keep on the Sunny Side," "Wildwood Flower" and "Wabash Cannonball," are considered standards.
- After the trio disbanded in 1943, she formed a new group with daughters Helen, June and Anita, billed as Mother Maybelle and the Carter Sisters.
- In 1950, they landed a spot on the Grand Ole Opry show. They also toured with Johnny Cash, who would later marry June.

Spelling Showdown

In 1925, 11-year-old Frank Neuhauser of Louisville, Ky., correctly spelled the word gladiolus to win the first National Spelling Bee. Since then, millions of youngsters have made it their goal to spell their way into the winner's circle at the annual competition.

The bee was started by a group of nine U.S. newspapers hoping to encourage interest in spelling and vocabulary. The idea was a success, and the contest grew in size and popularity, with media company E.W. Scripps taking over sponsorship in 1941.

Today, it's estimated that 11 million children across the country and around the world participate, many studying for the event year-round. After winning regional level bees, about 500 super spellers earn spots as finalists in the two-day competition, held outside Washington, D.C. Public interest in the match is so high that the letter-by-letter action is broadcast live on TV and online.

It's no surprise that contestants take the spell-off seriously; the champion takes home a suite of prizes, including \$50,000 cash and trips to New York City and Hollywood for national TV show appearances.



Brain Games

Brain Bender: Prize Roses

Gardeners Gary, Ruby, Carol and Phil each brought two different colored roses to the flower show. Between them all, four colors were each represented twice, but no one had the same combination of hues. From the clues provided, can you match each gardener to their pairs of roses?

- Gary brought a yellow rose, but Ruby didn't.

- Carol did not bring a red rose.
- Phil brought a pink rose, but not a white nor a red one.
- One gardener paired their red rose with a white one.
- Another gardener brought yellow and pink roses.
- No gardener paired white with yellow.

(Answer: Gary brought yellow and red roses. Ruby brought red and white roses. Carol brought pink and white roses. Phil brought yellow and pink roses.)

Stamped Clay Bowl

Create a unique trinket dish to display on a table or desk.

Materials:

- Parchment paper
- Air-dry modeling clay
- Rolling pin
- Stamp(s), any design
- Ink pad, any color
- Small bowl
- Butter knife

Directions:

Lay a sheet of parchment paper on your work surface. Knead a lump of clay, about the size of a golf ball, until it's soft. With the rolling pin, roll out the ball until the clay is about 1/8-inch thick.

Press the stamp(s) into the ink pad, then press firmly into the clay. Continue stamping, applying more ink as needed, until the clay is covered with a design to your liking.

Place the bowl upside down on the clay, using it like a cookie cutter. Cut around the bowl with the butter knife. Remove the bowl and peel away the outer pieces of clay.

Lift off the clay circle and place it inside the bowl. Gently press the clay piece down into the bowl to form the shape of your new bowl. Let dry overnight. Remove the hardened clay from the bowl. If the underside is still damp, turn the bowl upside down to dry fully.

Dancer Extraordinaire

Fred Astaire appeared in more than 40 films and often choreographed the dance routines that made him famous. Tap into these movies that feature the one-of-a-kind talent.

"Dancing Lady" (1933). In his big-screen debut, Astaire plays himself alongside Joan Crawford and Clark Gable in a story about making it big on Broadway.

"Flying Down to Rio" (1933). Astaire and Ginger Rogers steal the show in their first on-screen pairing.

"Top Hat" (1935). A comedic storyline, memorable dance sequences and songs by Irving Berlin are highlights of the first movie written specifically for Astaire and Rogers.

"Ziegfeld Follies" (1946). The first of only two times in which Astaire and fellow hoofer Gene Kelly collaborate on screen, this movie also stars Lucille Ball, Judy Garland and Lena Horne.

"Royal Wedding" (1951). Special effects make Astaire appear to dance on the walls and ceiling of a hotel room in one of the best-known scenes in movie history.

"Funny Face" (1957). A fashion photographer (Astaire) turns a shy bookstore clerk (Audrey Hepburn) into a model in this romantic comedy.

"The Towering Inferno" (1974). In one of his few dramatic roles, Astaire earned an Oscar nomination for best supporting actor in this action movie.



Recognizing Our Heroes

May brings Memorial Day and National Military Appreciation Month. Here are some ways to honor the sacrifice of those who have served and those who are still serving our nation.

Wear an American flag pin or a red, white and blue ribbon throughout the month.

Gather a group of friends and visit a veterans hospital to chat with residents and play cards.

Cut coupons to send to families stationed at U.S. military bases overseas.

Visit area monuments and memorials that honor military heroes.

Are you a veteran or a veteran's spouse? Record your experiences in a journal or via video to share with younger generations.

Visit cemeteries on Memorial Day and place U.S. flags and flowers on the graves of those who have served.

Hang an American flag on your door or in your window.

Share photos of servicemen and women in your family, past and present.

On Memorial Day, participate in the National Moment of Remembrance by pausing for one minute of silence at 3 p.m.

Laugh Lines: 'The Family Circus'

For 60 years, readers have been drawn to "The Family Circus," a daily comic based on creator Bil Keane's own family. The everyday antics of Bil, wife Thelma and their four young children—Billy, Dolly, Jeffy and P.J.—along with occasional visits by Grandma, have been illustrated with a mix of sweet and funny sentiments.

Billy: "Grandma said when she was little the only things on the web were spiders."

Dolly: "Mommy's new blouse was made by two ladies—Polly and Esther."

Jeffy: "How often do lightning bugs have to change their batteries?"

Mom Thelma to Jeffy: "Never ever put peanut butter in your pocket to eat later!"

Billy: "Isn't this great! Look at all the dandelions our lawn is growin' this year!"

Grandma: "I used to wear my hair in a bun." Billy: "What kind, hot dog or hamburger?"

Dad Bil: "How much ice cream do you want?" Jeffy: "Just a little less than too much."

Dolly: "Grandma, what did you do without a cell phone when you were a kid?"

Grandma: "Everything."

Billy: "Mommy, which is closer to a 'yes'—'maybe' or 'we'll see'?"

Jeffy: "If there are too many to fit in the cookie jar, Mommy, I'll help you with the extras."



A Crunchy Snack

They're crunchy, salty and oh, so tasty! Chips are one of the most popular snack foods. Dip into the history of when some bestselling brands first hit store shelves in America.

<u>Year</u>	<u>Snack</u>
1932	Lay's potato chips
1932	Fritos corn chips
1948	Cheetos cheese snacks
1966	Doritos tortilla chips
1971	Pringles potato crisps
1981	Tostitos tortilla chips
1991	SunChips multigrain chips
2006	Takis rolled tortilla chips

"This Month In History" MAY

1908: The first Mother's Day celebrations are held at gatherings in Grafton, W.Va., and Philadelphia.

1936: Joe DiMaggio makes his MLB debut, taking the field as a New York Yankee.

1942: To help the American war effort, gas rationing begins in 17 eastern states. By the end of the year, it was in effect in all 48 states.

1963: The first James Bond film, "Dr. No," premieres in the U.S. Scottish actor Sean Connery portrayed the fictional secret agent.

1973: Stevie Wonder's "You Are the Sunshine of My Life" is the No. 1 song played across the U.S.

1980: An earthquake triggers the volcanic eruption of Washington's Mount St. Helens.

1999: Discovery becomes the first space shuttle to dock with the International Space Station.

2003: After a 16-year run on Broadway, the musical "Les Miserables" closes.

2013: An 80-year-old Japanese man becomes the oldest person to climb Mount Everest, the world's highest mountain.

2018: England's Prince Harry marries American actress Meghan Markle in a ceremony broadcast around the world. The pair received the titles Duke and Duchess of Sussex.