

Gardens ' News

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Happy October Birthday, Residents!

To all of our residents who were born in October, this is your month! We will be celebrating these birthdays on Wednesday, October 28th.

10/02 John Morgan
10/04 Leon Gould
10/05 Peter Anastasia
10/06 Harold Groody
10/06 Larry Tovey
10/07 Arlene Gagnon
10/09 Ronnie Roberts
10/13 Iris Mickelson
10/13 Athene Main
10/14 Gary Allen
10/18 Frances Sauriol
10/19 Gloria Dover
10/20 Lois Fritz
10/20 Denise McRae
10/21 Martha Reid
10/22 Bonnie Clements
10/25 Donald Sherman
10/26 Linda Zenchak
10/28 Jack Jessen
10/31 Mary Jane Vanhook



October 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
Activity Director
Irene Luevano
Assisted Living/Memory Care Activities
Daryl Stout
Maintenance 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 to Sun City Gardens!

Alexander K. Kapanui Jr.
Sarah Jones
Richard Kingsbury
Athene Main
Luke Tunstall
Lydia Hardyman

Welcome
New Residents



Festive Fall Crafts

Let nature bring a touch of autumn to your space with these fun and easy crafts:

Door décor. Combine leaves, acorns and miniature pumpkins to make a showstopping wreath for your door. Glue the items to a ready-made grapevine or straw wreath, or wrap a foam wreath form with burlap or plaid fabric for a cozy, rustic look.

Pumpkin planter. Cut the top off a real or artificial pumpkin and fill it with a houseplant, fall mums or a bouquet of other blooms. Mini pumpkins can hold small succulents or battery-operated tea lights.

Festive foliage. Gather fallen leaves in rich hues, or buy artificial leaves at a craft store. String them together using a needle and thread or fishing line. Hang the garland over a doorway or window.

Artsy acorns. Collect or purchase acorns, then paint the seed portion of each one, leaving its brown cap natural. Choose paint colors to reflect a theme: traditional fall tones, metallic shades for some sparkle, or neon colors for frighteningly good fun! Once dry, display the acorns in a bowl or vase.

Counting Our Blessings

Thank you staff, and residents, who are practicing the 3 W's:

Wash your hands.

Watch your 6' social distancing.

Wear a mask.

The three W's have been utilized as a powerful tool in conjunction with a fourteen-day quarantine for anyone going to the hospital, or a new admission.

Our employee of the month for August was Roni Enyinna, our caregiver in Assisted Living. Venessa Russo, her supervisor, stated that she is very compassionate and loving. She works hard, never complains and is always attentive to our residents.

Our beauty shop opened Wednesday, September 2nd. We are so happy that gradually we will be opening up, and we will continue to take precautions that are mandated by the county.

We are having success hiring qualified staff members who are looking for steady work close to home. We are so blessed to be able to continue working in an environment where we can all work together to keep needed policies and procedures in place.

Thank you,
Ted J. Holt,
Administrator



A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.

A strong immune system is vital, especially during fall and winter. In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.



The Tradition of Corn Husk Dolls

In America's early days, children played with corn husk dolls, toys that were lovingly crafted and cherished for their simplicity and resourcefulness.

Making corn husk dolls originated with Native American tribes in the Northeast, where corn was a vital crop used for food, clothing and tools. The vegetable's dried husks were

weaved into baskets, moccasins and other items, including dolls. After soaking the papery husks in water to soften them, they could be folded into body shapes.

Creating the dolls helped children learn needed hand skills such as tying. Playing with the figures prepared them for adulthood, since they could mimic everyday activities with accessories for the dolls, such as baby cradleboards and canoes.

Native Americans passed on this craft to the children of European settlers, who took the dolls with them as their families pioneered the West, introducing the dolls to more people throughout the country.

Wit & Wisdom

"Fall has always been my favorite season.

The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

—Lauren DeStefano

"Autumn's the mellow time."

—William Allingham

"It was one of those perfect fall days when the air is cool enough to wake you up but the sun is also kissing your face."

—Anita Diamant

"Two sounds of autumn are unmistakable ... the hurrying rustle of crisp leaves blown along the street ... and the gabble of a flock of migrating geese."

—Hal Borland

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

—Ann Drake

"It was a beautiful bright autumn day, with air like cider and a sky so blue you could drown in it."

—Diana Gabaldon

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."

—Joe L. Wheeler

Special Edition

Picking up the daily paper is one way to get the scoop on what's happening. Page through your memories of newspapers.

- Do you read your city's newspaper? If so, do you read a physical copy of the paper or browse it online?
- What section of the paper do you enjoy the most: world or local news, sports, business, editorials, or comics and puzzles?
- Do you have a favorite newspaper columnist whom you follow?
- Major events make for front-page news. What historic headlines are still memorable to you today?
- A first job for many kids was delivering newspapers. Did you? What do you remember most about it?
- Did you or anyone you know work for a paper as an adult? What was the occupation?
- Have you or a family member ever been interviewed or photographed for a newspaper article? What was the story?
- Was your birth, wedding or anniversary announcement listed in your local paper?
- The classifieds, or want ads, were once a popular place to find job openings or things for sale. Did you find work or sell or acquire anything through the ads?



A Handful of M&M's Trivia

It's the chocolate covered in a candy shell that "melts in your mouth, not in your hand."

A product of Mars Inc., about 400 million M&M's are made every day at the company's New Jersey and Tennessee factories.

They were introduced in 1941 as U.S. military rations during World War II.

The candies originally came in six colors: red, orange, yellow, green, purple and brown.

When peanut M&M's debuted in 1954, they were only made in the color tan.

The trademark "m" was first stamped on the pieces in 1950.

When Mars wanted to replace its tan M&M's in 1995, they let fans choose the new color. In a choice between blue, pink or purple, blue won with 54% of the vote.

A package today contains a mix of 30% brown candies, 20% each of yellow and red, and 10% each of orange, green and blue.

M&M's are provided as a snack for astronauts aboard the International Space Station.

Souvenir boxes of red, white and blue M&M's have been given out by the White House since 1988.

Movies by the Master of Suspense

Settle in for some thrills and chills with a flick from director Alfred Hitchcock.

"Rebecca" (1940). This was Hitchcock's first Hollywood film and his only one to win a best picture Oscar. Joan Fontaine plays a new bride taunted by the memories of her husband's (Laurence Olivier) late wife.

"Notorious" (1946). Cary Grant and Ingrid Bergman star in this romantic spy drama, famous for the couple's on-screen chemistry.

"Rear Window" (1954). Confined to his apartment due to an injury, a photographer (James Stewart) is convinced he witnessed a neighbor's murder and plots to solve it.

"Vertigo" (1958). This thriller is now revered as one of film history's best for its dizzyingly dark plot and performances by Stewart and Kim Novak.

"North by Northwest" (1959). Mistaken for a spy, Grant is a man on the run, and in two iconic scenes, finds himself chased through a corn field and across Mount Rushmore.

"Psycho" (1960). This film's screeching score and shocking plot twists redefined the horror genre, as leading lady Janet Leigh is showered with danger at the Bates Motel.

"The Birds" (1963). Tippi Hedren plays a socialite whose visit to a small town turns deadly as birds go on the attack.

Legendary Broadcast

Whether you experienced it personally or know about its legend, there's no doubt that Orson Welles' radio broadcast of "The War of the Worlds" left a lasting impression.

Aired on Oct. 30, 1938, the science fiction tale, first published in 1897 by H.G. Wells, told of a terrifying alien invasion. Listeners who heard that night's program from its start were aware it was a performance by actors. But those who tuned in a few minutes late were confronted with realistic-sounding news reports of space creatures landing their spaceships on Earth and wreaking havoc. The first landing was said to have occurred in a New Jersey field, with others quickly following in Chicago and St. Louis. The aliens had reportedly conquered a force of 7,000 National Guardsmen and were releasing toxic gases into the air.

The pandemonium included traffic jams and runs on police stations for gas masks. But just how much chaos the broadcast created is up for debate. For years, some accounts have said that millions of people were panic-stricken, although many other sources claim that number is highly exaggerated. Much of the hype is attributed to the newspaper industry's attempt to discredit radio broadcasts, which at the time were taking a toll on the newspaper business.



Crunchy Corn

It's hard to believe that one of America's most favorite snacks is a healthy whole grain, but it's true. Every year, we consume more than 16 billion quarts of popcorn, a low-calorie treat rich in fiber and other nutrients.

Originating in Mexico, popping corn, or popcorn, is a type of corn that bursts when heated. Each kernel contains a small amount of water surrounded by starch and enclosed in a thin shell. Heat causes the water to expand, building pressure until the kernel explodes and turns inside out. The result is a light, delicate puff of corn. North and South American Indians used popcorn as food and made it into decorations, including garlands and headdresses.

Colonists were introduced to popcorn in the 1600s, and a few centuries later, it exploded as a popular fair food sold by street vendors. At just 5 or 10 cents a bag, the crunchy treat remained an affordable luxury for families during the Great Depression. Soon, movie theaters began adding popcorn machines, creating the link between entertainment and popcorn that remains today.

Remember Me?

Whether in comedies or dramas, actor Walter Matthau's career was full of memorable roles, often playing grumps, codgers and scoundrels.

- Matthau was born in New York City on Oct. 1, 1920.
- He began acting as a teen in local theater groups.
- In World War II, he enlisted in the Army Air Corps, receiving six battle stars. When he returned home, he used his GI Bill benefits to study drama.
- After parts in stage plays and TV series, Matthau made his big-screen debut in 1955 as a villain in "The Kentuckian."
- He won his first Tony Award as a featured actor in the comic mystery "A Shot in the Dark."
- He achieved star status in 1965 for his most famous role, the gruff slob Oscar Madison in the Broadway hit "The Odd Couple." He earned the best actor Tony Award and played the part in the movie version.
- In the first of several films in which he worked with actor Jack Lemmon, "The Fortune Cookie" cast Matthau as a crooked lawyer, and he received the 1967 Oscar for best supporting actor.
- Audiences loved Matthau and Lemmon in the 1993 smash "Grumpy Old Men."

Sweet and Salty Popcorn Mix

Pop up a tasty treat! Adapt this recipe to include your favorite munchies or to use what you have on hand.

Ingredients:

- 10 cups popped popcorn
- 2 cups miniature pretzel twists
- 1 cup peanuts
- 1 cup pecans
- 2 cups rice, wheat or corn cereal squares
- 1/2 cup butter (1 stick)
- 1/2 cup packed brown sugar
- 1/4 cup corn syrup
- 1/2 teaspoon baking soda

Directions:

Preheat oven to 300° F.

In a large bowl, combine popcorn, pretzels, peanuts, pecans and cereal; set aside.

In a saucepan over medium heat, melt butter, brown sugar and corn syrup. Stir mixture until it begins to boil. Let boil for 3 minutes without stirring. Remove from heat and stir in baking soda. The mixture will foam.

Pour syrup over popcorn mixture and stir until pieces are evenly coated.

Spread mixture onto a large, rimmed baking sheet. Bake for 30 minutes, stirring twice during baking.

Let mixture cool on baking sheet and stir several times. Store leftovers in an airtight container.



Building Better Balance

While it's impossible to eliminate the risk of falling, older adults can reduce the chance of falls by improving their strength and stability. One of the best ways to do that is with structured exercise that includes balance training. In fact, research shows that these types of programs reduced falls leading to serious injuries by 40%. The reduction in falls that led to broken bones was over 60%.

Exercises that promote balance can range from tai chi to simple movements that you can practice at home. Here's one of the most basic: Stand up straight, with your feet together and arms to your sides. Slowly bend your right knee to lift your foot off the floor by a few inches and balance on your left leg. Hold this position for as long as you can, gradually working up to 30 seconds. Lower your foot to the starting position and do the same with the left leg. Try to focus straight ahead as you do the exercise, and maintain your posture. If you need to, hold on to the back of a chair or counter for support.



Building Ships in Bottles

It's an old maritime art that produces meticulous creations. Model ships in bottles have been enchanting handcrafts for more than 200 years.

This form of folk art began as a hobby for 19th-century sailors, who were often at sea for months or even years with few sources of recreation and little room for possessions. Using available materials, such as

wood, the teeth and bones of marine life, rope and yarn, skilled and steady hands carved and created the replicas of real ships, many to an amazing degree of detail.

These curiosities usually beg the question, "How do they get the ship inside the bottle?" It demands patience and precision. A ship must be assembled in pieces small enough to fit through the bottle's opening, and its intricate masts are typically inserted in a collapsed state. Pulling strategically placed strings or threads raises the sails and taller parts of the ship, filling in the open area inside the bottle.

Make Positivity a Habit

Good news! Having a positive attitude pays off! Enhanced health, increased longevity and better relationships are just a few benefits. Improve your outlook by practicing these habits:

Be grateful. Every day presents us with people, places and things that we often take for granted. Taking time to recognize them and be thankful helps prevent negative thoughts or events from overshadowing your life.

Pal around. Attitudes are contagious. Make it a point to spend as much time as possible with other positive people. When you surround yourself with that energy, it can rub off on you.

Stay active. Exercise is good for your mind as well as your body. Exercise releases endorphins, the natural, feel-good chemicals in your body that elevate your mood.

Crack up. They say laughter is the best medicine, and it's also the perfect antidote to negativity. Whether you spend time with funny friends or tune in to a TV comedy, strive to get some giggles in each day.

Look ahead. Nothing can change the past, but you can definitely influence your future. Being positive is a choice, and like exercise, healthy eating or other good habits, it takes practice and dedication. The longer you stick with it, the easier it becomes.



Simple Ways To Make Someone Smile

World Smile Day, Oct. 2, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.

Laugh Lines:

Tickle Your Funny Bone

See if you find these riddles "humerus."

Q: How did the skeleton know it was going to rain?

A: He could feel it in his bones.

Q: Why does a skeleton always tell the truth?

A: He wants tibia honest.

Q: How do skeletons prefer to travel?

A: By scare-plane or skele-copter.

Q: What kind of entertainment do skeletons like best?

A: Binge-watching skele-vision shows.

Q: Do skeletons like to garden?

A: Yes, especially tending bone-zai trees.

Q: What type of artwork do skeletons admire?

A: Skull-ptures.

Q: Which historical figure was the skeleton reading about?

A: Napoleon Bone-aparte.

Q: Why couldn't the skeleton keep a job?

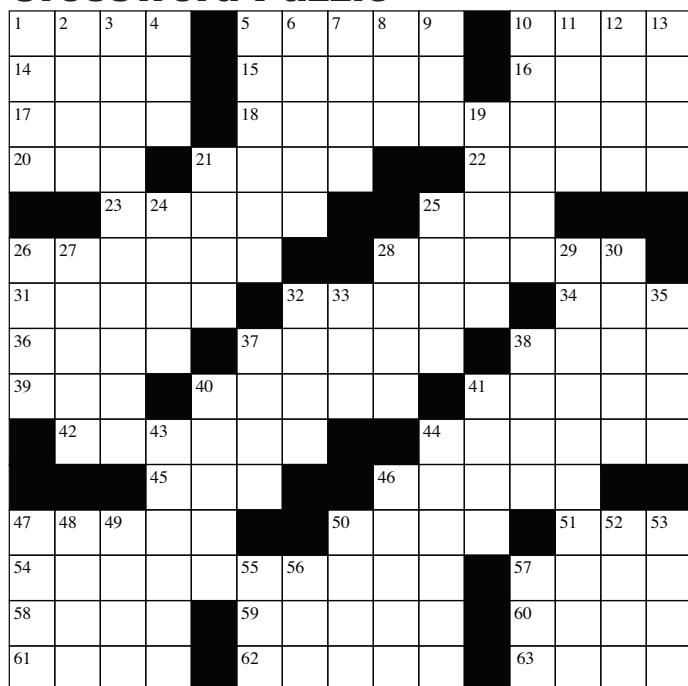
A: He was known for being a bonehead and a lazy bones.

Q: Why didn't the group of skeletons finish the construction job?

A: It was a skeleton crew.



Crossword Puzzle



ACROSS

1. Fellow
5. Athlete from Texas
10. Rosary piece
14. Bylaw
15. Direct
16. Wheel rod
17. Seaweed derivative
18. Commit, as a crime
20. Hope, for one
21. Business
22. Holding a .22
23. Oak-to-be
25. Native American tribe
26. Promise
28. Gives the letters of a word
31. Non-glossy finish
32. Unimportant
34. Relevant
36. City near Des Moines
37. Jetta or Taurus
38. Pertaining to
39. Eur. nation
40. Flower that grows from a bulb
41. Huge mountain range
42. Fluttering trees
44. Accessories
45. Cuttlefish secretion
46. Danger
47. ___ X
50. Ms. Lee
51. Wrath

54. Outer part of the

Earth's atmosphere

57. Mustiness

58. Word of agreement

59. Friendless one

60. Yanks' foes, once

61. Repairs a tear

62. Curved moldings

63. Small fox from Africa

DOWN

1. Grouch

2. Victor ___

3. Statue substances

4. ___ person; apiece

5. Be ambitious

6. Rear

7. Semester or trimester

8. House member: abbr.

9. Rich find

10. Monkeys' container?

11. Student's concern

12. Old man: Ger.

13. Act

19. Pocatello product

21. ___ and aft

24. Paper handler's ouchies

25. Atop

26. "___ for All Seasons"

27. Pacific island group

28. Have a nervous

- breakdown

29. Overwhelming victories

30. Fling

32. Diner on TV's "Alice"

33. First name for a tyrant

35. Hardy heroine

37. Went under

38. Crucifix inscription

40. Looks after

41. Invisible emanation

43. Spanish nut-bearers

44. Pan and others

46. Strained food

47. Slant

48. Capital city

49. For a second time

50. Actress Russo

52. Steals from

53. Gaelic

55. Arafat's group: abbr.

56. Greedy one

57. ___ pro nobis



"This Month In History" OCTOBER

1900: The U.S. Navy commissions its first modern submarine, the USS Holland, named for its designer, John Philip Holland.

1907: One of the world's landmark hotels, the Plaza opens in New York City.

1915: Woodrow Wilson becomes the first U.S. president to attend a World Series game.

1929: The New York Stock Exchange crashes on what will later be known as "Black Tuesday."

1935: Considered one of the first great American operas, George Gershwin's "Porgy and Bess" premieres on Broadway.

1947: Air Force pilot Chuck Yeager flies an experimental plane and becomes the first person to break the sound barrier.

1950: Charles Schulz's "Peanuts" comic strip debuts in several newspapers.

1962: The Beach Boys release their debut album, "Surfin' Safari."

1972: Called the "Match of the Century," American Bobby Fischer wins the World Chess Championship by defeating Boris Spassky of the Soviet Union.

1986: The International Olympic Committee announces it will change its 70-year tradition and hold the Summer and Winter Games in different years.

1998: Comedian Richard Pryor receives the first Mark Twain Prize for American Humor.

2007: Alex Rodriguez signs a record 10-year, \$275 million contract with the New York Yankees. It was the richest deal in pro sports at the time.

2016: Singer-songwriter Bob Dylan is awarded the Nobel Prize for literature. He was the first songwriter to win the prestigious award.