

# Gardens' News

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January 2020



## Happy January Birthday, Residents!

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

01/01 Helen Olsen  
01/06 Patricia Brown  
01/15 Charles Brucks  
01/18 Frank Ferraiolo  
01/20 Helen Jones  
01/22 Paula Rehmann  
01/23 Helen McCauley  
01/25 Gail Acosta  
01/26 Nancy Stromenger  
01/29 Dawn Hutchison  
01/29 Terry Mesa



## 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

Rosemarie Elrite  
Joan Seeley  
Barbara Pilgrim  
Pamela Senior-Grottolo  
Ruth Dickey  
Catalina Bleuer  
Neola Moran  
Alex Jobbagy



## Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular.

After a snowfall, you'll often spot a snowman, decorated with accessories ranging from the traditional to whimsical—carrot nose optional!

## Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

*Eat healthy foods.* Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

*Stay hydrated.* Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

*Exercise.* Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

*Get plenty of sleep.* Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

*Socialize.* Loneliness can lead to depression, which can weaken immunity. Chatting with a friend, joining a club or taking part in a group activity can reduce feelings of isolation.

*Smile.* Smiling and laughing release serotonin, a feel-good brain chemical that also plays an important role in a strong immune system.



## A Special Thank You

A special thank you to Chaplain Chad Dziedzickie from Living Waters Hospice for hosting a beautiful Remembrance Ceremony at Sun City Gardens. The ceremony honored loved ones that are no longer with us. Chaplain Chad and Chaplain Cal Archer both gave wonderful speeches, and then each resident was able to light a candle, say a prayer, and receive a rose to honor those family and friends who are no longer here but will remain in our hearts forever.



## Wit & Wisdom

"There's only one thing more precious than our time, and that's who we spend it on."

—Leo Christopher

"You can't make up for lost time. You can only do better in the future."

—Ashley Ormon

"All we have to decide is what to do with the time that is given us."

—J.R.R. Tolkien

"They always say that time changes things, but you actually have to change them yourself."

—Andy Warhol

"You can't have a better tomorrow if you are thinking about yesterday all the time."

—Charles F. Kettering

"There's never enough time to do all the nothing you want."

—Bill Watterson

"The way we spend our time defines who we are."

—Jonathan Estrin

"Watches are so named as a reminder—if you don't watch carefully what you do with your time, it will slip away from you."

—Terri Guillemets

"If you love life, don't waste time, for time is what life is made up of."

—Bruce Lee

## A Canned Classic

Warm, comforting, and "M'm! M'm! Good," Campbell's brand of chicken noodle soup has been a mealtime staple for over 80 years.

Recipes for both chicken soup and broth with noodles have been around for hundreds of years. Yet, combining the two wasn't common until 1934, when Campbell's head chef Ernest Lacoutiere created the food company's new product. Called Noodle With Chicken Soup, a can sold for about 10 cents.

Although an instant bestseller, the condensed soup's popularity really heated up a few years later, when radio

audiences heard its name misread on air as Chicken Noodle Soup. Because of the flub, orders began pouring in from grocery stores as people wanted to try the "new" flavor. Campbell's officially changed the soup's name in 1938.

Through the decades, the soup continued to be a favorite with both adults and kids, whether as a convenient meal, a home remedy for the common cold or as a quick way to warm up on a chilly day.



## That's Entertainment

Entertainment comes in many forms, and it often brings people together. Join an audience of your friends and share some entertaining milestones from your past.

- What was the first movie you saw in a theater? How old were you? Who went with you? What was the price of the ticket?
- Talk about other memories of going to the movies as a youngster. What feature films, shorts or newsreels do you remember seeing? Did you ever go to a drive-in theater?
- Growing up, did your family have a radio or record player? What programs did you enjoy? What was the first record you recall listening to?
- When did you or your family get a television set? Was it a black-and-white or color TV? What were some of your favorite shows, both in your early years and later on?
- Have you seen a popular singer or band perform live?
- Do you enjoy stage musicals or plays? What is your favorite show? Have you attended a Broadway production?
- What's your favorite type of entertainment—movies, TV, theater, music or something else? Why?

## Team Salute



### Employee Appreciation Celebration

We had our Annual Employee Appreciation Celebration December 16th. Our Residential Resident Council, represented by Vice President Sandra Sparks, Secretary Jan Bell, and Treasurer Dawn Hutchison, expressed their appreciation for our staff and distributed Christmas bonus checks to our staff. They had a very successful fundraiser. We deeply appreciate all that they do.

**Our Employee of the Month is Lead Med Tech Treawna Cropp.** AL Manager Venessa Russo and AL Coordinator Luella Shelton expressed their appreciation for the many qualities of consistent positive leadership that Treawna provides. She is a hard worker, very devoted to her job. She is compassionate and loved by residents and staff. Treawna stated she feels that she works in a very family-oriented environment.

**The Employee of the Year is Activity Assistant Kelia Damuth.** Activity Director Robin Gruwell stated that Kelia is a shining star. She inspires, entertains and brings joy to all of our residents every day. She is compassionate, creative and extremely hard working. She embodies our mission at Sun City Gardens and is an invaluable member of our team. Kelia appreciated the award and is honored and grateful to work with such wonderful residents and staff. Marketing Director Edoardo Estrada added that not only does Kelia excel as an activities assistant, she goes beyond the call of duty and helps out in the marketing department by touring our prospective residents and families. She has been a great asset to Sun City Gardens.

We raffled off gift cards to our staff and had a catered lunch for all staff.

We are totally blessed and look forward to lifting spirits and sharing the joy we have with our residents, families and staff.

Ted J. Holt  
Administrator







**A Special Thank You to  
All of the Schools Who  
Performed Christmas  
Musicals at Sun City  
Gardens Over  
the Holidays!**







## Rocky Mountain Majesty

At 3,000 miles long, the Rocky Mountains stretch from northern British Columbia south to New Mexico and form the largest mountain range in North America. Here are more facts to “peak” your interest.

- More than 100 smaller mountain ranges make up the Rockies, which were formed 55 to 80 million years ago.
- The 14,433-foot Mount Elbert, located in Colorado, is the highest point in the range.
- Many Native American tribes made the region in and around the mountains their home.
- North America’s Continental Divide runs along the Rockies, separating river waters to flow west toward the Pacific Ocean or east toward the Atlantic Ocean.
- The chain is home to the highest continuous paved road in the U.S., the Trail Ridge Road in Colorado. This scenic “highway to the sky” winds nearly 50 miles across Rocky Mountain National Park and reaches an elevation of 12,100 feet.

## Brain Bender: Let’s Build a Snowman!

Logan, Theo, Mia, Jasper and Hazel all live in the same neighborhood. Each child is a different age, ranging from 6 to 10. Last week, the five friends had a snow day from school, so they each took a different object to the park and built a snowman.

From the clues below, can you figure out each child’s age and what item they supplied?

- Theo provided two buttons for the snowman’s eyes.
- Jasper gave the snowman a scarf to wear. He is not the oldest child.

- Theo is one year older than Mia, but one year younger than the kid who brought a carrot for the snowman’s nose.
- The child who gave the snowman a broom to hold is two years younger than Hazel, but one year older than the child who brought a hat.

*(Answer: Jasper is 6 years old and brought the scarf. Logan is 7 and supplied the hat. Mia is 8 and brought the broom. Theo is 9 and provided the buttons. Hazel is 10 and brought the carrot.)*



## New Year, New Challenge

When it comes to a better brain boost, it’s best to get out of your comfort zone, say doctors. That may mean learning to speak a new language or play a musical instrument, or taking on another activity that’s new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells. Researchers say pursuits that require continuous challenges showed the biggest benefits.



### Stay Steady and Strong

Even though your body changes as you age, those changes don't have to limit your energy or enthusiasm for the activities you enjoy. The key to healthy aging is a healthy lifestyle.

#### Keep Moving

Do something active each day — something you enjoy and that maintains your strength, balance, flexibility, and heart health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls, improve your balance, and look and feel your best.

#### Eat Well

Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. As you get older, you may find that you need less food, so make every calorie count.

Many conditions — such as heart disease, high blood pressure, diabetes, and osteoporosis — can be prevented or controlled with dietary changes and exercise.

### Stay Steady and Strong -continued-

A healthy diet also provides the vitamins and minerals your body needs. And don't forget the importance of water in your diet. Along with fiber, water helps prevent dehydration and constipation.

#### Get Plenty of Restful Sleep

Most people need between 7-8 hours of sleep every night. Some require less. The number of hours you sleep each night is not as important as how you feel when you wake up. If you do not feel refreshed, then you probably need more sleep.



### Laugh Lines: Silly Old Bear

A dearly loved storybook bear is celebrated each year on Jan. 18. That date marks Winnie-the-Pooh Day and the birthday of his creator, author A.A. Milne. Over the decades, fans of all ages have enjoyed the character's lighthearted thoughts.

"People say nothing is impossible, but I do nothing every day."

"Let's begin by taking a smallish nap or two."

"A bear, however hard he tries, grows tubby without exercise."

"I'm so rumbly in my tumbly."

"It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, 'What about lunch?'"

"I wasn't going to eat it; I was just going to taste it."

"Well, I did mean a little larger small helping."

"One of the advantages of being disorganized is that one is always having surprising discoveries."

"My spelling is wobbly. It's good spelling but it wobbles, and the letters get in the wrong places."

"I always get to where I'm going by walking away from where I have been."

"Nobody can be uncheered with a balloon."





## "This Month In History" JANUARY

**1901:** The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

**1938:** Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and black musicians performed together on a U.S. stage.

**1943:** Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

**1953:** Chevrolet debuts its new sports car, the Corvette.

**1986:** James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

**1994:** American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

**2006:** An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

**2010:** Apple introduces its first iPad, a touch-screen tablet computer.

**2019:** A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.