

# Gardens' News

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June 2018



## Happy Birthday, Residents!

To all of our residents who were born in June, this is your month! We will be celebrating these birthdays on June 27th. A special birthday table will be set up for you, and one outside guest is free.

Harvey Benne 6/2  
John Thayer 6/3  
Alice Waisanen 6/4  
Michiko Belt 6/5  
Ola Howard 6/7  
Bettye Bandy 6/8  
Anita Trinidad 6/9  
Marian Lewis 6/9  
Lois Gable 6/11  
Charles Fowler 6/12  
Sue Ann Levick 6/14  
Glenna Knickerbocker 6/16  
Rex Finley 6/17  
Juan Amieva 6/24  
Elizabeth Hedrick 6/24  
Clyda Holbrook 6/24  
Florence Antrim 6/25  
Martha Westcott 6/26

## 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  
**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 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 lobby in Assisted Living.

If you feel compelled to make a generous donation, please contact our Administrative Director. Thank you in advance for your support.

## Welcome, New Residents!

Leroy & Lorraine Reading  
Irene Higgenbotham  
Ralph Elwing  
James Wheeler  
Richard Thomas  
Lois Davis  
Lydia Goring  
Elsie Dunn  
Roland & Sandra Sparks  
Jack Honberger  
Dolores Clark  
Kevin Kirkpatrick



## Appreciation and Celebration

Our Employee of the Month for April was Roger Villarreal, who works as a Host for our kitchen. Roger has a positive, helpful attitude that is contagious.

We celebrated 365 days plus with no lost day due to a work-related injury at our General Staff Meeting. We had a short meeting, then had a lunch catered by El Pollo Loco and raffled off gift cards to celebrate this accomplishment.

Captain Chad Murphy is the Captain of our new fire station across the street. He and his team have all familiarized themselves with our community. They did a full drill in our 300 bldg. Our staff and residents were happy to see them so prepared to take on any emergency and to participate in assisting us to take preventative measures to be fire safe.

Officer Venessa Runner with the Riverside Sheriff's Dept. arranged to have 10 Sheriff's Officers attend an Appreciation Brunch prepared by our dietary staff. We all had a great time swapping stories and coming up with more ideas to make Sun City Gardens a safe environment.

We are now making plans for our 55-year celebration with RHF, our parent company. This will take place on July 16th.

-Ted J. Holt, Administrator

## A Sweet Mission

One airman's kind gesture in the midst of the Cold War grew into a heartwarming military operation.

In June 1948, the Berlin Airlift began. For the next 15 months, as part of Operation Vittles, Allied forces flew in needed food and supplies to the Allied-occupied parts of Berlin, under siege after the Soviet Union blocked all road, rail and barge traffic into the areas.

Gail Halvorsen, a U.S. Army Air Corps pilot flying in cargo, stopped one day to talk to some German children who had gathered at the fence of Tempelhof Air Base. He offered them the two sticks of chewing gum he had in his pocket. Their delight in the treat gave him an idea. He asked his crew to donate their candy rations, and the next day, he dropped parcels filled with the sweets using handkerchiefs as parachutes.

Because he wiggled the wings of his plane as a signal to the kids below, Halvorsen became known as Uncle Wiggly Wings. After word of the candy bomber's goodwill spread, his commanders created Operation Little Vittles, and donations of candy poured in from America. By the end of the airlift, 23 tons of candy had been dropped.

Halvorsen received many awards for his generosity, which is still remembered today. There are numerous schools in Germany named for him.



## All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more

than 200 FIFA teams, only 32 make it to the World Cup—31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion.

## Essential Exercise Types

Varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

**Endurance.** Also called aerobic exercise, these activities increase your heart rate and breathing. Walking, dancing and swimming are examples.

**Strength.** Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Forms of strength training include lifting weights

and using resistance bands.

**Balance.** Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi and standing on one foot can improve balance.

**Flexibility.** Movements that stretch your muscles help you stay limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.



## Wit & Wisdom

"All you need is the plan, the road map, and the courage to press on to your destination."

—Earl Nightingale

"A great accomplishment shouldn't be the end of the road, just the starting point for the next leap forward."

—Harvey Mackay

"Throughout the centuries there were men who took first steps down new roads, armed with nothing but their own vision."

—Ayn Rand

"The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines."

—Anne Lamott

"If you see 10 troubles coming down the road, you can be sure that nine will run into the ditch before they reach you."

—Calvin Coolidge

"When all's said and done, all roads lead to the same end. So it's not so much which road you take, as how you take it."

—Charles de Lint

"The road to success has to have obstacles because at the end of the day, when success comes, it will be that much better."

—Shelly-Ann Fraser-Pryce

# Crossword Puzzle

1	2	3		4	5	6	7	8		9	10	11	12
13			14		15					16			
17					18					19			
	20				21					22			
			23					24	25				
26	27	28				29	30				31	32	33
34					35						36		
37					38					39			
40					41					42			
43			44						45				
			46					47					
48	49	50			51	52	53				54	55	
56					57					58			59
60					61					62			
63					64						65		

## ACROSS

- Lawn tree
- Penitential practices
- Sets
- Gather
- Bar, legally
- Landed
- Prefix for room or date
- Horned animal, for short
- Narrow way
- Savior
- Augury
- Greek Orthodox artwork
- Breather's need
- Fourth zodiac sign
- Appeared nervous
- Epic by Homer
- Collectible figurine
- Nice friend
- Secluded valley
- Word with strip or book
- OAS member
- Govt. agcy. from 1946-75
- City on the Rhone
- Grand adjuster
- Reuben-maker's need
- Napoleon, for one
- Professionals' org.
- Seasoning
- Summon
- South Pacific islanders

## DOWN

- Historical period
- Give for a time
- Partner
- Zeal
- Grayish
- Prison: slang
- Muscle quality
- Irregular
- In abundance
- Old Western actor Jack
- Hold the \_\_; stand firm
- British weapon of old
- Louisiana's state bird
- Frosted
- "\_\_ to Pieces Over You"
- Groucho's prop
- Stray cat's milieu
- Caroline, to Ted
- Became very annoyed
- Flower with three petals
- Jeer at

- Smoldering piece
- Personal book
- Vending machine purchase
- Being
- Creamy dessert
- Location of the humerus
- Foot-leg connectors
- Item that is cast
- Communion plates
- Stringed instrument
- Lawsuit
- Vicinity
- Fails to keep up
- Over
- Charter
- Carol
- Kill
- Poet's word

