

Gardens ' News

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April 2018



Happy Birthday, Residents!

To all of our residents who were born in April, this is your month! We will be celebrating these birthdays on April 25th. A special birthday table will be set up for you, and one outside guest is free.

4/02 Judith Coit
4/07 Jesse Allen
4/07 Mary Kincaid
4/12 Howard Ulm
4/16 Ronald Kirkland
4/20 Adele Lyczak
4/20 Kathleen Swanson
4/29 Betty Fish



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!

Jay Ball
Jack Honberger
Curtis Layman
Harriet Johnson
Robert Hooker
Ralph Elwing
James Wheeler



Welcome Venessa Russo!

We have all welcomed Venessa Russo as our new Assisted Living Manager who started February 19th. Venessa has been a LVN for 8 years. She worked at Villa Health Care Center, a very busy skilled nursing facility for 2 years as a charge nurse. Venessa has a very upbeat personality and is very customer service oriented.

We have had no lost days due to workers comp injuries since April 2017. We are looking to hit 360 days. Our staff is focused on supporting a safe workplace.

Adita Sentongo is a Med Tech and is our Employee of the Month for February. Adita has a calm, nurturing personality. She is a good team player with perfect attendance.

We are contracting with Coast to Coast DME. They will supply an ultra-light wheelchair that is one third the weight of a normal wheelchair and is paid through Medicare. They have a certified Orthopedic Prosthetist who can evaluate our residents in need of support equipment.

We are contracting with Spectrum Eye Care Optometry. They will supply an optometrist, ophthalmologist and podiatrist.

We are looking forward to constantly raising the bar for services that will meet and exceed the needs of our residents, families and staff.

Ted J. Holt
Administrator

Winged Wartime Heroes

As part of the U.S. Army Pigeon Service, homing pigeons provided a vital service during World War I and World War II. These specially trained messengers took on lofty missions and saved thousands of lives.

Their intelligence, speed and homing ability made carrier pigeons a proven communication tool. In 1917, at the request of Gen. John J. Pershing, a pigeon unit of the Army Signal Corps was created. During World War I, 600 of the birds were used, and over 90 percent of the messages sent by pigeons were received.

World War II saw the peak of the winged force, with 56,000 pigeons managed by 150 officers and 3,000 enlisted men. The birds were bred and trained to travel far and fast, flying up to 600 miles at about 40 mph, even under fire, at night and over open water. They couriered messages encased in small tubes on their legs or pouches looped over their backs. They also parachuted with troops.

With names such as GI Joe, Cher Ami and Thunderbird, several pigeons became famous for their heroics and were awarded medals for valor.



Classic Ballpark Foods

Baseball fans can choose from a menu of unique snack options at MLB stadiums across the country, but these classic ballpark foods remain favorites:

Hot dogs. Whether they are eaten plain, topped with mustard and relish, or piled with chili and cheese, hot dogs go hand in hand with baseball. Fans eat about 19 million of them each season!

Peanuts. In 1895, a peanut company paid for advertising space on baseball scorecards with peanuts, which were then sold at ballparks. Roasted in-shell peanuts have been a staple at games ever since.

Cracker Jack. In the late 1800s,

two brothers jazzed up plain popcorn by adding peanuts and a molasses coating. The sweet-and-salty treat became a hit at stadiums after it was immortalized in the song "Take Me Out to the Ball Game."

Pretzels. Soft, chewy pretzels, sprinkled with salt and often dipped in mustard or cheese sauce, have American roots in Philadelphia, where vendors sold them on street corners and then at baseball games.



Healthy Reasons to Laugh

Kidding around has some serious benefits—and not just for your funny bone!

Provides a workout. A bout of boisterous laughter is like a mild workout. Your heart starts beating faster, sending oxygen throughout your body and stimulating muscles. Giggling for 10 to 15 minutes can burn as much as 50 calories.

Boosts your immune system. Laughs produce positive

thoughts, which prompt your body to release antibodies that help fight illness.

Lifts your spirits. Laughing boosts the brain's levels of dopamine and serotonin, chemicals that can improve mood and may help lessen depression. Often, people who embrace laughter find it easier to cope with difficult situations.

Keeps you connected. Laughter is contagious. One researcher estimates we are 30 times more likely to laugh with others than when we're alone. Spending time with people can help you laugh more and improve your quality of life. Laughing together is a way to bond with loved ones as well as make new friends.

Wit & Wisdom

"The best thing one can do when it's raining is to let it rain."
—Henry Wadsworth Longfellow

"Let the rain kiss you.
Let the rain beat upon your head
with silver liquid drops.
Let the rain sing you a lullaby."
—Langston Hughes

"The sound of the rain needs
no translation."
—Alan Watts

"There are many things I do for
amusement, but for happiness
I like to gather up my memories
and go for a walk in the rain."
—Robert Brault

"The shortest period of time
lies between the minute you
put some money away for a
rainy day and the unexpected
arrival of rain."
—Jane Bryant Quinn

"I have always considered the
rain to be healing—a blanket—
the comfort of a friend."
—Douglas Coupland

"A rainy day is the perfect time
for a walk in the woods."
—Rachel Carson

"Tears of joy are like the summer
raindrops pierced by sunbeams."
—Hosea Ballou

"After the rain cometh the
fair weather."
—Aesop

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

- Beast of burden
- Stage items
- Mr. Campbell
- Kids
- Hindu queen
- Prefix for space or gram
- Pennsylvania city
- ___ Lauder
- Speak wildly
- Carry
- Bewildered
- Makes a lap
- Unightly one
- As a whole
- Fragrant liqueur
- Satellites
- Eye movement
- Curé d'___; St. John Vianney
- Noon-to-evening periods: abbr.
- ___ time; serving one's sentence
- Olympic footwear
- ___ West
- Obsolete
- Part
- Honest
- First name for a president
- ___ Mexico

DOWN

- Suffix for consider or compassion
- Separate into categories
- Recipe word
- Pressure cooker name
- Grates
- Aware of the duplicity of
- Equal
- Furious
- Mechanic's milieu
- Pasturelands
- White-tailed eagle
- ___ bene
- Fall and others
- Tiny insects
- Query
- Muslim leaders
- "Jack Sprat could eat ___..."

ACROSS

- Carrier
- "...making ___ and checking it twice..."
- Four and five
- Receiver
- Instant
- ___ Germany
- "Nonsense!"
- Certain sandwiches
- Cut of beef
- Bakery purchase
- Coconut bearer
- One of the apostles
- Electricians
- Star in Cygnus
- ___ out; solve
- Norse deity
- Stood
- Second word in a fairy tale
- Late Communist leader
- Skin mark
- Heavy book
- Calif.'s neighbor

A	E	R	S	O	N	S	M	E	N	K	
E	W	N	R	E	L	O	E	S	T	R	
N	O	T	E	N	I	O	R	O	O		
I	S	O	R	E	I	O	R	O	O		
N	E	R	E	V	M	I	H	O	V	E	S
E	D	E	D	E	S	S	V	E	S		
S	I	M	S	O	N	I	O	S	H	E	V
S	S	V	M	N	I	T	E	S	I	O	O
E	I	E	S	I	N	E	O	I	N	T	
V	E	S	T	I	O	S	I	N	V	I	
I	N	V	E	E	S	E	I	R	E		
O	R	E	V	E	N	V	E	S	I	O	
E	I	E	R	O							

