

Gardens ' News

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Happy Birthday, Residents!

To all of our residents who were born in February, this is your month! We will be celebrating these birthdays on February 28. A special birthday table will be set up for you and one outside guest is free.

February Birthdays:

02/02 Norvella Rice
02/03 Daniel Williams
02/10 Vivian Wehlander
02/11 Eva Maas
02/13 Albert Riquelme
02/17 Alice Walters
02/18 Miriam Netkin
02/27 Betty Davis
02/27 Minnie Ortiz



February 2018

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



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!

Loraine Benjamin
Leon Gould
Gina Pagel
Richard Jensen
Jean Friedman
Betty Czeschin
Barbara Brookins
Jay Ball

Welcome
New Residents



Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The symbol of love is also found in many common expressions.

Home is where the heart is. This means that your home is the place where you are the happiest, whether it's an actual location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder.

Young at heart. An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age.

Follow your heart. Someone who makes a decision based on emotions or intuition follows his or her heart.

Absence makes the heart grow fonder. Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad.

Wear your heart on your sleeve. People who express their emotions freely and openly are said to wear their heart on their sleeve. The first written use of the phrase was in William Shakespeare's "Othello."

Our Christmas Parties

Our residents raise money all year. Dave Wagner and Barbara Truncale, representing our residents, gave checks to our staff. It was very much appreciated. Our department heads catered a delicious lunch from The Olive Garden, gave a ham to each staff member and then raffled off gifts that our generous vendors had donated. We want to thank our residents and staff for making this day memorable.

Special focus on Robin Tristao and her fabulous dietary team. They prepared lobster and prime rib brunch Christmas Day for our residents. They really enjoyed the meal and great camaraderie. Robin's Team also prepared lunches for eleven community organizations such as the Women's Club, The Garden Club, and The Travel Club to name a few. A total of five hundred meals were prepared for these eleven community groups. A special thanks for all of our staff and residents that made the holidays special.

We look forward to the year ahead with new improvements on the drawing board. We look forward to recognizing residents, staff, and volunteers who continue to make our community better and raise the bar of excellence.

Ted J. Holt
Administrator

Heart-Healthy Exercise

Cardiovascular exercise, also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise. Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the

muscles, where it's used to burn carbohydrates and fat.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.

Check with your doctor to see what types of cardio activities are right for you.



Frank's 100th Birthday!

Our resident, Frank Ferraiolo, turned 100 this past month! We had a wonderful celebration here at Sun City Gardens. Special guests included friends, family and the Mayor of Menifee, Neil Winter! The local media company, Menifee 24/7, recorded the ceremony for friends and family to watch. Frank is our Assisted Living Resident President, and is admired by his friends, fellow residents and staff.

His advice on staying young: Stay active, everything in moderation, and eat your veggies! Happy 100th birthday, Frank!!!



February Forecast

Feb. 2 is Groundhog Day, when the furry forecaster from Pennsylvania emerges from his burrow. If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he doesn't, then spring is just around the corner.

Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

Sweets to the Sweet

The tradition of gifting chocolate candy in heart-shaped boxes can be traced back to Victorian times. Richard Cadbury began packaging sweets in decorated boxes shaped like a heart, which Cadbury himself designed. The artful containers were often saved to hold keepsakes. Today, 36 million heart-shaped boxes of candy are sold each year for Valentine's Day.



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											58		59
60											62		
63												65	

ACROSS

- Title of respect
- Dieter's platform
- Biblical book, for short
- Jordanian or Saudi
- __ pole
- Trot or gallop
- Novel home
- Came up
- Pulitzer Prize-winning writer James
- Smoother
- Yukon or Nunavut: abbr.
- Pickle variety
- Have being
- Put forth effort
- Commission earner
- Like a cliché
- Residence, for short
- Response to a preacher
- Gives assistance
- Robert and Elizabeth
- Blood problem
- Road danger
- Do the lawn again
- Loud sound
- Makes insane
- 737 and 747
- Prelude or Sonata
- Ballet and painting
- Piece of wood
- In a manner that lacks purpose
- Luau dish
- Herd
- At __; relaxed
- Mideast title
- Shun restaurants
- Crock-Pot dish, perhaps
- 62 Across ingredients, sometimes
- University personnel
- Poet's word

DOWN

- Used a bench
- Gershwin and others
- __ avis
- Rice, in China
- Reef deposit
- Preposition
- __ majesté
- May birthstones
- Some marbles
- Pen
- Part of a wedding cake
- Suffix for rhyme or mob
- Thieves
- Seedy nightclub
- Car of the past
- Settled and steady
- In a __; instantly
- Passenger

- Musical numbers
- Over
- Current location of da Vinci's "Last Supper"
- Put on a pedestal
- A-sharp and E-flat
- Show up
- Humiliated
- Categories
- Carrier of genetic info
- Lunch orders, for short
- Oscar recipients
- Primps
- Famous chipmunk
- Tread
- Disabled
- Cantata melody
- "Dies __"
- Dodgers coach Manny
- Lacking punctuality
- River in Belgium
- Farm female

