

Gardens ' News

28500 Bradley Road • Sun City, CA 92586
Phone (951) 679-2391 • Fax: (951) 679-8002



Happy Birthday, Residents!

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

03/03 Betty Schutzenhofer
03/05 Jane Brown
03/05 Jane Yeager
03/08 Eleanor Munn
03/10 Irene Finley
03/13 Marcia Willoughby
03/13 Dolores DeLeon
03/16 Elisabeth Burton
03/18 Pamela Senior-Grottolo
03/22 Alvin Stephens
03/27 Claudia Cline
03/29 Juanita Polidoro



Happy
Birthday

March 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!

Victor Dubois
Dawn Hutchison
Paula Rehmann
Claudia Cline
Woody Woodward
Frank Romeo
Bonnie Clements
Harriet Pierce
Betty Czeschin
Pamela Tassej
Judy Epley
Jean Naasz



Life Line Screening Event

Have you taken control of your health today?

Life Line Screening will be here at Sun City Gardens on Saturday, March 17, 2018, offering safe, painless, non-invasive preventative health screenings that are typically not part of a routine physical. To be more proactive about your health and to live longer for yourself, your family and your community, please call to register: Toll free: 866-229-0469. For more information, contact: Michele Lynch, Activity Director.

Health & Wellness



All About Artichokes

Resembling large, green flowers with pointed petals, artichokes are one of the more unique offerings in the produce department.

Artichokes are members of the thistle family, and the part we eat is actually the plant's flower bud. They are one of the world's oldest cultivated foods, dating back to ancient Greece and Rome. French immigrants brought artichokes to America in the 1700s, and Presidents George Washington and Thomas Jefferson grew the vegetable in their gardens.

Spring is peak season for fresh artichokes, which can be baked, boiled, steamed or grilled. The individual petals are usually pulled off and dipped in melted butter and other sauces. The meaty core, called the heart, is considered a delicacy and often served as an ingredient in dips and salads.

The green globes are low-calorie, fat-free and loaded with nutrients. One artichoke contains 10 grams of fiber and is a rich source of antioxidants, including vitamin C, as well as folate and magnesium.

France, Italy and Spain are leading producers of artichokes, while nearly all of the U.S. crop is grown in California.



Irish Heritage in America

This is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their

way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green.

Irish music, with an emphasis on fiddles, played a part in the foundation of America's folk and country music. Lively Irish step dancing became popular entertainment, with shows and competitions still prevalent today.



So Much to Celebrate

Many of our residents, staff, loved ones, and community leaders attended the celebration of the one hundredth birthday for Frank Ferraiolo. Robin Gruwell, our Activity Director, coordinated a great celebration. Neil Winter, our Mayor, said a few words. Robin read one hundred words to describe Frank, such as intelligent, kind, humorous, and fun. That list hangs on his living room wall. Frank's advice is to stay active and have a positive attitude. We celebrated 296 days without a lost day due to a work-related injury. We served a catered lunch for all staff to celebrate this accomplishment. Maria

Romero is our Employee of the Month for December. Maria does a great job in housekeeping and also helps out in the kitchen. She often goes above and beyond. Andrea Mendoza is our Employee of the Month for January. She works in the kitchen as a food server. She has perfect attendance and a great positive attitude. Maria Favela is our caregiver in memory care and is our Employee of the Year!! Maria has a great positive attitude and is wonderful with our residents. We have so much to be thankful for as we look forward to a bright future with more celebrations.

Ted J. Holt
Administrator

Wit & Wisdom

"The man who treasures his friends is usually solid gold himself."
—Marjorie Holmes

"Fire is the test of gold; adversity, of strong men."
—Seneca

"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."
—J.R.R. Tolkien

"Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold."
—Leo Tolstoy

"Gold is good in its place; but living, brave, patriotic men are better than gold."
—Abraham Lincoln

"Wealth stays with us a little moment if at all; only our characters are steadfast, not our gold."
—Euripides

"The finest compliment you can pay a man is that his word was as good as gold."
—Evel Kniesel

"Every man has within himself a gold mine whose riches are limited only by his own industry."
—Thomas Bailey Aldrich

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		

ACROSS

1. Chicken's sound
5. Unit of capacitance
10. Bridal veil material
14. Jai ___
15. '60s skirt style
16. Alda or Rachins
17. Prehistoric home
18. Forbidden goods
20. Traveler's dir.
21. Buttonlike ornament
22. Musical symbols
23. Hairnet
25. Up to, for short
26. Like Superdome games
28. Peaks
31. Stupid one
32. Other name
34. Farm femme
36. Cosmetics producer
37. Grave sites
38. Garfield, once: abbr.
39. Siesta
40. Pee Wee ___
41. Heavy volumes
42. Real ___
44. Rock salt
45. "___ Maria"
46. Alexander's dueling foe
47. Lustrous fabric
50. Common contraction

DOWN

1. Walk the floor
2. Spirited self-assurance
3. Listens secretly
4. Pumpkin's destination
5. 2 or 7, to 14
6. Orally
7. Part of an orange
8. Crawling creature
9. German article
10. Tags
11. Lamentation
12. Hasn't the ability to
13. Purposes
19. Zodiac sign
21. Before long
24. AM/PM divider
25. Singing syllables
26. "___ old cowhand from the Rio Grande..."
27. Variable stars
28. Refer to

DOWN

29. Fired
30. Very pleasant
32. Away from the wind
33. Start of some California city names
35. Being: Lat.
37. Rose, for one
38. "Sport of Kings"
40. Was delicious
41. Bitter
43. Leather worker
44. Good-looking 19th-century carriage?
46. Moving
47. El ___
48. In the center of
49. Pianist Peter
50. One ___ one is one
52. Wooden stick
53. Watches carefully
55. See 57 Down
56. Consume
57. Madrileña's title: abbr.



SPRING
is here!

Savor the sights,
songs and scents
of the *season.*