

Gardens ' News

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May 2018

Happy Birthday, Residents!

To all of our residents who were born in May, this is your month! We will be celebrating these birthdays on May 30th. A special birthday table will be set up for you, and one outside guest is free.

05/03 Bessie Kajiya
05/04 Marian Jenkins
05/04 Franklin Palmer
05/10 Jan Leck
05/12 Arnold Natalie
05/12 Marie Weidemann
05/13 Philip Adkins
05/13 Russell Ellis
05/13 Ruth Reid
05/14 Loraine Benjamin
05/15 Jean Naasz
05/18 Barbara Wright
05/19 Judith Epley
05/20 Nicholas Gottuso
05/20 Susan Loew
05/23 Herbert Woodward
05/25 Dorothy Davis
05/28 Lori Rice
05/28 Robert Hooker

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!

Tony Vasquez
Harriet Pierce
Bobbie Wade
Eloy Gallegos
Dora Arnold
Doree Evanoff
Harold Cox
Otilia Salinas
Ruth Murray
Curtis Layman
Harriet Johnson
Donald Schneider
Judy Patterson
Gene Graser



365 DAYS

No lost days due to a work related injury. We will celebrate this April at our General Staff Meeting with a catered lunch for all staff. We have completed 365 days without a lost day due to a work related injury. Our team focused on creating a safe work environment. We have a safety meeting each month. Alicia Padilla our Business Office Director heads up our Safety Committee and has done an excellent job on making sure we all are aware of safe practices, reporting any injury immediately, and to follow up. Luella Shelton is our Employee of The Month for March. Luella is our Assisted Living Assistant Coordinator. She has a nurturing calming personality and has done an excellent job through many challenges. Luella thanked everyone for all of their support and expressed her thankfulness for the excellent team we have in Assisted Living and Memory Care. We are in the process of setting a date this July to celebrate our 55 Year Anniversary with our parent company Retirement Housing Foundation. We have great support from RHF that gives us a launch pad for raising the level of services for our residents.

The future is bright with so many positive things to celebrate.

Ted J. Holt Administrator

The Tomb of the Unknowns

Among the nation's many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute.





The Lovely Lei

The May 1 holiday of May Day is celebrated as Lei Day in Hawaii, where the garland is a cherished tradition and symbol of the state's "aloha spirit."

Early Polynesian people wore lei as ornamentation and to signify social status. As tourism to the islands increased, it became customary to greet visitors with a lei and a hug or kiss on the cheek. During the days of luxury ocean liners in

the 1930s to the '50s, tourists tossed their lei in the water as their ships departed, symbolizing the wish to return someday.

The most popular type of lei is strung with fragrant tropical flowers, such as plumeria, tuberose and orchids, but they can also be made with leaves, nuts, seeds, shells, feathers and other materials.

Lei can be worn by anyone at any time, and they are almost always given as gifts at birthdays, weddings and graduations, and to mark an anniversary or promotion. They're also a common fixture at memorial services.

Preventing and Managing Osteoporosis

Whether you've been diagnosed with osteoporosis or low bone density, or you're trying to prevent these conditions as you age, there are steps you can take to protect your bone health. National Osteoporosis Month in May is a good time to review some lifestyle tips.

Nutrition. Many vitamins and minerals contribute to bone health, with calcium and vitamin D at the top of the list. Green vegetables such as broccoli, Brussels sprouts and kale are excellent calcium sources. Yogurt, almonds and canned salmon are also good

choices. For vitamin D, sources include tuna, egg yolks and fortified milk.

Exercise. Weight-bearing exercise, such as walking, climbing stairs, dancing and tennis, helps to slow bone loss. It also builds muscle and improves balance, which can reduce the risk of falls. Balance-boosting activities include yoga and tai chi.

Safety. To avoid falls that could cause a fracture, make sure your home is safe by keeping it well-lit, reducing clutter, tucking away electrical cords, and securing loose rugs. Use grab bars, handrails and nonslip mats when they're available.

Wit & Wisdom

"Look deep into nature, and then you will understand everything better."

—Albert Einstein

"Everything in nature invites us constantly to be what we are."

—Gretel Ehrlich

"Nature presides in all her dignity, permitting us the study and the use of such of her forces as we may understand."

—Beryl Markham

"Nature is not a place to visit. It is home."

—Gary Snyder

"Study nature, love nature, stay close to nature.

It will never fail you."

—Frank Lloyd Wright

"Nature does not hurry, yet everything is accomplished."

—Lao Tzu

"Nature is infinitely creative. It is always producing the possibility of new beginnings."

—Marianne Williamson

"In every walk with nature one receives far more than he seeks."

—John Muir

"In nature, nothing is perfect and everything is perfect.

Trees can be contorted, bent in weird ways, and they're still beautiful."

—Alice Walker



Bubbly Beverages

Whether you call it soda, pop or Coke, a cold soft drink can hit the spot when the temperature starts to climb. Look back at when these bubbly beverages were first served up.

Year	Soda
1885	Dr. Pepper
1886	Coca-Cola
1898	Pepsi
1924	Nehi
1929	7UP
1934	Royal Crown Cola
1955	Mountain Dew
1961	Sprite
1979	Sunkist
2003	Sierra Mist

"This Month In History"

MAY

1900: Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

1916: The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

1927: Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

1932: Comedian Jack Benny's first radio show is broadcast.

1942: The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

1952: Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

1961: Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

1971: The NPR radio program "All Things Considered" premieres.

1991: Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

2004: At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

2014: The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

2017: "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.