



# WESTMONT® Meadow Oaks of Roseville

inspired retirement living®

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## March 2018



### Meet the Team

- Executive Director ..... Kristine
- Business Office Director ..... Tanysha
- Compass Rose Program Director ..... Ana Marie
- Culinary Director ..... Chef Vo
- Maintenance Director ..... Artie
- Compass Rose Lifestyle Director ..... Rosa
- Lifestyle Director ..... Gail
- Community Relations Director ..... Deborah
- Community Relations Director ..... Heather
- Resident Services Director ..... Laura

### Positive Thought

"An optimist is the human personification of spring." —Susan J. Bissonette



**Ken and Dolores H., Marian, Betty, Sharon, Lotus, Harry, Sammie, Claude and Rosemary to Our Community**

### Meadow Oaks Positive Inspirations

It is Optimism month and with that being said, we encourage everyone to look on the bright side. Your level of happiness is a learned skill, so every morning when you wake up, sit on the edge of the bed and think a thought that makes you happy. Doing this can help you stimulate happier thoughts for the day. Oh, and remember to smile.

### What Is an Easter Memory for You?

**William** ~ "When I was a little boy my mom and dad did an egg hunt with me; they were with me and it mattered to me."

**Marissa** ~ "Getting my gets together for an egg hunt in the house. I always placed money in the eggs and hid them within the cushions in the couches."

**Olive** ~ "The days leading up to Easter we would hard boil eggs then dye them different colors. On the day of Easter, we would go to church as a big family."

**Selena** ~ "We would have a nice dinner, and of course, hunt for eggs!"

**Beverley** ~ "Back in Michigan, we had a traditional family meal but only if the daffodils weren't covered in snow; the weather always determined our Easter celebrations."

**Brittany**- "Big family get-togethers--a BBQ dinner was a big thing in my family. I come from a big family so it was a big, loving event!"

**David H.** ~ "We would go to church and have a nice family dinner afterward."

**Bonnie** ~ "I remember when I was a little girl, I went to my uncle's ranch and had a big family egg hunt."

**Cedric S.** ~ "We would make colored eggs for the children and put them out in the yard."

### Compass Rose Sweethearts



### Fat Tuesday Celebration



### WE GOT SPIRIT WEEK



### Lifestyles at a Glance



Sharon was a teacher of children between kindergarten and 8th grade. For nine years she was a principal of the same age group. Loving her career immensely, Sharon was a dedicated teacher, principal, and also a published cartoonist.

She published ten books about art and drawing cartoons. These books mainly were to teach teachers how to teach cartoon drawing. Starting in March, Sharon will be teaching a class here at Meadow Oaks about drawing cartoons. It's easy and fun, and she says she guarantees results and fun for anyone who comes down and tries her class!

### Meet and Greet Sharon

Born in in 1938 in Bieber California, Sharon has one older brother whom she is still close with today. Having one daughter and now one grandson, Sharon loves her family very much. For 36 years,



ACTING YOUR AGE IS **OVERRATED!**

Celebrate **WELLDERLY WEEK!**  
(BEGINS THE THIRD MONDAY IN MARCH)

## “This Month In History” MARCH

**1852:** The first illustration of Uncle Sam appears in a political cartoon in the New York Lantern, a weekly newspaper.

**1904:** Author Theodor Geisel, known to the world as Dr. Seuss, is born in Springfield, Mass. Each year near his birth anniversary, Read Across America Day is observed to celebrate Seuss’ work and encourage children to read.

**1910:** As part of the growing scouting movement, the Camp Fire organization

is founded as a national program for girls. In 1975, it became a coed group.

**1922:** Converted from a cargo ship, the USS Langley is commissioned as the Navy’s first aircraft carrier.

**1933:** “King Kong” premieres in New York City with record-breaking ticket sales. The movie’s groundbreaking special effects garnered rave reviews.

**1942:** The first five Tuskegee Airmen graduate from the flying school in Alabama and earn their wings as U.S. Army Air Corps pilots.

**1961:** After an appeal in his inauguration address to “ask not what your country can do for you, ask what you can do for your country,” President John F. Kennedy establishes the Peace Corps volunteer program.

**1970:** Conway Twitty releases “Hello Darlin’.” The No. 1 hit became the country music legend’s signature song.

**1980:** In one of the biggest cliffhangers in TV history, America was left wondering “Who shot J.R.?” after the season-ending episode of the prime-time soap opera “Dallas.”

**1993:** Janet Reno is sworn in as the first female U.S. attorney general.

**2012:** Encyclopaedia Britannica announces it will no longer publish printed versions of its iconic reference books.

**2016:** Astronaut Scott Kelly returns to Earth after a record 340-day mission aboard the International Space Station.