

The
PALMS at La Quinta 
 ASSISTED LIVING & MEMORY CARE

45160 Seeley Drive • La Quinta, CA 92253 • Phone (760) 345-5353 • www.seniorlivinginstyle.com

FEBRUARY 2019

**THE PALMS AT LA QUINTA
 AL & MC STAFF**

Administrator.....RUTH WRIGHT
 Assistant Administrator..... CHRISTINA FAUST
 Director of
 Health ServicesMARIANNE RHODES
 Resident Services Coordinator.. REBECCA GILL
 Executive Chef.....RAMSES DEMARA
 Marketing.....SHERI MORRISON
 Administrative AssistantPATRICIA JONNA

TRANSPORTATION

Tuesday & Thursday, 9 a.m. to 3 p.m.:
 Medical Appointments



Meet Suellen Johnson

Suellen Johnson and her husband, Bill, moved to The Palms at La Quinta in January. Suellen is an accomplished pianist who brings music and a lot of joy to our community.



Suellen

Every chance she gets, she sits at the piano and plays for hours.

A lot of residents hang out in the lobby just to hear the beautiful music she plays. We are so happy to have them live in our community.

Music Helps Alzheimer's Patients Remember

"The past, which is not recoverable in any other way, is embedded, as if in amber, in the music, and people can regain a sense of identity."
 -Oliver Sacks, M.D.

A non-profit organization called Music & Memory helps people with Alzheimer's Disease and other age-related dementias remember who they are by

having them listen to their dearest songs. The awakening is often dramatic. For example, after Henry listens to music from his era, this wheelchair-bound dementia sufferer who can barely speak sings Cab Calloway songs and happily reminisces about his life.

Dr. Laura Mosqueda, Director of Geriatrics at the University of California at the Irvine School of Medicine, explains that because music affects so many areas of the brain, it stimulates pathways that may still be healthy.

One in three seniors die with Alzheimer's Disease or another dementia, so odds are you know someone who has it. To connect with loved ones who suffer from age-related dementia, try playing some of their best-loved music.

Thank you, Suellen, for sharing your talent with us.



Fun Things We Did to Bring in the New Year

Elvis was in the building, and the residents had a lot of fun singing along with him. They sang, danced and had a fun-filled afternoon. The residents at the Palms at La Quinta dressed up for the occasion and felt as though they were at a big Elvis concert, which brought back memories.



All Aboard to Take a Trip to Germany, Italy and France With Us

Our first stop will be Germany, where we will kick off with a German breakfast, and all through the day, we will have activities focused on Germany.

Our next stop will be France, and we will have a wonderful French breakfast with crepes and croissants, etc. All through the day, we will have activities based on French food, culture and lifestyle.

Our last stop will be Italy, where we will go to Milan to have a fashion show.

Pack your bags and join us as we travel to these amazing countries.



The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.



A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.



FEBRUARY 2019

Birthdays

Norma Pershing, 2nd

Vivian Penninman, 2nd

Bert Casagrande, 13th

Alexander Hale, 15th

Imogene Severs, 18th

Locations

Activity Room, AR

Bistro, BIS

Chapel, CH

Court Yard, CY

Dining Room, DR

Front Patio, FP

Gymnasium, GYM

Large Activity Room, LAR

Lobby, LB

Theater, TH

TV Room, TV

“Success is what you do with your ability. It’s how you use your talent.”

—George Allen Sr.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:00 Breakfast in France, DR 9:00 Facts About France, BIS 11:00 French Craft Class, LAR 3:00 Wine and Cheese Social, BIS	GROUNDHOG DAY 2 9:00 Exercise Class, BIS 11:00 Crafts, AR 3:00 Bingo, AR 6:30 Movie and Popcorn, TH 
					3 9:00 Current Events, BIS 9:30 Scrapbooking, BIS 10:00 Non-Denominational Christian Service, CH 11:00 Past Events, BIS 2:00 Super Bowl Party, BIS	4 8:00 Italian Breakfast, DR 9:00 Facts About Italy, BIS 10:30 Coffee and Show and Tell About Italy, BIS 2:00 All About Italy Brain Tease, BIS 6:00 Italian Movie and Popcorn, TH
10 9:00 Current Events, BIS 9:30 Scrapbooking, BIS 10:00 Non-Denominational Christian Service, CH 11:00 Past Events, BIS 3:00 Singalong, BIS	11 9:00 Current Events, BIS 9:30 Monday Morning Social, BIS 10:30 Chair Zumba, AR 11:30 Catholic Church Services, CH 2:00 Bingo Social, BIS 3:00 Blended Smoothie Shop Social Hour, BIS 4:00 Wii Bowling Club, BIS	12 9:00 Current Events, BIS 10:30 Tea Time with the Ladies, BIS 2:00 Creative Arts, AR 3:00 Singalong, BIS 3:00 Table Games, AR 4:00 Home Gardening, CY	13 9:00 Current Events, BIS 2:00 Table Games, AR 4:00 Movie and Popcorn, TH 	VALENTINE’S DAY 14 9:00 Current Events, BIS 10:30 Chef Chat, BIS 2:00 Valentine’s Day Party, DR 4:00 Home Gardening, CY	15 9:00 Current Events, BIS 3:00 Bingo Social, AR 3:00 Men’s Club Card Game, AR 4:00 Creative Arts, AR 	16 9:00 Current Events, BIS 10:30 Walk and Be Fit 11:00 Shuffleboard, BIS 3:00 Let’s Get Baking, BIS 3:00 Resident Welcome Party, BIS 4:00 Home Gardening, CY
17 9:00 Current Events, BIS 9:30 Scrapbooking, BIS 10:00 Non-Denominational Christian Service, CH 11:00 Past Events, BIS 3:00 Singalong, BIS	PRESIDENTS DAY 18 9:00 Current Events, BIS 9:30 Monday Morning Social, BIS 10:30 Chair Zumba, AR 11:00 The Readers Journey, BIS 11:30 Catholic Church Services, CH 2:00 Bingo Social, BIS 3:00 Beach Volley, LB 3:00 Blended Smoothie Shop Social Hour, BIS  4:00 Wii Bowling Club, BIS	19 9:00 Current Events, BIS 10:30 Men’s Social Club, BIS 2:00 Creative Arts, AR 3:00 Table Games, AR 4:00 Home Gardening, CY	20 2:00 Crafts for our Kickoff Party, BIS 9:00 Current Events, BIS 10:30 Coffee and Donuts	21 10:00 Walking Club, LB 3:00 Crafts with Michelle, AR 6:00 Movie and Popcorn, TH	22 9:00 Current Events, BIS 11:00 Minute to Win, BIS 4:00 Creative Arts, AR	23 9:00 Current Events, BIS 10:30 Walk and Be Fit 11:00 Shuffleboard, BIS 3:00 Let’s Get Baking, BIS 4:00 Home Gardening, CY
24 9:00 Current Events, BIS 9:30 Scrapbooking, BIS 10:00 Non-Denominational Christian Service, CH 11:00 Past Events, BIS 3:00 Singalong, BIS	25 9:00 Current Events, BIS 9:30 Monday Morning Social, BIS 10:30 Chair Zumba, AR 11:00 The Readers Journey, BIS 11:30 Catholic Church Services, CH 2:00 Bingo Social, BIS 3:00 Blended Smoothie Shop Social Hour, BIS 4:00 Wii Bowling Club, BIS	26 9:00 Current Events, BIS 10:30 Tea Time with the Ladies, BIS 2:00 Creative Arts, AR 3:00 Singalong, BIS 3:00 Table Games, AR 4:00 Home Gardening, CY	27 9:00 Current Events, BIS 10:00 Coffee and Donuts with Michelle, BIS 2:00 Table Games, AR	28 9:00 Current Events, BIS 11:00 The Palms at La Quinta Resident Auction, AR 4:00 Home Gardening, CY		



Train Ride Experience in The United States

Train Ride Experience...all aboard for something different.

The Lebanon Mason Monroe Railroad operates over 5-15 miles of track in Warren County, Ohio. Most trains travel between Lebanon and Hageman Junction for a nine-mile round trip. Unless noted otherwise, trains return to Lebanon without stopping for a layover.

The train travels through suburban Warren County by way of Lebanon, Turtle Creek Township and Union Township. Some excursions continue on to either Mason or Monroe. The train follows the Turtle Creek for the majority of the route. The train crosses five bridges, including a large offset truss bridge over the Turtle Creek approximately halfway through the ride in each direction.

All trains departing from Lebanon, excluding Day Out with Thomas, will cross this bridge.

Our rail line used to be a part of the Cincinnati, Lebanon and Northern Railway. The railroad first reached Lebanon in 1881 and replaced an inefficient stagecoach route that largely followed today's US 42. The CL&N was a narrow gauge railroad connecting Cincinnati to Dayton by way of Lebanon. The railroad was known as "the highland route" because it did not pass through any local river valley. This made major flooding along the line rare. Passengers will learn more about the history of the CL&N on board most excursions.

Passengers travel in vintage passenger coaches hauled behind one of two diesel locomotives. This includes our GP7, number 55, the oldest continuously operated locomotive of its kind in the United States.

Standard Lackawanna coaches, built in 1930, feature traditional railroad walkover style seating and open windows. They also offer deluxe style seating in passenger cars built between 1940 and 1960. These coaches feature air conditioning and plush 2 by 2 style seats. All train cars are heated and feature restroom access unless noted.

Excluding North Pole Express and Day Out with Thomas, passengers will have access to our open air concession car, the Queen City Tavern. A small section of snacks, drinks and gifts will be available during the train ride. Alcoholic beverages are available on most train rides. The former baggage doors slide open on warmer sunny days.

Throughout the ride, passengers have the opportunity to interact with their friendly on-board staff. Passengers have the opportunity to get a picture with a real life train conductor before, during or after the ride.

A ride on the LM&M Railroad makes for a perfect day trip from anywhere in Southwest Ohio. Unlike many tourist railroad operations that are located far away from urban centers, the LM&M Railroad is located just north of Cincinnati, Ohio.

Lucky Lanterns

Whether it's called Chinese New Year, Lunar New Year or the Spring Festival, it's a major holiday in China and other Asian countries. The 15-day celebration begins on February 5th this year and ends with the Lantern Festival, which marks

the first full moon of the lunar year. Decorating these festivities are displays of glowing, hanging lanterns.

Made of paper or silk wrapped around a wooden or metal frame, Chinese lanterns were invented as early as A.D. 25. The traditional

lantern shape is a sphere, representing the full moon. Some varieties take the form of other Chinese symbols, such as a dragon or lotus flower.

Decorated with calligraphy or art, the lanterns come in all sizes



Music and Its Benefits

Music is the greatest creation of man, which touches the soul and also helps man to sympathetically manifest unspoken desire and humanity in him. The effect of music in man is what separated him from other animals. Due to the high effect of music in the life of human beings, it is capable of breaking boundaries to unite people from different backgrounds and cultural heritages. Indeed, there is lots to say about music making. It is one of the most important factors in the life of humans of all races and religions. In fact, music can best be described as a wonderful force that is capable of bonding people together and instituting international brotherhood and love, as well as peace. This article is dedicated to pinpoint some importance of music.

Music Draws People Together To Uplift Them Emotionally

Indeed, due to the power of music in the heart and bone marrow of human beings, it can draw millions of people from different parts of the world and uplift them emotionally. For that reason, music can easily be used as an instrument of peace

when there is chaos between people of different origins and backgrounds. You can easily notice this particular effect of music when you may have had an issue with your partner and he or she started playing music you love to hear. If you are a strong-hearted human being, you may not have settle the issue due to the music but the annoyance in your mind gradually subsided just because of the music.

Music Helps Humans to Express Themselves with Ease

Whether you are a music enthusiast or not, the best way you can express your feelings, anger, love, passion, joy and other kinds of feelings is simply through music. It is rightly said that when words and letters fail, the best option is music. You will be able to express the intent of your heart through music, which ordinarily may not be possible for you to either do in words or letters.

Music Has a Therapeutic Effect in the Life of Humans

In most cases, doctors and therapists normally recommend soft music for their patients. This

is because, with the effect of the music in the heart and entire being of a sick person, there will be a revival of hope of living, joy of existence and happiness in the mind of the sick person making it easy for the him or her to respond positively to treatment.

Music Is the Perfect Way to Communicate Words of Love

Probably, you have been searching for a way to reignite love and passion in your relationship with your spouse. That is simply because you have not tried music. Really, no matter the pain in the heart of your spouse, the best solvent you need to melt the pain and replace the space with love and passion is simply gentle and soft music. In fact, music is love, peace, passion and creativity, and music is capable of enchanting both the heart of man and God.

At last, since music is such a big part of our lives, it would be interesting and useful to have a look at some of the ways we react to it without even realizing and how music benefits our brains.

and can be almost any color, but usually they are red, a popular hue in China that represents happiness and good fortune. Red or gold tassels often hang from the bottom of each lantern.

Lanterns are displayed throughout spaces both outdoors and indoors. A lantern hanging in the home is a symbol of protection and good luck, and lighting it is believed to bring prosperity.



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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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