

# Scholl Canyon Estates

## Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### APRIL 2019 SCHOLL CANYON ESTATES STAFF

Managers..... WILLIAM & RENEE RAUSCHER  
Assistant Managers ..ROBBIE & VIKKI MORRIS  
Executive Chef.....VICTORIA MAITIA  
Sous Chef .....ZOILA VAZQUEZ  
Activity Coordinator .....MARYBETH  
MALONEY THICKE  
Maintenance .....PAUL GONZALES  
Bus Driver .....JUAN PARRA

### CLASSY LADIES AND GENTS SALON

**Mary Ellen, Owner**

Tuesday-Friday, by appointment only  
Hair, Nails, Facials  
First Floor, Scholl Canyon Estates  
818-551-1949

**HAWTHORN**  
SENIOR LIVING

### Adventures with Doug

Adventures to Lake O'Hara

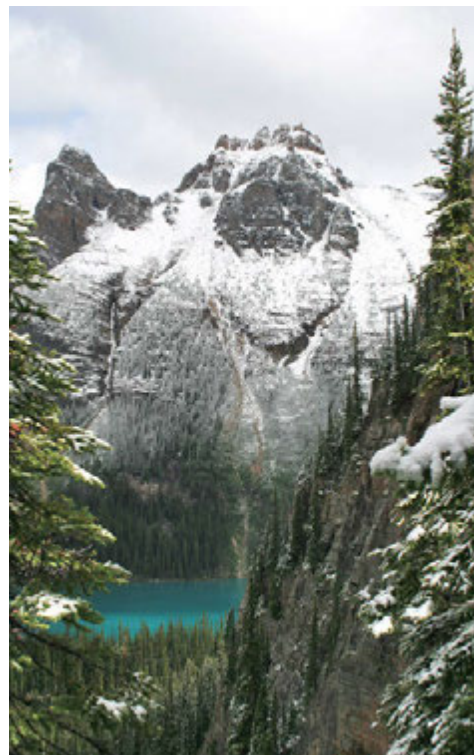
Tuesday, April 2nd

3:30 p.m.

Activity Room

Hidden away in the Canadian Rockies, the beauty of Lake O'Hara and the mighty snow-covered mountains which stuns every traveler lucky enough to visit. Of the many trails in the area, the most adventurous are the ledges. Named because they skirt the lakes from high above on the cliffs, they gave those who dare tread along them jaw-dropping views of all that surrounds them.

Join us for our slide show adventure filled with fun stories and amazing facts as we explore this wondrous area which includes the magnificent ledges.



Lake O'Hara in the Canadian Rockies



## Resident Spotlight: Bob and Joan Nellis

Bob and Joan Nellis met at Glendale High School in the mid 1940s. Bob was raised in Glendale, although his family came from South Dakota. Joan moved to Montrose as a child; her parents were from England. As they both were only children, which Joan says was due to the fact they were born in 1929 and were “Depression babies,” they started off as good friends in high school. Joan was dating Bob’s friend and she would always set up Bob with her friends so they could double date. Joan fondly remembers that they loved double dating in Bob’s 1934 Ford. Joan said, “It was the dream car of every high school student.” Bob played baseball in school and Joan played the piano and loved to sing.

After high school, Bob went to Glendale College and then went into the Navy. Joan went to Whittier College and became a 2nd grade teacher. Joan saw an article that was written about Bob in the newspaper and contacted him. Bob felt as though this was the perfect time to rekindle their friendship and asked her out for Chinese food. That date led to another and another. Before leaving for the Korean War, Bob asked Joan to marry him and she said: “I’ll think about it.” She made him wait a week, which Bob remembers as being one very long week! She did finally say “yes,” but they agreed to be married once he came back from Korea. As a fighter pilot, Bob flew 44 missions and was there the day the war ended. He recalls the last day of the war



*New Scholl residents  
Bob and Joan Nellis*

very well. Bob was in the air when they were calling to end it. His last mission was to bomb an airfield, but he lost radio contact and didn’t have any maps. Bob was in the air for over an hour and couldn’t land because the tail hook that catches the line to bring the airplane to a stop when landing on the aircraft carrier wouldn’t come down. He finally found a field to land in, got it fixed and made his landing safely on the carrier.

When Bob returned from the war, he continued his job in the dry cleaning business which he had started in high school. Joan loved teaching 2nd grade. Bob and Joan got later married at La Canada Church of the Lighted Window. They moved to Miramar Naval Base although Bob had to go back to Korea for four months, leaving Joan once again. Joan lived at the base while he was in Korea and became friendly with all the other military wives.

When they moved up to La Crescenta after Bob’s duty was

complete, they started their family. Soon after they bought the Campus Cleaners on Glendale Avenue. They raised four children together. Bob and Joan

became Scout Leaders, both with the Boy and Girl Scouts, earning all awards from Eagle Scout to Lifetime Achievement. Bob was active in Rotary and Joan in Altrusa and became PTA President of Dunsmore Elementary — both giving much of their free time to volunteer. Their passion was camping and they spent every opportunity camping, fishing and traveling ... even across the country with four children!

Their kids went to Crescenta Valley High School. The eldest, Sue, has been the head of the History Department at Country Day School in Sacramento for many years, Debbie is in the entertainment lighting business, living in Montrose. Their son Bobby sadly passed at the age of 17 from muscular dystrophy, and their youngest, Julie, is a project manager for Caltrans in Bishop. They have five grandchildren and two great-grandchildren They have been members of the Unity Church of the Valley for 45 years.

Bob and Joan just celebrated their 65th wedding anniversary and moved into Scholl Canyon three months ago. They love that they have returned to their old “stomping grounds!” and are happy to have found a new home at Scholl. Welcome to our family, Bob and Joan.



## Carl's Corner

(Books you may have missed.)

- "Songs for Children" by Barbara Blacksheep
- "School Truancy" by Marcus Absent
- "The Lion Attacked" by Claude Yarmoff
- "How to Write Big Books" by Warren Peace
- "Halloween Party" by Bob Frapples
- "I Was a Cloakroom Attendant" by Mahatma Coate
- "Word Games" by Anna Graham
- "Positive Reinforcement" by Wade Ago
- "The Village Gossip" by Nonya B. Swacks
- "Silence!" by O.B. Still
- "Big Pharma Owns Up" by Faye Canooze
- "I Lost My Balance" by Eileen Dover and Phil Down
- "Ending a Relationship" by I.M. Dunne
- "Knowing When to Quit" by Noah Vale

## April's Culinary Education Series Is Egg-cellent!

In March, we learned about the many wonderful benefits of leafy green vegetables. Vegetables like Swiss chard, spinach, kale and collard greens are packed with vitamins, minerals, folic acid, potassium, fiber and low in calories. They help reduce bad cholesterol levels and lower the risk of heart disease. In Cooking Corner, we made a wonderful Tuscan Swiss chard/kale soup that was so tasty even for the non-kale-lovers.

This month of April, we will be discussing the great benefits of eggs and creating some wonderful egg dishes during our Cooking Corner Class on Thursdays at 3 p.m. Eggs, both the white and yolk of an egg, are rich in nutrients, proteins, vitamins and minerals. They are filled with several nutrients that promote heart health such as betaine and choline. A recent study of a half a million people in China suggest that eating one egg a day may reduce the risk of heart disease and stroke. Eggs are a useful source of vitamin D which protects bones and prevents osteoporosis. Eggs are filled with protein and more than half of the protein is found in the egg white along with vitamin B2 and lower amounts of fat than the yolk. They are filling and when enjoyed for breakfast may help with weight management as part of a weight loss program since the high protein content helps us feel fuller longer.

### Here are 10 Eggstra-ordinary facts on eggs:

1. Worldwide, around 1.2 trillion eggs are produced for eating every year. The average person consumes 173 eggs a year.
2. Forty percent of the world's eggs are consumed in China.
3. The Guinness World Record for omelet making is held by Howard Helmer, who made 427 omelets in 30 minutes.
4. The average hen lays between 250-270 eggs a year but some lay more than 300.
5. According to research published in 2008, male dinosaurs were sometimes responsible for sitting on eggs until they hatched.
6. Egg yolks are one of the few foods that are a naturally good source of vitamin D.
7. The world record for eating hard-boiled eggs is 65 in six minutes, 40 seconds, by Sonya Thomas in 2003. She would have eaten more but they ran out of eggs.
8. This year's World Hard-Boiled Egg Eating Championship is due to be held at Radcliff, Kentucky, with a prize of \$3000.
9. The brown or white color of an eggshell is purely dependent on the breed of the hen.
10. "A hen is only an egg's way of making another egg." (Life and Habit by Samuel Butler)



*Enjoying leafy greens in Cooking Corner with Gilda, Eva and Gordon*

APRIL 2019

Birthdays

Frances Varela, 2nd  
Ceil, 7th  
Joseph Smally, 9th  
Erika Hofmann, 14th  
Tom Enger, 21st  
Marlene Rubin, 24th  
Doug Smith, 25th

Transportation

Monday, 9:30 a.m.  
1st, 3rd and 5th —  
Ralphs and Post Office  
2nd and 4th — Vons  
and Rite Aid

Monday, 11 a.m.  
1st, 3rd and 5th —  
Vons and Rite Aid  
2nd and 4th — Ralphs  
and Post Office

Monday, 2 p.m.  
CVS Pharmacy

Tuesday and Thursday,  
By Appointment Only  
Doctor & Medical  
Appointments

Friday, 10:15 a.m.  
1st — 99 Cent Store  
2nd — Dollar King  
3rd and 5th —  
Trader Joe's/Walgreens  
4th — Walmart

Friday, 2 p.m.  
1st — Trader Joe's/  
Walgreens  
2nd — Target and Macy's  
3rd — Dollar King  
4th — T.J. Maxx, Ross,  
Nordstrom Rack

“A sense of  
humor is a major  
defense against  
minor troubles.”  
—Mignon  
McLaughlin

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  <b>Shopping Day</b> 9:30 Yoga Chair Exercise 11:15 Brain Train 2:00 Game of Taboo 3:00 Arts & Crafts 6:45 Cards	2  9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night	3  9:30 Stretch Chair Exercise <b>10:00 Day Trip</b> <b>3:00 Bible Study with Juan</b> 7:00 Jewel City Knitters 7:00 Movie & Popcorn	4 9:30 Exercise with Julie 11:00 Beading Class <b>11:00 Taffy Spring Boutique Sale</b> 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie	5  <b>Shopping Day</b> <b>9:15 Kindergarten Visit at SCE</b> 11:30 Meditation 2:00 Bingo 4:30 Praise Singalong 6:45 Cards	6  10:00 Donuts & Coffee 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
7 10:00 First Congregational Church of Glendale Service 11:00 Rummikub 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 6:45 Cards	8  <b>Shopping Day</b> 9:30 Yoga Chair Exercise 11:15 Brain Train 2:00 Game of Taboo 3:00 Painting with Hazel 6:45 Cards	9  9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night	10  <b>10:00 Day Trip</b> 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	11 9:30 Exercise with Julie 11:00 Beading Class <b>2:00 Managers'/Residents' Meeting</b> 2:30 Chef/Resident Meeting 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie	12  <b>Shopping Day</b> 9:30 Chair Yoga with Vikki 11:30 Meditation 2:00 Bingo <b>3:00 Music Hour with Sherri Canon</b> 4:30 Praise Singalong 6:45 Cards	13  11:00 Beading Class <b>2:00 Alzheimer's/Dementia: Keeping Your Brain Healthy</b> 3:00 Bingo 3:00 Hangman 6:45 Cards
14 <b>PALM SUNDAY</b>  10:00 First Congregational Church of Glendale Service 11:00 Rummikub 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 6:45 Cards	15  <b>Shopping Day</b> 9:30 Yoga Chair Exercise 11:15 Brain Train 2:00 Game of Taboo 3:00 Arts & Crafts 6:45 Cards	16  9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night	17  9:30 Stretch Chair Exercise <b>10:00 Day Trip</b> 2:00 Bingo by Patterns <b>3:00 Bible Study with Juan</b> 7:00 Movie & Popcorn	18 9:30 Exercise with Julie 11:00 Beading Class 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic <b>4:15 Passover Celebration, Chapel</b> 6:45 Cards 6:45 Music Appreciation with Robbie	19 <b>GOOD FRIDAY PASSOVER BEGINS AT SUNSET</b>  <b>Shopping Day</b> 9:30 Chair Yoga with Vikki 11:30 Meditation 2:00 Bingo 4:30 Praise Singalong 6:45 Cards	20  10:00 Donuts & Coffee 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
21 <b>EASTER</b>  10:00 First Congregational Church of Glendale Service <b>11:30 Easter Brunch with Entertainment</b> 2:00 Movie & Popcorn 6:45 Cards	22 <b>EARTH DAY</b>  <b>Shopping Day</b> 9:30 Yoga Chair Exercise 11:15 Brain Train 2:00 Game of Taboo 3:00 Painting with Hazel 6:45 Cards	23  9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night	24  <b>9:15 Day Trip: San Manuel Casino</b> <b>10:00 Day Trip</b> 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	25 9:30 Exercise with Julie 11:00 Beading Class 1:00 Resident Raffle Prizes 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie	26  <b>Shopping Day</b> 9:30 Chair Yoga with Vikki 11:30 Meditation 2:00 Bingo 4:30 Praise Singalong 6:45 Cards	27  <b>10:00 Pet Therapy Cats and Dogs</b> 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
28  10:00 First Congregational Church of Glendale Service 11:00 Rummikub 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 6:45 Cards	29  <b>Shopping Day</b> 9:30 Yoga Chair Exercise 11:15 Brain Train 2:00 Game of Taboo 3:00 Arts & Crafts 6:45 Cards	30  9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night				



## Happy Happenings At Scholl Canyon

There were wonderful things going on at SCE in the last month or so. We made Valentine's cards for the patients at Glendale Adventist Hospital as well as donating more homemade jewelry from our Beading Class to the kids at Children's Hospital of Los Angeles. Cards and jewelry made for a special Valentine's Day for so many that weren't able to get out of bed for the holiday. We had a scrumptious meal that night with heart-shaped pink and white cheese raviolis. We had fresh Camellias on the table and lovely decorations.

March was very busy with a fun Mardi Gras Celebration with one of our favorite entertainers, Greg Garstka. The residents danced in their Mardi Gras beads and masks and even sang along with the great music Greg played. We had a fabulous St. Patrick's Day Celebration with a traditional meal of corned beef and cabbage. Residents enjoyed the taste of Irish beer with O'Doul's as green flowers and pots of chocolate gold coins decorated the tables. We were entertained by the Celtic Irish Dance School and a ukulele band that led an Irish singalong.

Residents had some special furry visitors that showed up in the Activity Room last month. The rescue group Caring Songs For All Creatures brought dogs and cats to visit. Our residents enjoyed holding and petting the kittens and dogs which are all up for adoption. They will be coming back to spend more time at Scholl on April 27th at 10 a.m.

Things to look forward to in April include Taffy's Spring Boutique Sale on Thursday, April 4th, 11 a.m.-3 p.m., a jazz concert on April 25th at 4:15 p.m., and the second seminar from Alzheimer's Los Angeles "Keeping the Brain Healthy" which will take place on April 13th at 2 p.m. April 18th, we will have a Passover Celebration with Cantor Teri Lieberstein. Join us as we discuss the history of Passover and its traditions. Our very special Easter Brunch is a wonderful tradition for our residents and their families on Sunday, April 21st, 11:30 a.m.-1:30 p.m. Please make sure you RSVP early for this event.



*Chickie and her niece, Kim, have supper together on Valentine's Day.*



*Lunch at the 94th Aero Squadron after a day at the Valley Replica Museum*



*Gilda and Rose make valentines for patients in the hospital.*



*Donna holding one of the sweet kittens*



*Bernice dresses for our Mardi Gras Celebration.*



*Myrna and a friend show off their fancy masks.*



*Robbie and Gordon are ready for St. Patrick's Day.*

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A photograph of an older couple hiking on a trail. They are seen from the back, looking out over a vast, open landscape under a dramatic sunset sky. The man is wearing a dark jacket and glasses, and the woman is wearing a striped shirt. Both have backpacks on. The scene is bathed in the warm, golden light of the setting sun, with long shadows and a soft glow over the distant hills and fields.

**SPRING INTO ACTION  
& SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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