

The PALMS at La Quinta

ASSISTED LIVING & MEMORY CARE

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

JUNE 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.....RUTH WRIGHT
Activity Coordinator SHANNON SAWICKI
Administrative AssistantPATRICIA JONNA

TRANSPORTATION

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

Wednesday: Excursion Day

HAWTHORN
SENIOR LIVING

Meet Mr. Peter

Meet Peter! For those who didn't know, Peter is a Hawthorn resident. Peter came to us January 31, 2018.

At first glance, you may find Peter's size is pretty impressive! And to some can be a bit intimidating. But this furry guy is a gentle giant who adores his Hawthorn family!

Here are a few interesting facts about poodles that you may not know!

Despite their French reputation, poodles hail from Germany, where they were called Pudel, which is German for "puddle."

Poodles are excellent swimmers! In France, the dogs were called caniche, or "duck dog."

Did you know that those fancy hairdos serve a purpose? The "fluff balls" of hair are designed to keep a dog's joints and vital organs warm while splashing around in cold water.

The unique poodle coat doesn't shed the same way other dogs do. Because of this, they are considered hypoallergenic, or much easier to live with for allergy sufferers.

Poodles are one of the smartest breeds, second only to the border collie in rankings of canine intelligence.

They are very social, enjoy being active and love attention!

June 1 — Pet Appreciation Week Begins!



Best buddies!





Father's Day Barbecue, June 16th, at 12 p.m.

Tickle Your Funny Bone

No Father's Day would be complete without some painfully funny dad jokes!

Why did the coffee file a police report? It got mugged.

Want to hear a joke about paper? Never mind, its tearable.

Why did the scarecrow win an award? Because he was outstanding in his field.

What do you call cheese that isn't yours? Nacho Cheese.

Why did the can-crusher quit his job? Because it was soda-pressing.



Resident of the Month

Norman Edgmon grew up in the heart of the Bible Belt, where the hellfire and brimstone preaching of the era instilled in him immense feelings of guilt and fear. After surviving this, he spent two years in the Navy and afterward earned a master's degree from Oklahoma University in Special Education, specializing in "severely emotionally disturbed students." He became very liberal-minded and had a wonderful teaching career for over forty years, and now he resides at The Palms.

Norman has written and published a book, "Terror Tamed," a meditation and spiritual guideline in poetic form regarding the essence of life, the eternal ebb and flow of human experience, and the expansion of the soul.

Here is a mantra from "Terror Tamed:"

"Now seize, embrace and empower this very moment with love and fire in your heart.

Wait not for tomorrow.

Each second's a new start.

Wherever you find yourself in time and space, notice that the time is always now

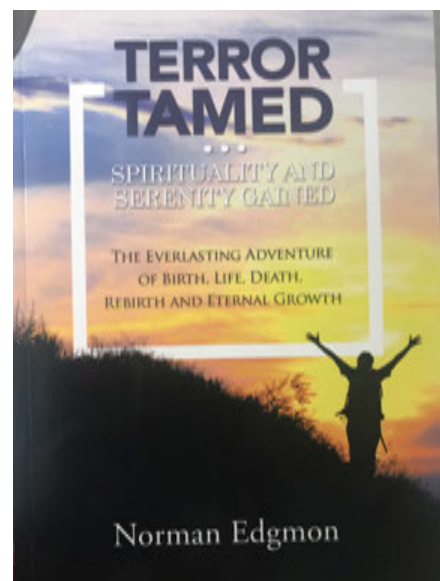
and wherever you are is always the place.

Remember today is instantaneously yesterday's future

and simultaneously tomorrow's past,

creating the mystical and magical merging of now, now, now, which, along with your immortal soul shall always last."

If you are interested in learning more about Norman or reading his book, he would be more than happy to share copies of the book.





Wisdom Corner: Lessons I Learned From My Father

He taught me that education is everything, and that if I wanted to achieve anything in life, I could.

He taught me that life is about learning, and that seeking the truth would teach me more about myself, and the world, than anything else I could imagine.

He taught me that independence comes with responsibility, and he allowed me to learn that the hard way.

He taught me that a good book is the best vacation, and that play is just as important as work.

He taught me that corny is cool (enough), and that laughing at your own jokes is, too, even when no one else laughs with you!

He taught me that time is life's most valuable resource, and what I do with it is a reflection of who I am.

He taught me to tell the truth or learn the hard way.

The fundamentals are important, be it playing basketball or building a model rocket. Knowing why things work the way they work is important.

Strangers like their existence acknowledged, which is as simple as making direct eye contact. No harm in saying "hello," either.

True power comes from the ability to pivot; learning to embrace change can most certainly be a good thing.

The shot-clock exists for a reason; manage your time wisely.

You can be aggressive without being an aggressor.

Above all else, pick your friends wisely.



The Palms Senior Prom 2019

Were having a Senior Prom on June 21st, the first day of summer! "Begin the Beguine" is the theme for our Prom this year.

Garden Surprise!

If you have never taken the opportunity to check out the planters in the courtyard, you are really missing out!

A few months back, Ruth purchased an assortment of tiny starter plants to revive our garden. After cleaning, weeding and watering the planters, the plants were ready for their new home. At first, it didn't seem like anything was going to happen. As a matter of fact, we lost a few. But the faithful continued to water every week. Billie told me that we just needed to be patient and let Mother Nature do her thing.

Then, it happened! It seemed as if everything grew overnight! The cherry tomatoes, bell peppers, jalapenos, sage and the zucchini plants are huge!

Billie, Maria and I went out a few days ago to water the plants, check for bugs, etc.

And we discovered an enormous zucchini camouflaged and tucked under one of the massive leaves! It was so exciting! With the help of Manny, we managed to pick it. That zucchini was so big that Billie thought that we should give it a name, and so we did! She decided to call it "Freddie."

If you would like to meet Freddie, he will be on display in the Bistro until something tasty happens to him.



JUNE 2019

Birthdays

Bonnie Bowser, 2nd

Andrae Harrison,
5th (Employee)

Mary Dzwilkewski, 5th

Douglas York, 5th

Richard Pershing,
14th

Ruth Pratt, 14th

Therese Minkler, 14th

Carl Whitman, 18th

Opal Wespiser, 23rd

William Bristow, 26th

Allen Magdovitz, 27th

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

“The sun does not
shine for a few
trees and flowers,
but for the wide
world’s joy.”

—Henry Ward
Beecher

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
											Pet Appreciation Week 1 9:15 Garden Care 9:30 <i>Let's Move Exercise!, BIS</i> 10:30 <i>Pet Appreciation Social and Photos, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Left, Right, Center Card Game, BIS 2:00 Il Divo Timeless Concert, TH 3:30 Penny Pkeno, AR		
You're a Grand Old Flag Day 2 9:00 Garden Walk, CY 9:15 Garden Care 9:30 Non-Denominational Christian Service, CH 2:00 You Be the Judge, BIS 3:00 Uno Card Game, BIS 4:00 <i>5-Cent Bingo!, AR</i> 		Bernard Schwartz Day 3 9:15 Garden Care 9:30 Stretch and Flex, BIS 10:00 Who, What, When and Where?, BIS 11:30 Catholic Church Services, CH 2:00 Yahtzee, BIS 4:00 <i>5-Cent Bingo!, AR</i>		Croissant Day, BIS 4 9:15 Garden Care 9:30 <i>Chair Tai Chi, BIS</i> 10:30 Culinary Creations 1:45 <i>15-Minute Fitness, GYM</i> 2:00 <i>Ted Talk and Discussion, TH</i> 4:00 <i>5-Cent Bingo!, AR</i>		9:00 Shopping, Walmart, Trader Joe's, Etc. 5 9:15 Garden Care 9:30 Sit and Fit, BIS 2:00 Augustine Casino Outing 2:30 Residents' Meeting, BIS  3:45 Bob's Singalong		Seventy-Six Trombones Day 6 9:15 Garden Care 9:30 Strength and Balance, BIS 11:30 <i>Book Club, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Spelling Bee Challenge, BIS 4:00 <i>5-Cent Bingo!, AR</i>		Doughnut Day 7 9:15 Garden Care 9:30 <i>Movin' and Groovin', BIS</i> 10:00 <i>We're Making Doughnuts!, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Chicken Foot Dominoes, BIS 3:00 <i>Happy Hour</i> 4:00 <i>5-Cent Bingo!, AR</i>		Shavuot 8 9:15 Garden Care 9:30 <i>Let's Move Exercise!, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Left, Right, Center Card Game, BIS 2:00 Neil Diamond Greatest Hits Concert, TH 3:30 Penny Pkeno	
"Anything Goes Day" 9 9:00 Garden Walk, CY 9:15 Garden Care 9:30 Non-Denominational Christian Service, CH 2:30 Yahtzee!, BIS 3:30 Scrabble, AR 4:00 <i>5-Cent Bingo!, AR</i>		<i>SOS First Use Anniversary</i> 10 9:15 Garden Care 9:30 Stretch and Flex, BIS 10:00 Did You Know? The Facts of Shavuot, BIS 10:30 <i>Bagels and the Barry Sisters, BIS</i> 11:30 Catholic Church Services, CH 2:30 Care Packages for Martha's Kitchen, LAR 4:00 <i>5-Cent Bingo!, AR</i>		King Kamehameha Day 11 9:15 Garden Care 9:30 <i>Chair Tai Chi, BIS</i> 10:30 Culinary Creations 1:45 <i>15-Minute Fitness, GYM</i> 2:00 <i>Documentary and Discussion, TH</i> 3:00 <i>Aloha Social!, BIS</i> 4:00 <i>5-Cent Bingo!, AR</i>		Gomer Pyle Day 12 9:00 Shopping, Walmart, Trader Joe's, Etc. 9:15 Garden Care 9:30 Sit and Fit, BIS 11:30 Lunch Bunch 2:30 TV Trivia, BIS 3:45 Bob's Singalong		Nurses' Assistant Day 13 9:15 Garden Care 9:30 Strength and Balance, BIS 10:30 Chef Chat, BIS 11:30 Resident Assistant Appreciation, BIS 11:30 <i>Book Club, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 4:00 <i>5-Cent Bingo!, AR</i>		FLAG DAY 14 9:15 Garden Care 9:30 <i>Movin' and Groovin', BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:30 <i>Strawberry Shortcake Social, BIS</i> 3:30 Patriotic Singalong, DR 		Hee Haw 50th Anniversary 15 9:15 Garden Care 9:30 <i>Let's Move Exercise!, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Left, Right, Center Card Game, BIS 2:00 Bette Midler Live at Last Concert, TH 3:00 Resident Welcome Party, BIS	
FATHER'S DAY 16 9:00 Garden Walk, CY 9:15 Garden Care 9:30 Non-Denominational Christian Service, CH 12:00 Father's Day Buffet, DR		9:15 Garden Care 17 9:30 Stretch and Flex, BIS 10:00 Who, What, When and Where?, BIS 11:30 Catholic Church Services, CH 2:00 Uno Card Game, BIS 4:00 <i>5-Cent Bingo!, AR</i>		International Sushi Day 18 9:15 Garden Care 9:30 <i>Chair Tai Chi, BIS</i> 10:30 Culinary Creations 1:45 <i>15-Minute Fitness, GYM</i> 2:00 <i>Ted Talk and Discussion, TH</i>  4:00 <i>5-Cent Bingo!, AR</i>		9:00 Shopping, Walmart, Trader Joe's, Etc. 19 9:15 Garden Care 9:30 Sit and Fit, BIS 2:00 Augustine Casino Outing 3:45 Bob's Singalong		9:15 Garden Care 20 9:30 Strength and Balance, BIS 11:30 <i>Book Club, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Spelling Bee Challenge, BIS 4:00 <i>5-Cent Bingo!, AR</i>		SUMMER BEGINS 21 The Palms Senior Prom 9:15 Garden Care 9:30 <i>Movin' and Groovin', BIS</i> 10:00 <i>Makeovers and Manicures, AR</i> 4:00 Hawthorn Senior Prom, DR		Celebrate the Senses Day 22 9:15 Garden Care 9:30 <i>Let's Move Exercise!, BIS</i> 10:30 <i>Holistic Creations: Honey Lip Balm, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Left, Right, Center Card Game, BIS 2:00 The Carpenters at the New London Theatre, TH	
9:00 Garden Walk, CY 23 9:15 Garden Care 9:30 Non-Denominational Christian Service, CH 2:30 Yahtzee!, BIS 4:00 <i>5-Cent Bingo!, AR</i> 		"O Canada" Day 24 9:15 Garden Care 9:30 Stretch and Flex, BIS 11:30 Catholic Church Services, CH 2:30 <i>Canadian Trivia, Facts and Fiction, BIS</i> 2:30 Care Packages for Martha's Kitchen, LAR 4:00 <i>5-Cent Bingo!, AR</i>		Curse of the Hope Diamond Day 25 9:15 Garden Care 9:30 <i>Chair Tai Chi, BIS</i> 10:30 Culinary Creations 1:45 <i>15-Minute Fitness, GYM</i> 2:00 <i>Documentary and Discussion, TH</i> 4:00 <i>5-Cent Bingo!, AR</i>		Happy Birthday, Pearl S. Buck 26 9:00 Shopping, Walmart, Trader Joe's, Etc. 9:15 Garden Care 9:30 Sit and Fit, BIS 10:00 The Palm Springs Air Museum 11:30 Lunch Bunch  3:45 Bob's Singalong		"Happy Birthday to You" Mildred Hill 27 9:15 Garden Care 9:30 Strength and Balance, BIS 11:30 <i>Book Club, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i>  4:00 <i>5-Cent Bingo!, AR</i>		28 9:15 Garden Care 9:30 <i>Movin' and Groovin', BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 June Birthday Party, DR 3:00 <i>Happy Hour</i> 3:30 Poetry and Art Discussion, BIS 4:00 <i>5-Cent Bingo!, AR</i>		2:00 The Best of Carol Channing, TH 29 9:15 Garden Care 9:30 <i>Let's Move Exercise!, BIS</i> 1:45 <i>15-Minute Fitness, GYM</i> 2:00 Left, Right, Center Card Game, BIS	
9:00 Garden Walk, CY 30 9:15 Garden Care 9:30 Non-Denominational Christian Service, CH 4:00 <i>5-Cent Bingo!, AR</i>													



Magical Memories with Marvyn Roy

Marvyn became a part of the Hawthorn family a few months ago. Prior to his move, a good friend of his toured our building to see if Mr. Roy would be happy at the Palms. I was also able to meet his dear friend. I asked a few questions about Mr. Roy, the usual questions. Then



Marvyn, "Mr. Electric"

I heard the words "Mr. Electric" and then Magic Castle! Growing up, I loved magic! I remember begging my parents to purchase magic starter kits, videos and books for me on family trips to Las Vegas. Unfortunately, even with many hours of practice, it was obvious that being a magician wasn't in the cards for this kid. Wait, now that I think about it, I never got a start because I kept loaning out my props. Enough about me.

A little bit about Marvyn: While in his teens, Mr. Roy developed an award-winning act of silk magic called "Marvyn, the Silk Merchant."

In 1950, he developed the first version of his magic act, featuring light bulbs, "Artistry in Light," with input from Alan Wakeling and Ray Muse. He also obtained the rights to some effects featured by Bobby Voltaire.

At the request of an agent, he learned to ice skate in order to present the act in several ice shows. It was during this time that he met his future wife and partner, Carol, in Phoenix, Arizona.



Marvyn and his beautiful wife, Carol

They married on Labor Day, 1956, and throughout the 1950s, they gained popularity as "Mr. Electric and Carol."

Would you like to know more about Marvyn? There are several YouTube videos and articles available online. Or you could just stop by and talk to him!

Marvyn's Magic Theater is scheduled to open this month! More information to follow.

Interesting Facts

Honey bees must gather nectar from two million flowers to make one pound of honey.

Honey never spoils. It is one of the rare food commodities with an eternal shelf life. In fact, there have been reports of finding edible honey in ancient Egyptian tombs.

The bees' buzz is the sound made by their wings, which beat 11,400 times per minute.

Honey's ability to attract and retain moisture means that it has long been used as a beauty treatment. It was part of Cleopatra's daily beauty ritual.

If the queen bee dies, workers will create a new queen by selecting a young larva (the newly hatched baby insects) and feeding it a special food called "royal jelly." This enables the larva to develop into a fertile queen. The queen can live up to five years. She is busiest in the summer months, when she can lay up to 2,500 eggs a day!

Bees are responsible for 80 percent of pollination worldwide.





Did You Know?

Why Do Bees Make Honey?

The answer is surprisingly simple: bees make honey because it is what they like to eat. Honey is full of nutrients and high in sugar, which helps them gain energy. These creatures need a lot of energy, because even when they are not flying around from flower to flower, they beat their wings to keep the right temperature in their hive.

Bees store their honey in their hive; they do not eat it all immediately. The reason they collect it instead of eating it all on the spot is so they have extra saved for the winter months, when it is harder for them to forage for food. It is protecting them from going hungry in the cold when the flowers wither. This is why bees are so active in the spring. They know they are not going to find food in winter and are preparing for the possibility of a summer drought, when there is little growth or pollination occurring.

How Do Bees Make Honey?

Most hives contain 60,000 bees. The male honey bees and the queen bee do not gather food, but each worker bee visits up to 100 different flowers while on a single trip to find nectar. Once they find nectar from blossoming flowers, they convert it into honey. How? Well, bees use their proboscis to suck the nectar from a flower and store it inside of their second stomach, which some people refer to as “honey stomachs.” This stomach does not digest the honey. It just sits there as a collection tool and is located in front of the digestive tract of the bee. This stomach can hold up to 70 mg of nectar!

When the worker bee returns to the hive, a house bee will suck the nectar out of its stomach and chew it for half an hour. While chewing, it will secrete

an enzyme that mixes with the nectar and turns it into syrup. Afterward, the house bee will spit everything inside a cell in the honeycomb to maximize the surface area. This is meant to make the water evaporate. The bees will also speed the evaporation process along by fanning their wings.

Once the honey has grown thicker and is officially ready for consumption, then the bees will add a layer of beeswax over it to “cap” it. This happens when the bees excrete a substance from their abdomen made up of scales.

Types of Honey

The color and flavor of honeys differ depending on the nectar source (the blossoms) visited by the honey bees. In fact, there are more than 300 unique types of honey available in the United States, each originating from a different floral source. Honey color ranges from nearly colorless to dark brown, and its flavor varies from delectably mild to distinctively bold, depending on where the honey bees buzzed. As a general rule, light-colored honey is milder in taste and dark-colored honey is stronger.

Honey is produced in every state, but depending on floral source location, certain types of honey are produced only in a few regions. Honey is also produced in most countries of the world.

Below is a look at some of the most common U.S. honey floral varieties. To learn more about available types of honey in your area, contact a local beekeeper, beekeeping association or honey packer.

Common Types of Honey

Alfalfa, Fireweed, Orange Blossom, Blueberry, Sage, Buckwheat, Clover, Wildflower, Tupelo

Poets and Artists

Choosers and Losers, by A.A.M.

Life is ... how you look at things.
The bumps are opportunities
Waiting in the wings.

Something went wrong — a lot
is not right — you toss and turn
... throughout the night.

No shouting no pouting — no
self-pity will do
Roar with defiance — who will
win — this game

with you ... no cowering in the
corner
so proud so proud ... to
shoulder the blame.

Talk to yourself — give a boot to
the rear
try a new road — pack up
your dreams and present a
new load.

You the chooser — think like
a winner and not a loser —
your choice.

Find the right plan — don't
sell what you've got — to the
wrong man!

Don't waste your time. If
he's afraid of the top ... no
opinions are his ... that's
his — hippity — hippity hop.
He got through — by being an
echo in demand — was never
a stand up — ready to be
counted on — type of a man —
he folded his tent at the breeze
and thought — hoping
and praying — his opinions ...
won't be sought.

It's up to you ... chooser or
loser — what will it be
Opportunity is everywhere —
look ... and you'll see!



45160 Seeley Drive
La Quinta, CA 92253



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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