

### Your Management Team

**Lupe Ramirez**  
*Executive Director*

**Ligia Rodriquez**  
*Care Director*

**Melina Dearing**  
*Wellness Director*

**Heather Murdock**  
*Marketing Director*

**Bernadette Soliz**  
*Culinary Director*

**Dina Masterson**  
*Activity Director*

**Lorine Ricardos**  
*Housekeeping Director*

**Jessica Rivera**  
*Office Manager*

**Kelli Hendrickson**  
*Transportation*

**Russell Thomas & Cory Knapp**  
*Maintenance*



## May Resident & Staff Birthdays

### Resident Birthdays

#14 Bill Huston- May 5<sup>th</sup>  
#31A James Valdez -May 5<sup>th</sup>  
#54 Beverly Bramble- May 8<sup>th</sup>  
#89 Marie Thomas- May 10<sup>th</sup>  
#48 Kazuko Fantone- May 17<sup>th</sup>  
#106 Leona Crownover- May 21<sup>st</sup>  
#39 Donald LaFranchi- May 26<sup>th</sup>

### Staff Birthdays

Keshaun Johnson(Kitchen) May 2<sup>nd</sup>  
Brittany Rankins (MC Staff) May 12<sup>th</sup>  
Misty Wilson (Care Staff) May 12<sup>th</sup>  
Russell Thomas(Maint.) May 23<sup>rd</sup>  
Heather Murdock (Marketing) May 24<sup>th</sup>



## Picture Perfect *continued from pg. 1*

a message to the viewer and the self-expression of the photographer. And now that cell phones put cameras in the hands of most everyone, photography has become a part of many peoples' daily lives. Photography has never been more democratic than it is today.

The first camera phone was unveiled in 1995 to little fanfare. At first, it seemed strange to pair a phone with a camera. Today, cell phones without a camera are both

unthinkable and unmarketable. The most powerful cell phone cameras are filled with sensors and meters that allow users to simply point and click to make mini masterpieces. Apps like Instagram, Tumblr, and Snapchat share photos of our children, vacations, artwork, and even our food with millions instantaneously. In Egypt and China, cell phone cameras broadcast revolutions to the world. Photography is more than art—it makes your voice heard.

## The Magical Mile

On May 6, 1954, the weather in Oxford, England, was not ideal for running. Roger Bannister, while working his shift at a local hospital as a medical student, even considered not running in a meet due to rain and strong winds. By the afternoon, however, the weather had cleared and Bannister decided to race. He had competed in the 1952 Helsinki Olympics, placing fourth in the 1500 meters, a disappointing finish both personally and for his country. After that bitter defeat, he resolved to do the hitherto unthinkable: run

a mile in under four minutes. Many believed such a time to be humanly impossible. But as a medical student, Bannister believed he had the knowledge he needed to create a unique training regimen that would allow him to achieve this goal. On that May afternoon, racing at Oxford University's Iffley Road Stadium, Bannister became the first human to run a sub-four-minute mile and he suddenly became a symbol of perseverance and of pushing the limits of human endurance.



**Golden Pond Senior Living**  
3415 Mayhew Rd.  
Sacramento, CA 95827  
Phone (916) 369-8967  
RCFE#347000985

### Celebrating May

**Global Health and Fitness Month**

**Gardening for Wildlife Month**

**Kentucky Derby**  
*May 2*

**Nurses Week**  
*May 6–12*

**American Indian Day**  
*May 9*

**Mother's Day: U.S.**  
*May 10*

**O. Henry Pun-Off Day**  
*May 15*

**National Polka Festival**  
*May 22–24*

**Memorial Day: U.S.**  
*May 25*

## Picture Perfect

May is Photography Month, a time to not only enjoy snapping photos and capturing memories, but a time to look at the world differently, through the eyes of a photographer. And with pocket-sized cell phones equipped with powerful cameras that can rival the top traditional cameras, it seems as if everyone these days is capable of producing high-quality photography.

Photography has always seemed a bit magical. After all, photography gives us the ability to freeze a moment in time and cherish it forever. Photographers may record important moments in history, capture the energy and

emotion of a single memory, or stage scenes to send political messages or make social or cultural critiques. In the end, however, what makes a photograph special is its subject matter and composition. What is the play between light and shadow? Is color saturated or muted? Are faces joyful and energetic or melancholy and lonely? A simple photograph communicates so much—both

*Cont'd on pg. 4*



## Hydrate, Hydrate, Hydrate!!!

As the days grow warmer and warmer, we want to remind you to always make sure you are getting enough hydration and always drinking water! Water help your body function properly. Water helps with digestion, circulation, helps transports nutrients from the foods we eat, and helps maintain good body temperature and bran function!





## Let's Hear It for the Birds



*The Arctic tern molts during the winter and rarely flies, instead choosing to rest on ice by the seashore.*

International Migratory Bird Day, celebrated on the second Saturday in May, is a day to celebrate the 4,000 different species of birds that migrate around the globe. That's over 40% of all bird species. For these birds, migration means survival. As the seasons change, birds leave areas where resources are scarce and embark on journeys to areas with more resources where they can hatch and raise their young. For many birds, the scale of their migratory journeys is mind-boggling.

The Arctic tern has earned fame for the longest migration in the animal world. Each year they fly round-trip from the Antarctic to the Arctic, covering nearly 49,700 miles. Arctic terns have 30-year lifespans. Over such a lifetime, the miles add up quickly. One bird may fly the equivalent of three trips to the moon and back.

Not to be outdone is the bar-tailed godwit, which flies 7,000 miles from New Zealand to Alaska. It takes eight days for the birds to reach the tidal flats of the Yellow Sea. This is their only stopover before they continue their journey north. The flight back is just as grueling, a nonstop journey over the open ocean of the Pacific back to New Zealand.

Before undertaking such awesome and taxing journeys, birds enter into a state known as *hyperphagia*, where they eat tremendous amounts of food in order to bulk up and store fat that can later be used as energy during their flight. The tiny northern wheatear, which typically weighs less than an ounce, doubles its weight and swells up to two ounces before setting out on a three-month, 9,000-mile journey from Alaska to Eastern Africa. Such massive weight gain would cause diabetes in humans.

## Pages Out of Time

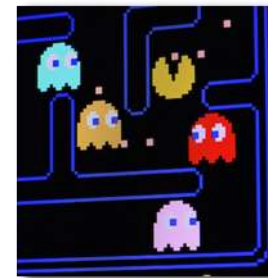


*Diamond Sutra states: "How may we overcome the fear of birth and death and arrive at the state that is as indestructible as the diamond?"*

The oldest book ever printed in the world, China's *Diamond Sutra*, was published by a block printer on May 11, 868. How do we know exactly when it was made? Luckily for historians, the book was dated and inscribed with the words, "Reverently made for universal free distribution by Wang Jie on behalf of his two parents." *Diamond Sutra* was not discovered until 1900 by a Chinese monk. The scroll was just one of 40,000 different documents hidden in the Cave

of a Thousand Buddhas, a secret library that had been sealed up around the year 1000 in order to save the writings from invaders. The *Diamond Sutra* itself is very short, just 6,000 words, able to be chanted in 40 minutes. It is called the *Diamond* because its teachings are as sharp as a diamond blade, cutting through worldly illusions. No wonder this rare text with such a worthy message has stood the test of time.

## Come Play Pac Man in the Performing Arts Room!



*Need a new challenge? Bored with Puzzles? Come enjoy a game of Pac Man the video game in the performing arts room!*

*Pac-Man* made his debut on May 22, 1980, when the first arcade game was installed in a Japanese movie theater. *Pac-Man* was very different from the other popular games of the era. *Space Invaders* and *Asteroids* depended on shooting things in order to win. *Pac-Man's* creator, Toru Iwatani, designed something different—a game that would be universally appealing. He was eating a slice

of pizza when he noticed that the rest of the pie looked like a friendly character. He considered the word *eat* and determined that the notion of eating appealed to everybody. The game he designed not only starred the pizza but required eating in order to win. Even the name *Pac-Man* references eating. It comes from the Japanese slang word *paku-paku*, which means "to chomp."

## Race to the Top



*The Empire State Building's uppermost tower was originally designed as a mooring mast for blimps.*

On May 1, 1931, American President Herbert Hoover officially opened New York's Empire State Building, then the tallest building ever constructed in the world, by pressing a button in the White House that turned on the lights of the New York skyscraper.

The dazzling commemoration of the Empire State Building was just what New York needed during the depths of the Great Depression. Such a majestic feat of engineering gave New York City a deep sense of pride. The construction of the building had employed 3,400 workers each day, many of whom were paid excellent wages. But the building took just a little over a year to build, and it was constructed ahead of schedule and under budget. One year after the Empire State Building opened, only 25% of its offices had been rented. The economic turmoil of the Great Depression still held New York City in its vile clutches.

Who would want to build such a thing during such a desperate economic period? The idea of the Empire State Building was the result of a competition between two wealthy men. Walter Chrysler, executive of the Chrysler Corporation, and John Jakob Raskob of General Motors wanted to see who could build the taller building. Chrysler had already completed his Art-Deco masterpiece in midtown Manhattan 11 months earlier. And for those 11 months, at 1,046-feet tall, the Chrysler Building was the world's tallest. But Raskob would not be beaten. His design, it is said, was based on the look of a pencil. And it was builder-friendly. Each story was exactly the same, so extra stories could easily be added if it needed to grow taller to overtake Chrysler's building, and so grow it did. At 1,250 feet tall, Raskob's Empire State Building added enough stories and an antenna long enough to overtake Chrysler's.