

El Dorado Estates

Gracious Retirement Living

4240 Town Center Blvd • El Dorado Hills, CA 95762 • Phone (916) 934-0596 • www.seniorlivinginstyle.com

MAY 2020

EL DORADO ESTATES STAFF

Managers..... FRED & LEAH TILlich

Assistant ManagersETHAN &
RACHELLE WEBER

Executive Chef..... CARLOS PIZANA

Sous ChefBRENDEN ORLICZKI

Activity CoordinatorROSALINDA BEATY

Maintenance Coordinator..... STEVE HIGGINS

Bus Driver MARY JANE MARTIN

Head HousekeeperSHERRY MILBOURNE

TRANSPORTATION

Monday, 9 a.m.-3 p.m.: Shopping and Errands

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

Wednesday, 9 a.m.-3 p.m.: Outing Day

Friday, 9 a.m.-3 p.m.: Outings and Errands

HAWTHORN
SENIOR LIVING

A Mother's Day Poem

A Mother

comes with all different names

Aunts

who love, worry and play

Teachers

who help, guide you and set your aim

Sisters

who listen, cry and put your worries at bay

Grandmas

with warm cookies, hugs and prayers so you'll never stray

Yes, a Mother does come with all kinds of names.

-Jenelle McBride

Thank you to all women for being a mother to someone's child, but most importantly to His child.





Social Distancing

This article is taken directly from Center For Disease Control website under Corona Disease (2019) Covid-19 tab, “What is getting sick?, Social Distancing?”

What is the difference between quarantine and isolation?

Quarantine

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Someone in self-quarantine stays separated from others, and they limit movement outside of their home or current place. A person may have been exposed to the virus without knowing it (for example, when traveling or out in the community), or they could have the virus without feeling symptoms. Quarantine helps limit further spread of COVID-19.

Isolation

Isolation is used to separate sick people from healthy people. People who are in isolation should stay home. In the home, anyone sick should separate themselves from others by staying in a specific “sick” bedroom or space and using a different bathroom (if possible).

Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).

What is social distancing?

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

When COVID-19 is spreading in your area, everyone should limit close contact with individuals outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you have no symptoms. Social distancing is especially important for people who are at higher risk of getting very sick.

Why practice social distancing?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sun light and humidity. Social distancing helps limit contact with infected people and contaminated surfaces.



Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family and their community.

Tips for social distancing

- Follow guidance from authorities where you live.
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.
- Use mail-order for medications, if possible.
- Consider a grocery delivery service.
- Cover your mouth and nose with a cloth face cover when around others, including when you have to go out in public, for example to the grocery store.
- Stay at least 6 feet between yourself and others, even when you wear a face covering.
- Avoid large and small gatherings in private places and public spaces, such as a friend's house, parks, restaurants, shops or any other place. This advice applies to people of any age, including teens and younger adults. Children should not have in-person play dates while school is out. To help maintain social connections while social distancing, learn tips to keep children healthy while school's out.
- Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing or taxis.
- If you are a student or parent, talk to your school about options for digital/distance learning.

Stay connected while staying away. It is very important to stay in touch with friends and family who don't live in your home. Call, video chat or stay connected using social media.

Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof — Called the "garden of Europe," this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles — Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d'Este — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.

May's Birthday Babies

Catherine Larsen, 5/1st	Dale Wahrman, 5/12th
Truda Nelson, 5/4th	Jonnie Atkinson, 5/13th
Wanda Matthews, 5/5th	Claudette Riley, 5/18th
Barbara Burcham, 5/6th	Suzie Q Ball, 5/27th
Edna Eisele, 5/9th	Sally Klinetobe, 5/30th



Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

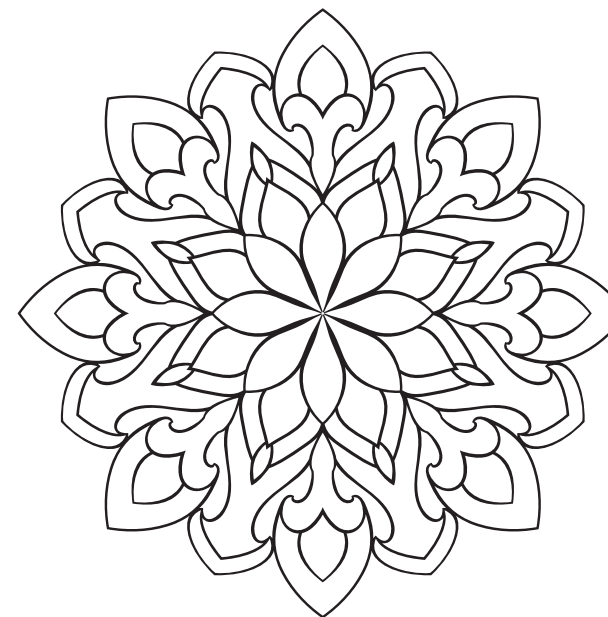


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

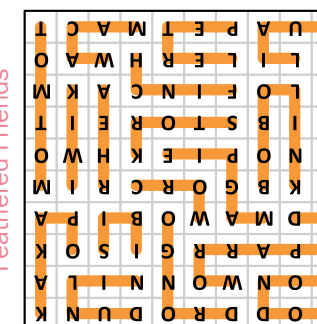
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





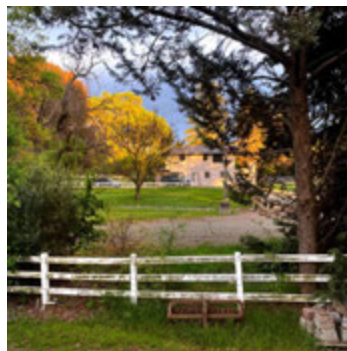
Scenic Drives with MJ

Who doesn't enjoy a relaxing drive through the countryside? Recently, due to government regulation brought on by the CV-19, our residents have not been able to enjoy activities or outings in ways they have in past years. While working within the limitations of social distancing at El Dorado Estates, we wanted to continue to make adjustments to the new normal and offer activities which would appeal to our residents' natural curiosity and inexhaustible need for adventure. Soon enough, scenic drives were scheduled three days a week. We had to limit the number of residents to practice 6' social distancing, but we did. Our location alone gives us the ability to enjoy many gorgeous locations, sights and vistas, not to mention that we are surrounded by a proverbial "goldmine" of American West history.

Many of our residents have lived in cities and counties near El Dorado Estates and offer their knowledge of local sites as we tour the countryside. One local town we drove through is Coloma. Coloma is known for Sutter's Mill, a saw mill which operated in the Sierra Nevada foothills. On Jan. 24, 1948, James W. Marshall discovered gold in the South Fork of the American River. The location has been somewhat restored and preserved as a state park. We drove through Coloma via highway 49 and took in sights which are visible from the road, including a full-size functional replica of Sutter's Logging Mill built in 1968. The mill is operated regularly for demonstrations in the park. Also stationed roadside is the original Schoolhouse, Mormon Cabin, El Dorado County Jail, The Wah Hop and Man Lee Chinese Trading Post store, who sold prospectors anything they would need to extract their fortune, the US Post Office and a blacksmith barn.

We developed a following of residents eager to take a relaxing drive through our gorgeous countryside. It's spring, and the rains have painted the hills green with new growth grass and sprinkled gold with poppies. Heifers of all breeds are grazing alongside their spring calves, sheep with their new lambs and goats, their kids. The sky is showing off dramatic contrasts of low hanging clouds, grey and full with rain. We're all in agreement that what the sky can do with a several hundred puffy, white clouds is nothing short of art.

So far on our scenic drives, we have driven to and through Auburn, Wilton, Placerville, Cool, Pilot Hill, Lotus, Coloma, Loomis, Penryn, Plymouth and Sutter Creek, to name a few locations. We look forward to driving many more miles together.



Hold On To Hope

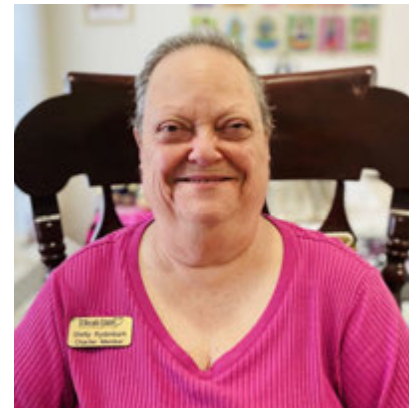
I know we all are saddened;
And it all seems so unfair,
But the lord will never give us;
More than we can bear.

Hold tight to all your
loved ones;
Even though it's from afar,
And know when this is
behind us;
They will be right where you
are .

Our Dearest Heavenly Father;
Knows just when that
moment will be,
When we will all come
back together;
As one glorious family.

Hold on to hope my
dear ones;
For in unity we can be strong
And remember to pray for
each other;
For you know that can never
be wrong.

God Bless You All,
Shelly Rydenbark



*A little poem that Shelly
Rydenbark wrote herself*



When This Is Over

When this is over,
May we never again take for granted:
A handshake with a stranger, full shelves at the store, conversation with neighbors, a crowded theatre, Friday night out, the taste of communion, a routine checkup, the school rush each morning, coffee with friends, the stadium roaring, each deep breath, a boring Tuesday, life itself. When this ends, may we find that we have become more like the people we wanted to be, we were called to be, we hoped to be, and may we stay that way better for each other because of the worst.



Gen and Helen



Jeanne and Pat

Staff Appreciation Corner

Meet Our Family: Bernard Abero Jr.

A hardy welcome to El Dorado Estates, Bernard! Actually, Bernard came aboard in early February as part of our culinary team.

Bernard was born on the island of Guam, a territory of the United States located in Micronesia, a vast island network in the Western Pacific Ocean. At 13 years of age, he came to San Jose, California.

He is a graduate of Le Cordon Bleu, a culinary school founded in Paris in 1895 with more than 35 institutes in 20 foreign countries.

After internships, he joined "Company Kitchen," a complete workplace food company that offers hospitality services for a variety of organizations. He would travel with assistants to the site of the event and provide food and beverage services including lunch, dinner or grab and go snacks, etc. In this role, he was promoted to chef manager. For another year and half, he performed similar corporate dining services with a company named McCormick & Schmick's Seafood Restaurant in Roseville as a part-time pastry chef.

Bernard married Maria 26 years ago, and together with their daughter, Sabrina, and pet dog, Kai, a former rescue dog, live in Sacramento. Maria is employed as an accountant, and Sabrina is a college graduate with a degree in Social Work and works in the local community.

In his leisure time, Bernard is a reader who loves book stores and just spending time with the family.

We wish Bernard a long and successful career with our culinary team here in El Dorado Estates!



Meet Bernard Abero Jr. He is part of our culinary team.

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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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