

The Palms At Bonaventure

Assisted Living & Memory Care

111 North Wells Road • Ventura, California 93004 • Phone (805) 647-0616 • www.seniorlivinginstyle.com
Facility License Number RCFE #565802467

MAY 2020

THE PALMS AT BONAVENTURE STAFF

Administrator.....BRANDY MCCAULEY, LVN
Assistant Administrator.....JULIE VILLALOBOS
Director of Health Services.....DEBORAH PAGEL, RN
Resident Services Coordinator... JEANNIE LIGHT, LVN
Memory Care CoordinatorPAZ GRAY, LVN
Executive Chef MICHAEL CALLAHAN
Activity Coordinator.....JOHN WHITE
Activity Coordinator-MC.....MARIA GONZALEZ
Administrative Assistant LINDA HESTER
Maintenance Coordinator..... SERGIO RAMIREZ
Transportation.....DAVE GILBERT

TRANSPORTATION

Monday, 1:30 p.m.: Shopping Outing

**Tuesday, Wednesday & Thursday,
10:30 a.m.-1:30 p.m.:** Doctor Appointments
and Miscellaneous Transportation

Friday, 9:45 a.m.: Scenic Drive/Community Outings

HAWTHORN
SENIOR LIVING

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.



Collen, Hilda, Brandy and Katina

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.



Easter Flower Arranging Party!

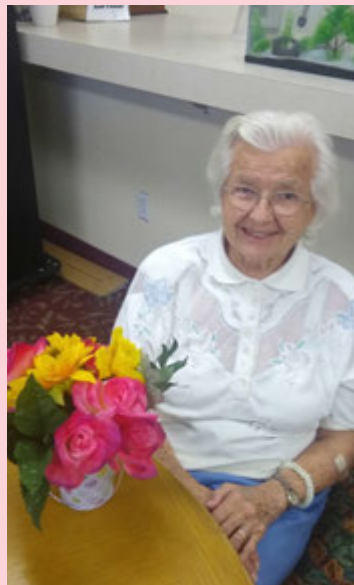
Celebrating Easter and the renewal of spring, the residents came together for an Easter flower arranging at a social distance party.



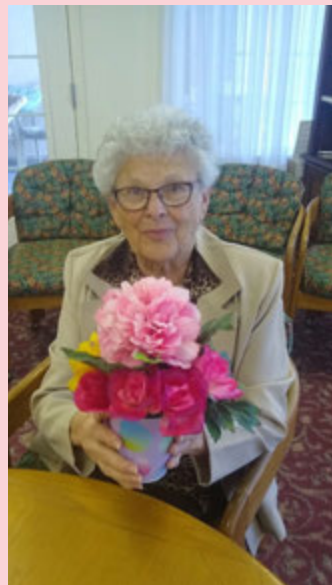
Arranging at a distance



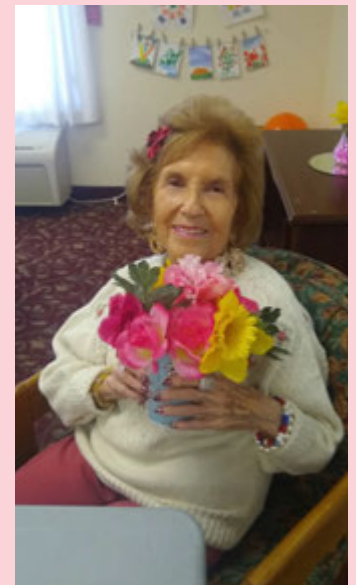
Delores' beautiful arrangement



Joann did a great job.



Rita's pretty in pink.



Loretta's colorful bunch

May Birthdays

Say Happy Birthday to all May Birthdays!

Residents:

Joyce R., May 1st
Loretta E., May 4th
Jim K., May 5th

Marry Etta F., May 13th
Patricia L., May 18th
Eva M., May 28th

Staff:

J'Don B., May 6th





Resident Spotlight: Pearl Negrette

This month, we are doing a spotlight on our amazing resident, Pearl Negrette. Pearl was born in New York City in 1930, and moved to Burbank, California, when she was eight years old. Born to Cuban parents, her father was a successful orchestra leader who toured all over the United States. Pearl graduated from Chouinard Arts Institute in 1949 with a Bachelor of Arts degree in Fine Arts, and immediately started working in the wardrobe department of some of Hollywood's biggest movie studios.

Pearl eventually became a costumer to some of the biggest names in movies and television, including Barbara Stanwyck and Robert Stack. Pearl lists "Meet Millie" and "The Untouchables" as some of the most exciting TV shows she's worked on, and says her years working at Desilu Studios were her favorite. The studio was owned by Desi Arnaz and Lucille Ball, who were very good friends of her parents.

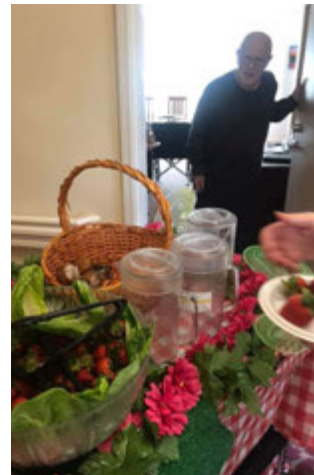
Pearl married her husband, Ralph, in 1973, and they have one son together, Gilbert. After working for over 20 years as a costumer, Pearl retired and wrote a fashion article for a local Burbank newspaper, before moving in with her son and then finally to The Palms at Bonaventure. Pearl states living at The Palms brings her much happiness. She enjoys socializing and says that art and fashion are still a major part of her life. "Writing, drawing and painting keep my mind sharp and focused; a creative mind is a happy mind," says Pearl.



*Pearl with her springtime
flower arrangement.*

Picnic on the Go

Bad weather for a picnic? No problem! We had a great time delivering a picnic door-to-door to all of our residents.



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.

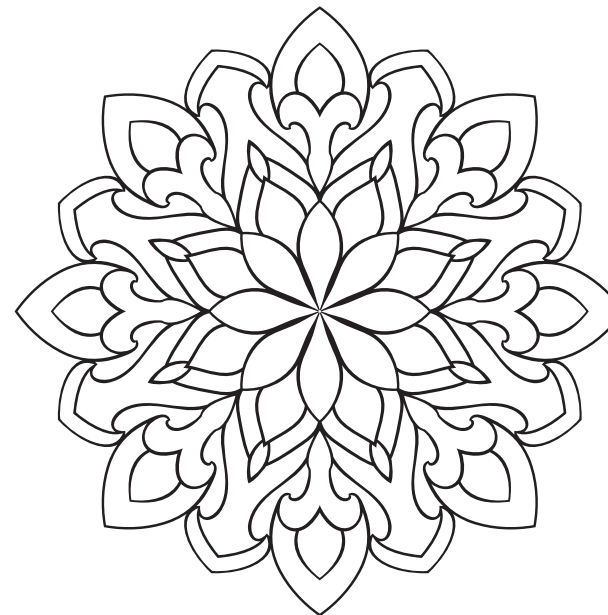


Simple Ways To Practice Mindfulness

- 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.

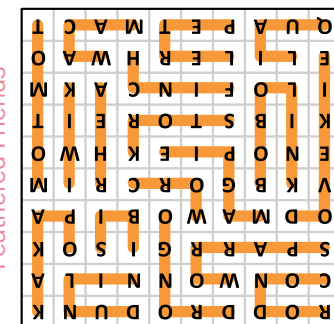
Take a Closer Look

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

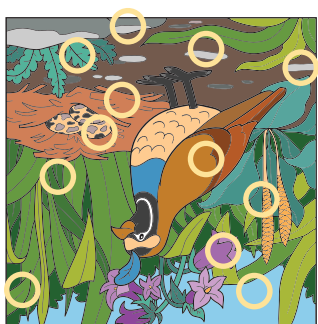
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





The History of Mother's Day

In the United States, Mother's Day was inspired by the British Mother's Day, and was first suggested after the American Civil War by social activist Julia Ward Howe. Howe (who wrote the words to the Battle Hymn of the Republic) was horrified by the carnage of the Civil War and the Franco-Prussian War. In 1870, she tried to issue a manifesto for peace at the international peace conferences in London and Paris. During the Franco-Prussian war in the 1870s, Julia began a one-woman peace crusade and made an impassioned "appeal to womanhood" to rise against war. She composed in Boston a powerful plea that same year (which is generally considered to be the original Mother's Day proclamation), translated it into several languages and distributed it widely. In 1872, she went to London to promote an international Women's Peace Congress. She began promoting the idea of a "Mother's Day for Peace" to be celebrated on June 2nd, honoring peace, motherhood and womanhood. In Boston, she initiated a Mother's Day for Peace observance on the second Sunday in June, a practice that was to be established as an annual event and practiced for at least 10 years. The day was, however, mainly intended as a call to unite women against war. It was due to her efforts that in 1873, women in 18 cities in America held a Mother's Day for Peace gathering. Howe championed the cause for the official celebration of Mother's Day. She held meetings every year in Boston on Mother's Day for Peace and worked tirelessly to see that the day was well-observed. The celebrations fizzled out when she turned her efforts to working for peace and women's rights in other ways, and Howe failed in her attempt to get a formal recognition of a Mother's Day for Peace. However, her remarkable contribution in the establishment of the modern Mother's Day celebration remains intact, and Howe's achievements were recognized when a stamp was issued in her honor in 1988.



Lillian and her daughter, Deva



Eileen with her sons, Kevin and Keith

Howe's idea was influenced by Ann Marie Reeves Jarvis, a young Appalachian homemaker who, starting in 1858, had attempted to improve sanitation through what she called "Mothers Friendship Day." In the 1900s, at a time when most women devoted their time solely on their family and homes, Jarvis was working to assist the healing of the nation after the Civil War. She organized women throughout the Civil War to work for better sanitary conditions for both sides, and in 1868, she began work to reconcile Union and Confederate neighbors. Ann was instrumental in saving thousands of lives by teaching women in her Mothers Friendship Clubs the basics of nursing and sanitation, which she had learned from her physician brother, James Reeves, M.D.

It was Jarvis' daughter, Anna Jarvis, who finally succeeded in introducing Mother's Day as we typically celebrate it today. Ann Marie Jarvis died in Philadelphia on May 9, 1905, and two years later, in 1907, Anna disclosed her intention to start an official Mother's Day celebration, as she felt children often neglected to appreciate their mothers. So supported by her friends, Anna decided to dedicate her life to her mother's cause and to establish Mother's Day to "honor mothers, living and dead." Anna started a letter-writing campaign to urge ministers, businessmen and congressmen in declaring a national Mother's Day holiday. She hoped Mother's Day would increase respect for parents and strengthen family bonds. As a result of her efforts, the first Mother's Day was observed on May 10, 1908, with a church service honoring the late Mrs. Reese Jarvis, in the Andrews Methodist Church in Grafton, West Virginia, where she spent 20 years taking Sunday school classes.



Following this, Mother's Day gained widespread popularity across the nation. The Mother's Day International Association was formed on December 12, 1912, to promote and encourage meaningful observances of the event. From there, the custom caught on, spreading eventually to 45 states. The first Mother's Day proclamation was issued by the governor of West Virginia in 1910. Oklahoma celebrated it in that same year, and by 1911 there was not a state in the Union that did not have its own observances for Mother's Day. Soon it crossed the national boundary, as people in Mexico, Canada, South America, China, Japan and Africa all joined to celebrate a day honoring mothers.

The House of Representatives in May 1913 unanimously adopted a resolution requesting the President, his cabinet, the members of both Houses and all officials of the federal government to wear a white carnation on Mother's Day. On May 7, 1914, a resolution providing that the second Sunday in May be designated Mother's Day was introduced by Representative James T. Heflin of Alabama and Senator Morris Sheppard of Texas. It passed both Houses and on May 9, 1914, President Woodrow Wilson made the first official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the second Sunday of May. He asked Americans to give a public expression of reverence to mothers through the celebration of Mother's Day.

Mother's Day continues to be one of the most commercially successful holidays in the United States. According to the National Restaurant Association, Mother's Day is now the most popular day of the year to dine out at a restaurant in the United States. The occasion is now celebrated with gifts, cards, hugs and other tokens of affection. While many countries of the world celebrate their own Mother's Day on different days and different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia and Belgium which also celebrate Mother's Day on the second Sunday of May. In some countries, the celebration lasts for two days!



Marie with her daughter, Becky, and grandson, Austin



Two beautiful mothers, Barbara and our Administrator, Brandy

Easter Morning at The Palms

Easter morning wouldn't be complete without goodies being delivered to our wonderful residents. This year, we had fruit skewers with a Peep, chocolate bunnies and Orange-aid.



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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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