

The PALMS at La Quinta

ASSISTED LIVING & MEMORY CARE

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

MAY 2020

THE PALMS AT LA QUINTA STAFF

Administrator PATRICK MCADOO-MORTON
Assistant Administrator..... RUTH FROMME
Resident Services Coordinator..... REBECCA GILL
Memory Care Coordinator ROBERT HOPFER
Executive Chef SERGIO ALVAREZ
Community Sales CAROL BALDWIN
Activity Assistant AMANDA BROOKS
Administrative Assistant MARITZA GARCIA
Maintenance Coordinator .. CHRISTOPHER JONES

TRANSPORTATION

Monday, Tuesday, Thursday & Friday,
9 a.m. to 3 p.m.:

Medical Appointments

Wednesday: Excursion Day

HAWTHORN
SENIOR LIVING

Please Welcome Our New Director of Health Services!

Please welcome
our new Director
of Health Services
(DHS) – Stephanie
Johannsen!

Stephanie has
recently moved
from Arizona to
the Coachella
Valley to be closer
to her family. She
is an RN with a
career in nursing,



management, consulting and clinical research. She has a master of science degree; a health administration degree from the College of St. Francis, Joliet, Illinois; and a bachelor of science in nursing from Denver, Colorado, where she graduated summa cum laude.

Stephanie will oversee our entire nursing department, providing leadership, training, guidance and support to our nursing staff, and be available to residents and families. We are thrilled at the level of experience and education that Stephanie brings to our Community, and we look forward to having her as part of our family for a very long time.

When you see Stephanie, please say hello, introduce yourself, and welcome her home!



Welcome Home, Rebecca Gill!

Let's all give a warm welcome home to Rebecca Gill!

Rebecca had been our Resident Service Coordinator (RSC) some time ago; like the prodigal son she left us for an opportunity at Cleo Bay Memory Care, but she has now returned home to us again in the RSC role!

Rebecca is a licensed vocational nurse (LVN), graduating from Cooper Mountain College in Joshua Tree, California. She has a career of nursing and management roles.

In the words of John Sebastian (and the theme song from "Welcome Back, Kotter"):

"Welcome back, your dreams were your ticket out, Welcome back, to that same old place that you laughed about ... Well [some of] the names have all changed since you hung around, But those dreams have remained and they've turned around. Who'd have thought they'd lead ya, Back here where we need ya, Welcome back."

Yeah, we tease [her] a lot 'cause we got [her] on the spot, welcome back, welcome back, welcome back, welcome back, welcome back, welcome back, welcome back!



Wonderful Wildflowers

When will the wildflowers bloom in the desert?

This is one of the most frequently asked questions about desert wildflowers. Unfortunately, it is also one of the most difficult to answer. Each year, the unique combination of sun, wind, water, temperature and elevation sets the stage for the precise location of the best springtime blooms. Use the following information to make your own predictions for this spring's showing.

Rain is needed in small doses throughout the winter. Too little rain provides a poor climate for seed germination. Too much rain and the seeds could rot or be washed away. Showers too early or too late in the season may not help the flowers bloom.

Temperature is also critical. Warm days are a good indicator of a full bloom ahead. If the sun gets too hot though (over 85 degrees F. in February/March) the seeds may become parched and seedlings scorched. Cool nights can assist flower seedlings by slowing the growth of competitors like grasses and mustard. However, very cold temperatures mean bad news for blossoms.

Spring Blooming Periods:

Lower Elevations: 1,000-3,000 feet

Yuccas: March and April

Annuals: February, March and April

Cacti: March, April and May

Higher Elevations: 3,000-5,000 feet

Joshua trees and yuccas: March and April

Annuals: March, April and May

Cacti: April, May and June





The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.



Putting Around

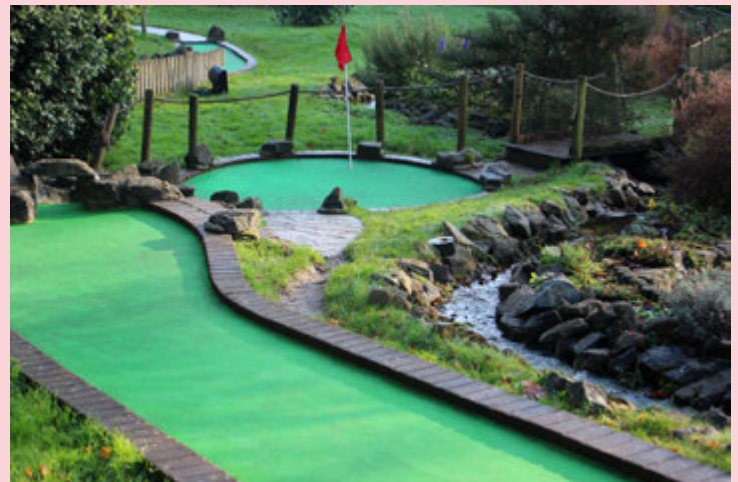
Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.



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 | KIWI |
| CONDOR | MACAW |
| CROW | MAGPIE |
| DOVEKIE | MOTMOT |
| DRONGO | PETREL |
| DUNLIN | QUAIL |
| FINCH | RHEA |
| IBIS | SPARROW |
| KAKAPO | 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.

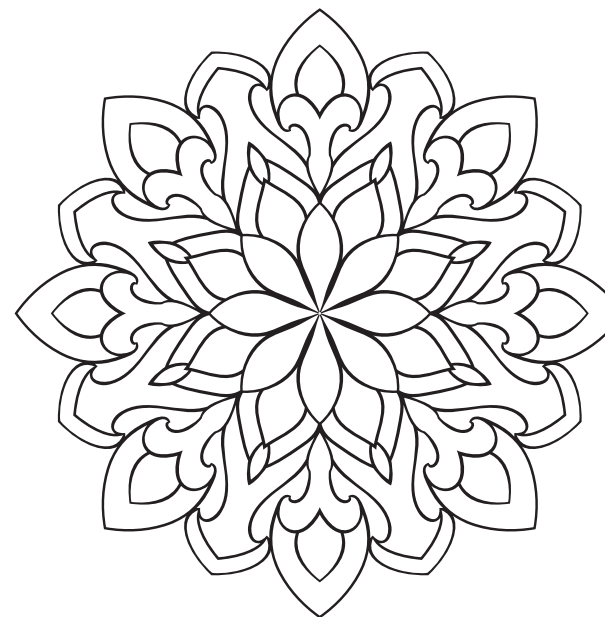


Simple Ways To Practice Mindfulness

- 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

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





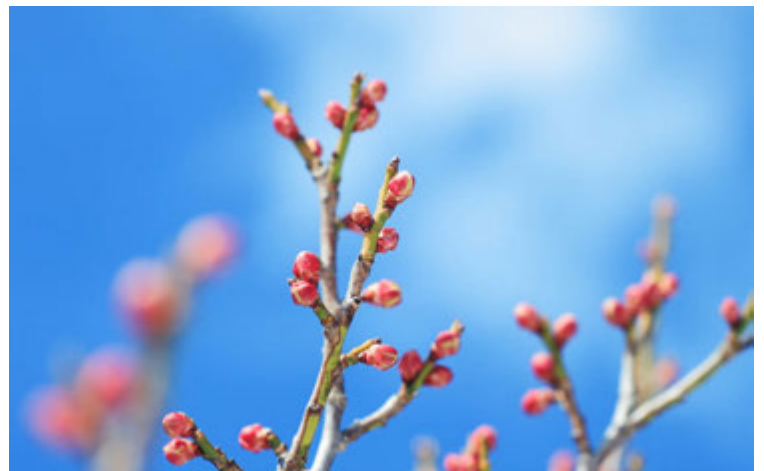
Marvelous May

Springtime is finally here as we welcome sunshine and plenty of warm weather. Below are a few quotes that sum up beautifully all the lovely things the month of May brings.

May, more than any other month of the year, wants us to feel most alive. — *Fennel Hudson*

Another May new buds and flowers shall bring: Ah! why has happiness no second Spring? — *Charlotte Smith*

Among the changing months, May stands confest The sweetest, and in fairest colors dressed. — *James Thomson*



Stimulus Checks

Do I need to file a 2019 tax return to receive a stimulus check?

Not necessarily. If you haven't filed a federal tax return for 2019, the IRS will look at your 2018 return to determine eligibility for a stimulus check. As for Social Security recipients and railroad retirees who haven't filed tax returns for 2018 or 2019, the IRS says it will look at "1099" benefit statements in order to send out \$1,200 stimulus payments automatically to those individuals. No extra paperwork is required, according to the IRS. The IRS says recipients of Social Security Disability Insurance (SSDI) also will receive \$1,200 stimulus payments automatically. However, for those who haven't filed 2018 or 2019 tax returns, and who are not Social Security recipients or railroad retirees, a "simple" tax return will be required even if you don't ordinarily file a tax return. The IRS says it will soon provide filing guidance to individuals in this situation, including low-income workers, Supplemental Security Income (SSI) recipients and Veterans Affairs (VA) beneficiaries.

<https://www.aarp.org/money/taxes/info-2020/tax-return-coronavirus-faq.html?intcmp=AE-HP-FLXSLDR-SLIDE1>



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.

Honoring Women in the Military

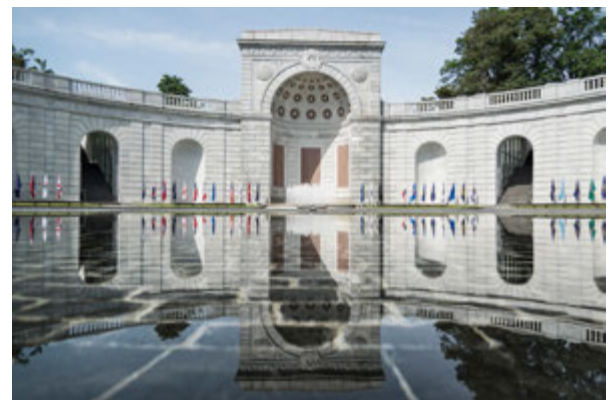
Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.



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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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