

The PALMS at La Quinta

GRACIOUS RETIREMENT LIVING

45190 Seeley Drive • La Quinta, CA 92253 • Phone (760) 345-0022 • www.seniorlivinginstyle.com

MAY 2020

THE PALMS AT LA QUINTA STAFF

Managers..... RUSS & SUSAN PARKER

Assistant Managers MARSHALL &
CINDY JACKMAN

Executive Chef..... MARTIN RODARTE

Activity Coordinator KARINA QUINTANILLA

Maintenance Coordinator.... ESTEBAN LOZANO

Bus Driver OSCAR MENDIETA

Transportation AARON STRICKLAND

TRANSPORTATION

Monday, 9:45 a.m.: Shopping

Tuesday, 9:30 a.m.: Appointments

Tuesday, 1:45 p.m.: Shopping

Wednesday, 12 p.m.: Fun Bus Outing

Thursday, 9:30 a.m.: Appointments

HAWTHORN
SENIOR LIVING

Mother's Day

The second Sunday in May was designated the yearly celebration of Mother's Day on May 9, 1914, by President Woodrow Wilson. The U.S. joins the world in recognizing mothers and their contributions to raising families and the world. Most countries celebrate the second Sunday of May, whereas Mexico celebrates May 10th each year.

Norway observes Mother's Day in February. Macedonia, Russia and Vietnam observe International Women's Day in place of Mother's Day. Syria, Somalia and Egypt celebrate March 21st, the Spring Equinox.

Just as important as mothers, are stepmothers, grandmothers, and foster mothers, who nurture the heart and soul. Oprah Winfrey said, "Biology is the least of what makes someone a mother." Mother's Day is also the day to honor those who have made the choice to love children they did not carry within.

Happy Mother's Day, Mothers, Stepmothers, Grandmothers, Great-grandmothers and especially Great-great-grandmothers who gather exponential love.



The bond between mothers and daughters endures through generations.



Many talents are shared between mothers and daughters, such as Liza Minnelli and Judy Garland.



Mother and daughter, Kate Hudson and Goldie Hawn, both famous actresses.



Caring Community

The words “Love thy neighbor” have been used around the world for centuries in many languages. This month, new guidelines have changed our day-to-day activities and created challenges in staying connected.

More than ever, it is necessary to treat each other with compassion and understanding. Walking throughout the building, it is heartwarming to see residents checking in on neighbors, reminding one another about meal slips, and encouraging one another to hydrate and stretch.

This is a great time to reach out to loved ones with whom we haven’t spoken in some time. It is easy to think they haven’t called us in awhile, but the phone works in two ways and it is wonderful to receive calls, just as it is to make the call.

Residents have been volunteering to make disposable masks using heavy duty shop towels, rubber bands and staples. These masks are used by residents and visiting caregivers to ensure the continued health of The Palms. Infinite gratitude is not enough. Thank you to the many volunteers who came and contributed.



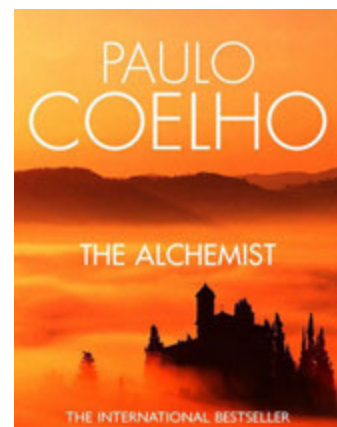
Marilyn Sites, Alice Lohrman and Charlotte Anderson prepare their stations to make disposable masks. Thank you!

May Birthdays

Delores Buckles, 2nd	Beverly Zurcher, 19th
Betty Carroll, 6th	Josh Parker, 20th
Jack Bourquin, 7th	Bruce Jewett, 20th
Don Selk, 8th	Juanita Wright, 27th
Barbara Harrison, 14th	Lynn Santoianni, 28th
Pat Hayhurst, 14th	Joanne Reggio-Craven, 29th
Donna Verbarendse, 15th	Stella Ohanesian, 31st
Verla Backstrom, 16th	

Weekly Reading of “The Alchemist”

Paolo Coelho, a Brazilian lyricist and author, gained global acclaim with his novel “The Alchemist.” As a young man, he told his parents he wanted to be a writer. They felt he should be an engineer, like his father, and had him committed to a mental institution, from which he escaped three times.



International bestseller, “The Alchemist,” will be read as a weekly series for your enjoyment.

In 1988, a small publishing house printed 900 copies of “The Alchemist” in its first publication. Since then, “The Alchemist” has sold over 150 million copies worldwide and has been translated from Portuguese into 56 languages, making it one of the most translated books on the planet!

“The Alchemist” tells the story of Santiago, a shepherd from Andalucia, Spain, who meets the King of Salem, Melchizedek, the man who encourages Santiago to begin the quest to find his destiny.

Anthony Robbins, author of “Awaken the Giant Within,” describes it as: “A remarkable tale about the most magical of all journeys: the quest to fulfill one’s destiny.”

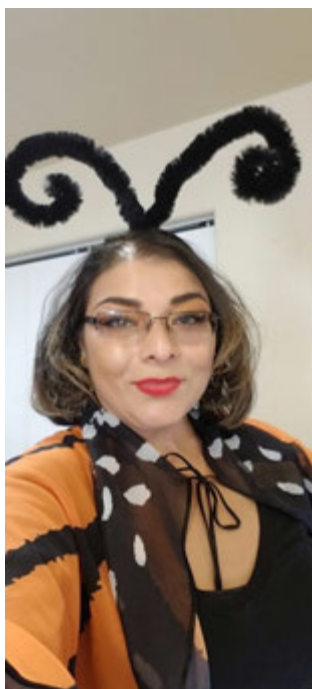
“The Alchemist” is the first of a weekly live reading of the book to allow residents with low vision to enjoy the book, Fridays at 11:30 a.m. Call in from your apartment, on your own phone! You can listen as loud as you want to on your speakerphone, or in your ear using earbuds. Simply call the Conference Call Number: 978-990-5000. When you are asked for the Access Code, enter 813168 and then #.



Spring Has Sprung!

We welcome spring each year in March. This year, staff celebrated spring by pollinating the building with colorful cheer, as staff fluttered about in and out of rooms, around the common areas, while delivering meals or assisting with housekeeping.

Monarch butterflies have an average migration of 3,000 miles. Luckily, the butterflies on staff only had to travel three floors to bring meals lovingly prepared by Chef Martin, Chef Dee and the entire Kitchen staff.



Karina wore a butterfly cape and antennae, twirling around to bring cheer.



Loving staff, Bella, Edgar, Hattie, and Manager Susan, wear brightly colored wings to deliver meals.

Mealtimes

Breakfast Starts: 8 a.m.

Dinner Starts: 12:30 p.m.

Supper Starts: 5:30 p.m.

Here Comes the Easter Bunny!

Staff delivered baskets from the Easter Bunny this year. When was your first visit from the Easter Bunny?

The Palms' very own Arlene Chapman shared that she worked for Hallmark as the Easter Bunny and had the opportunity to delight many families with enduring memories for years. Arlene was gracious in finding a picture of herself to share.



Whether in a studio or a front yard, the Easter Bunny loves taking pictures.



Arlene Chapman worked for Hallmark and delighted families as the Easter Bunny. She is pictured here with her husband, Bob.



Not everyone is a fan of the Easter Bunny.



The tradition of pictures with the Easter Bunny is longstanding.

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.

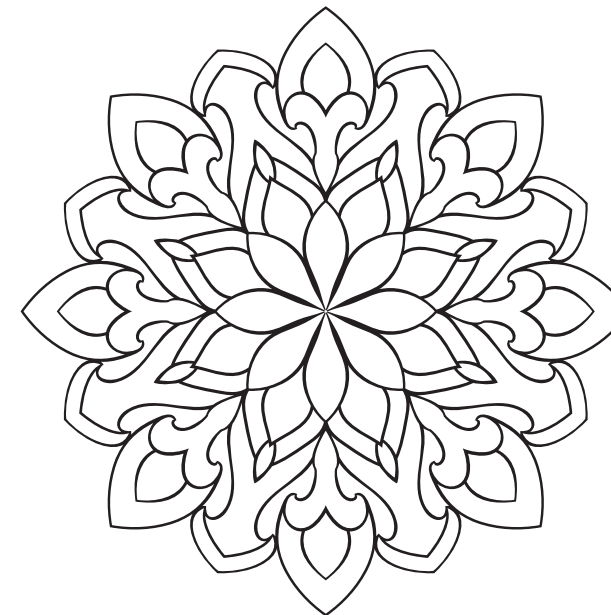


Simple Ways To Practice Mindfulness

- 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.

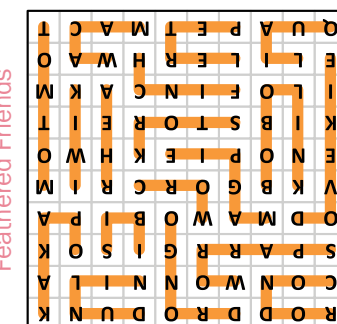
Take a Closer Look

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

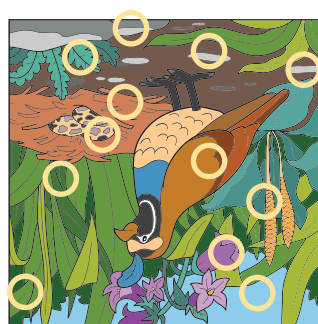
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





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.



The Palms' very own Rosemary Hasler served in the US Coast Guard from 1949-1953.

Classic Radio Hour and Podcasts

Do you recall listening to CBS Radio Mystery Theater? Or how about listening to Tarzan, Lone Ranger, The Shadow, or Batman and Robin? Thanks to technology, you can listen to these once again by using the Conference Call line!

Have you tried to listen to Podcasts? These are radio shows that are broadcast for smaller audiences on a wide variety of topics. There will be a series of podcasts geared for seniors from Health to Finance. There are Bible Study podcasts, too. Dial the conference call at the times you see on the Activities Calendar to join in.

To use the Conference Call line, you simply need a telephone, any telephone. It does not have to be a fancy smartphone. Dial the number 978-990-5000. When you are asked for your access code, you simply dial 813168#. Be sure to dial the # key after you enter the numbers.



Listen to Classic Radio shows and broadcasts on special topics.



CBS Lux Radio featured Cecil B. DeMille, an unidentified supporting actor, Gary Cooper, and Helen Mack.



Paper Plane Contest

The first paper plane contest was held on April 1st, where residents were challenged to fold their plane and launch it from the Second Floor balcony into the Dining Room. Lillian Strasser hit the bullseye!

The second contest was held April 8th, where residents were challenged to race their planes against others. The longest distance traveled by any plane was 22 feet. Lillian's plane took flight and beat the competition a second week in a row. Way to go!

In the spirit of taking flight, enjoy some aviation trivia!

1. What is the fifth busiest U.S. airport (based on passenger enplanements)? ATL is the busiest, LAX is second, third ORD, fourth DFW, fifth JFK!
2. What is the oldest continuous airport in operation in the U.S.? College Park Airport (KCGS), in the city of College Park, Maryland, U.S., is the world's oldest airport in operation, established in 1909 when Wilbur Wright arrived at the field to train two military officers in the U.S. Army.
3. What year did commercial jet service begin? On May 2, 1952, the British Overseas Aircraft Corporation (BOAC) began the world's first commercial jet service with the 44" seat Comet 1A, flying paying passengers from London to Johannesburg.
4. How many engines did the Howard Hughes H" 4 Hercules, aka The Spruce Goose, have? Eight, and had a wing span of 320 feet, 11 inches (97.54 meters).
5. Dulles Airport is named after a former U.S. Secretary of State. What is this person's full name? John Foster Dulles.
6. What was John F. Kennedy International Airport called prior to being named after the former U.S. president? Idlewild. The airport was renamed in 1963.
7. Every U.S. president from Franklin D. Roosevelt to William "Bill" Clinton has had an airport named after him except one. Name the exception. Richard Nixon.
8. What are the four forces needed to make an airplane fly? Thrust, drag, weight and lift.
9. The Memphis Belle is famous for being the first U.S. Army Air Force heavy bomber in World War II to complete 25 missions over Europe and return to the U.S. What type of aircraft was the Memphis Belle? Boeing B" 17 Flying Fortress.
10. O'Hare Airport got its three" letter IATA code, ORD, due to the former name of the airport. What was its name before being renamed O'Hare International Airport in 1949? Orchard Field Airport.



Lillian Strasser launches the winning plane. Birthday gal Charlotte Anderson and Emmy Foss wait to approach the runway.

No Limit Bingo!

New No Limit Bingo is here! As many people can play as they want. Call Karina to sign up for a card, to pay your fees. You can use a landline or a cell phone. You can listen on earphones or use the speaker on your phone. Play on your balcony and get sunshine and fresh air. When it's time to play, call the conference call number, 978-990-5000 and enter 813168# when you are asked for the password. Players can play in the comfort of their rooms.

If you want to play, Karina will pick up your fees and deliver your winnings.

Bob Salisbury, Arrawanna Allen, Pearl Hoyt and Pat Hayhurst were part of the trial game of No Limit Bingo, and they had a great time. We are now set up for fun while keeping everyone at a safe and healthy distance.



Play Bingo with your neighbors from your own apartment.



45190 Seeley Drive
La Quinta, CA 92253



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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