

El Dorado Estates

Gracious Retirement Living

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

JUNE 2020

EL DORADO ESTATES STAFF

Managers..... FRED & LEAH TILlich
Assistant Managers ETHAN
& RACHELLE WEBER
Executive Chef..... CARLOS PIZANA
Sous Chef BRENDEN ORLICZKI
Activity Coordinator ROSALINDA BEATY
Maintenance Coordinator..... STEVE HIGGINS
Bus Driver MARY JANE MARTIN
Head Housekeeper SHERRY 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

Welcome, Dale and Ray Wahrman

Letha Dale Wahrman or Dale, which is what she prefers, was born May 12, 1940, in Walnut Ridge, Arkansas. That's where she acquired that soft, subtle twang in her speech. Dale is Irish and Scotch, but mostly Irish, and she has one living sibling, a half-brother. At the age of 5, Dale moved to California with her parents and lived in San Francisco, Richmond and finally settling in Sacramento.

During her lifetime, after she was married, she enjoyed a career in housekeeping at Red Hawk Casino, from where she retired in 2012.

She moved to El Dorado Estates from Shingle Springs on January 20, 2020, with her husband of 57 years, Ray Wahrman, who she met on a blind date. And we'll get to Ray in a bit and how that blind date turned into a wedding proposal, but first let's continue getting to know more about Dale.

Dale could be described as an outgoing introvert. During our interview, she disclosed that while she was quite nervous about her transition and move to El Dorado Estates, it has been an unexpected surprise to have made so many friends in a short period of time by participating in activities, outings and social gatherings.

She has acquired many hobbies and interests over the years, of which semi-professional league bowling is one. One accomplishment she is proud of is sharing in a first place trophy with the summer league.

Dale's proudest accomplishment is earning her place as a lifetime member of Weight Watchers.



Dale & Ray Wahrman

(Continued on the inside.)



Welcome, Dale and Ray Wahrman (Continued)

One thing you will get to know about Dale is that she loves to shop. Red is her favorite color; red is her preferred clothing choice. Dale's favorite hobby is to take the afternoon getting lost inside a store, walking through the aisles and spending time gazing at all there is to offer before making her selection. The music she would most prefer to listen to while shopping is anything by Elvis Presley, her favorite Elvis song being "Blue Hawaii." Every committed shopper knows they need a good meal after shopping. You will find Dale restoring her energy in the closest Italian restaurant, having ordered pizza and spaghetti. If there is a jukebox in that restaurant, you best believe she will be filling that playlist with Elvis Presley tunes. Dale has two children with her husband Ray, a boy and a girl whom they raised in Sacramento.

Ray was born Raymond Martin Wahrman. During our interview, I became aware that Ray is a straight shooter. He also has a great sense of humor. Ray was born in Los Angeles County on August 3, 1928. He is a mix of German and Austrian from his father and Hungarian on his mother's side. He has one sibling, a half-sister who has since passed away. He grew up in Los Angeles, graduating from George Washington High School.

Ray served in the U.S. Army for 7 years and 10 months, and was in active duty in the Korean War for 18 days.

During his lifetime he worked as a forklift operator at the Army Depot in Sacramento. He also worked for a short time as a driver for Yellow Cab. I tried to coax stories out of him about his time as a cab driver, but nothing doing.

Ray was married once before he met Dale and has a daughter, Yvonne, from that first marriage.

He met his wife of 57 years, Dale, on a blind date. Neither of them were much interested on the date but decided to give it a second date. The second date was a picnic where Ray asked Dale to be his girl. She asked if he was proposing, and he said yes and that sealed the deal. They were married shortly after and had two children.

When speaking with Ray and Dale together, they both agreed that raising their children not to be competitive was a goal they shared. Ray disclosed that he wanted to instill the idea that there will always be someone better, and for the children to work hard and keep a level head about their accomplishments.

Ray has several hobbies, including bowling with wife Dale on leagues and his personal hobby of putting together puzzles. He prefers radio to TV, though he liked the show "Diagnosis Murder." His favorite food is apple strudel, which his aunt used to make from scratch. His favorite performer is Mae West. His most successful accomplishment to date is making it to be 90 years young and living an honest life.

Happy Father's Day

Father's Day began in 1966, 52 years after the first official celebration of Mother's Day in the U.S. in 1914.

The holiday began thanks to a woman named Sonora Smart Dodd, who had been raised with her siblings by her widower father, Civil War veteran William Jackson Smart. Inspired by how her father rose to the challenge of parenting alone, Sonora Smart Dodd thought there should be a special day to recognize dads as well as moms.

We would like to honor all the dads and grandpas and poppas on June 21.

"What Makes a Dad"

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad

— Author Unknown





Sid Beldner



Roy Arnesen

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century. When first imported to the U.S. in the 1800s, the banana was considered an exotic food and eaten with a knife and fork.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger, and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

A medium-sized banana will provide around 320 to 400 mg of potassium, which meets about 10% of your daily potassium needs. Potassium helps your body maintain a healthy heart and blood pressure. In addition, bananas are low in sodium. The low sodium and high potassium combination helps to control high blood pressure.



Cinco de Mayo

Lois Beane was dressed up so festively for Cinco de Mayo! Look at all of her colorful bracelets!



Lois Beane

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

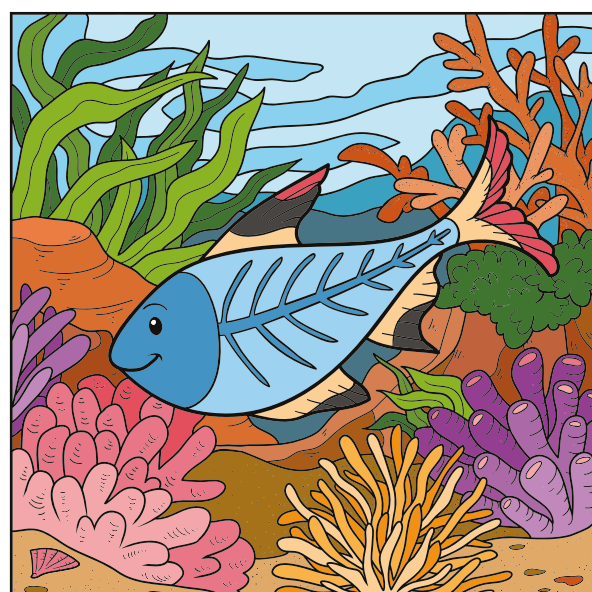
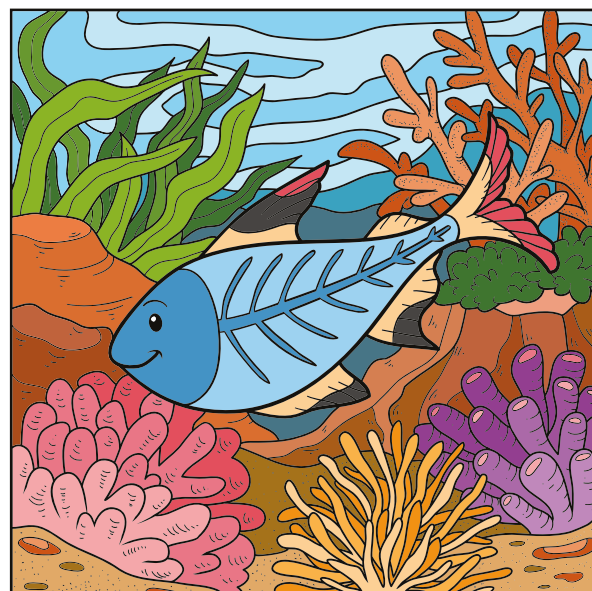
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

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

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





El Dorado Estates Staff Parade

Ever since COVID-19 was presented to the American public and a lockdown followed, our team has been brainstorming ideas in which we could socialize with residents while observing social distancing. A parade around the building sounded like a wonderful idea. We would all get to dress up silly, carry water guns, bring dogs and wear fun hats, carry balloons or batons and the residents would meet us on their balconies at 11 a.m. We didn't know how it would be received, but we lined up in the front entryway that first day and never looked back. It was so much fun! We had music playing and cameras recording reactions from a drone two stories up. Most of the residents appeared on their balconies dressed in costumes or festive hats; some had pompoms, others had noisemakers, while others yielded water pistols. We all laughed, danced, cheered, whistled and fussed over being able to see one another. It was a remarkable event full of joy, love, laughter, and positive energy.

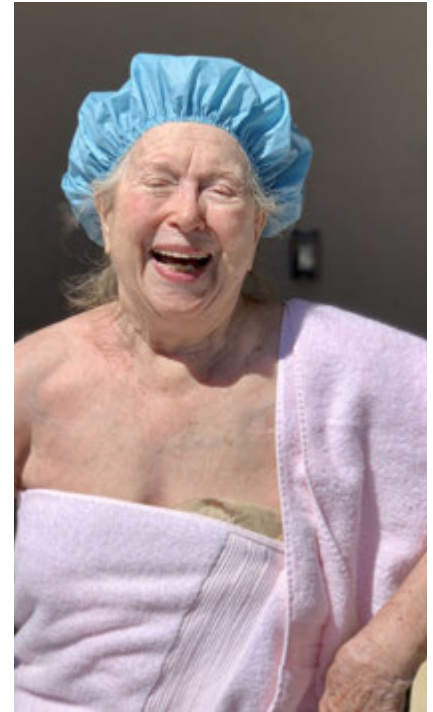
Our staff will continue these parades weekly during COVID-19.



Staff getting the parade started



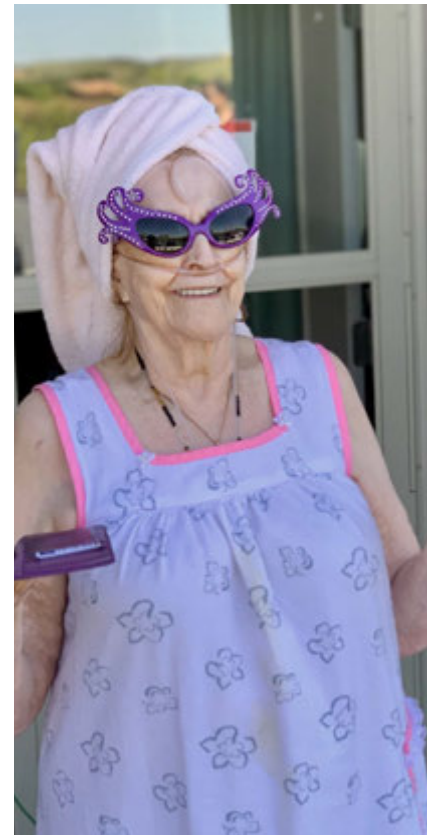
Mary Koupal



Dot Rhodes dressed up for the parade.



Edna is cheering on all the staff at the parade.



Suzie Q



El Dorado Estates Mother's Day Parade

Mother's Day was a huge success. Over 30 decorated vehicles lined up on Town Center Blvd awaiting the 3 o'clock hour. Carloads containing family members of residents drove the perimeter of the building honking, clapping and shouting Happy Mother's Day!!! The energy in the air was palpable, electric and celebratory. The residents were on their personal patios and balconies and gathered in entranceways and exits at the front and back of the building, taking in the LOVE!

Chef Carlos and his team prepared a special elegant Mother's Day dinner to remember. Featured was beefsteak, succulent gulf-shrimp skewer, asparagus and red potatoes, and to follow, a tangy vanilla tart was our dessert. All was delivered lovingly by staff and management to individual rooms with a smile. A single red rose was delivered with dinner to every woman. Accompanying the botanical gift was a hand-delivered luxurious gift of lotion and lip balm in a gift bag to each household with a woman to help our moms better pamper themselves on Mother's Day.



Bobbies York-Norderhaug family



Residents gathering around the front waiting for the parade to start

June's Birthdays

June Tomsovic 6/4	Roberta Canup 6/13
Joan Trotter 6/4	June Ericksen 6/15
Beth Baxter 6/7	Karin Turnquist 6/24
Beth Horlocker 6/7	Betty Kenna 6/24
Shirley Hamilton 6/10	Carmen Fisher 6/24
Jim Bogue 6/11	Marilyn Wosick 6/25
Pearl Harrington 6/12	LaJune Howle 6/30



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When the world
is staying apart,
we are coming
together.

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