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JUNE 2020

SCHOLL CANYON STAFF

Managers..... WILLIAM & RENEE RAUSCHER

Assistant ManagersCLIFFORD & JANET
HANNEMANN

Executive Chef.....ALESSANDRA “ALEX”
MCBRIDE

Sous ChefJOSUE LUNA

Activity CoordinatorMARYBETH
MALONEY THICKE

MaintenancePAUL GONZALES

Bus DriverJUAN PARRA

CLASSY LADIES AND GENTS SALON

Mary Ellen, Owner

Tuesday-Friday, by appointment only

Hair, Nails, Facials

First Floor, Scholl Canyon Estates

818-551-1949



June Birthdays

Happy Birthday to all our residents and staff members born in June. If you are lucky enough to be born during this month, you are humorous.



sociable and talkative. Most people born during this month are the zodiac sign Gemini, which is ruled by the planet Mercury, which is associated with youth. So these people tend to have childish and playful ways about them and are restless and full of life. They are very intelligent and are extremely inquisitive in nature. Famous people born in June include President Trump, Vice President Pence, Marilyn Monroe and Judy Garland.

Here are our “famous” residents and staff born in June:

- Juan Parra June 1st (Staff)
- Mae Kulczycki June 2nd
- May Mak June 8th
- Sally Cantero June 9th (Staff)
- Doc Lee June 12th
- Karen Garcia June 24th (Staff)
- Don Robertson June 25th
- Anthony “Tony” Tamaricio June 26th
- June Vonmoltke June 29th



Father's Day Poem: When God Created Fathers by Erma Bombeck

When the good Lord was creating fathers, He started with a tall frame. A female angel nearby said, "What kind of father is that? If you're going to make children so close to the ground, why have you put fathers up so high? He won't be able to shoot marbles without kneeling, tuck a child in bed without bending or even kiss a child without a lot of stooping.." ..And God smiled and said, "Yes, but if I make him child-size, who would children have to look up to?"

And when God made a father's hands, they were large and sinewy. The angel shook her head sadly and said, "Do you know what you're doing? Large hands are clumsy. They can't manage diaper pins, small buttons, rubber bands on ponytails or even remove splinters caused by baseball bats."

And God smiled and said, "I know, but they're large enough to hold everything a small boy empties from pockets at the end of the day, yet small enough to cup a child's face."

And then God molded long, slim legs and broad shoulders.

The angel nearly had a heart attack. "Boy, this is the end of the week, all right," she clucked. "Do you realize you just made a father without a lap?"

How is he going to pull a child close to him without the kid falling between his legs?"

And God smiled and said, "A mother needs a lap. A father needs strong shoulders to pull a sled, balance a boy on a bicycle or hold a sleepy head on the way home from the circus."

God was in the middle of creating two of the largest feet anyone had ever seen when the angel could contain herself no longer.

"That's not fair. Do you honestly think those large boats are going to dig out of bed early in the morning when the baby cries? Or walk through a small birthday party without crushing at least three of the guests?"

And God smiled and said, "They'll work. You'll see. They'll support a small child who wants to ride a horse to Banbury Cross or scare off mice at the summer cabin or display shoes that will be a challenge to fill."

God worked throughout the night, giving the father few words but a firm, authoritative voice and eyes that saw everything but remained calm and tolerant.

Finally, almost as an afterthought, He added tears.

Then He turned to the angel and said, "Now, are you satisfied that he can love as much as a mother?"

The angel shutteth up.

Transportation

Monday, 9:30 a.m.

1st, 3rd and 5th — Ralph's and Post Office

2nd and 4th — Von's and Rite Aid

Monday, 11 a.m.

1st, 3rd and 5th — Von's and Rite Aid

2nd and 4th — Ralph's and Post Office

Monday, 2 p.m.

CVS Pharmacy

Tuesday and Thursday,

By Appointment Only

Doctor & Medical Appointments

Friday, 10:15 a.m.

1st — 99 Cent Store

2nd — Big Lots

3rd and 5th —
Trader Joe's/Walgreens

4th — Walmart

Friday, 2 p.m.

1st — Trader Joe's/Walgreens

2nd — Target and Macy's

3rd — Dollar King

4th — T.J. Maxx, Ross, Nordstrom Rack



Adventures With Doug

Adventure to Yoho

Tuesday, June 2nd, at 3:30

Activity Room

Please sign up on the Activity Sheet

Lesser known than its Canadian Rockies neighbors Banff and Jasper, Yoho is no less spectacular. In fact, Yoho is a Cree Indian expression meaning awe and wonder. I don't think they could've had a more appropriate name.

Join us for our slide show adventure filled with fun stories, fascinating facts and stunning images. We will venture up Yoho Valley and discover incredible waterfalls, breathtaking scenery and gorgeous vistas.



Yoho Mountain

We Go Bananas for Bananas

Have you ever noticed that the moment the kitchen puts out bananas, they immediately disappear! Why, oh why, are all our residents so addicted to bananas? Well, you are not alone. According to the Medical News Today, bananas can lower blood pressure and may reduce the risk of cancer. They also promote regularity and are good for your heart health. Did you know that one medium banana gives you 9% of your daily potassium needs? We all know that we need potassium to maintain fluid levels in your body. Potassium helps reduce the sodium levels on 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. Bananas are great for digestive health as well. Doctors often recommend the BRAT diet for people with upset stomachs. The B in BRAT stands for banana, and they replace nutrients that we lose when we have diarrhea. What you may not know about bananas is that they contain tryptophan, an amino acid that helps preserve memory, boosts a person's ability to learn and remember things, and regulates your mood.

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.

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

When the snack cart comes around, don't be shy. Take a banana or two. Eat up ... because the healthy benefits of bananas are endless.

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

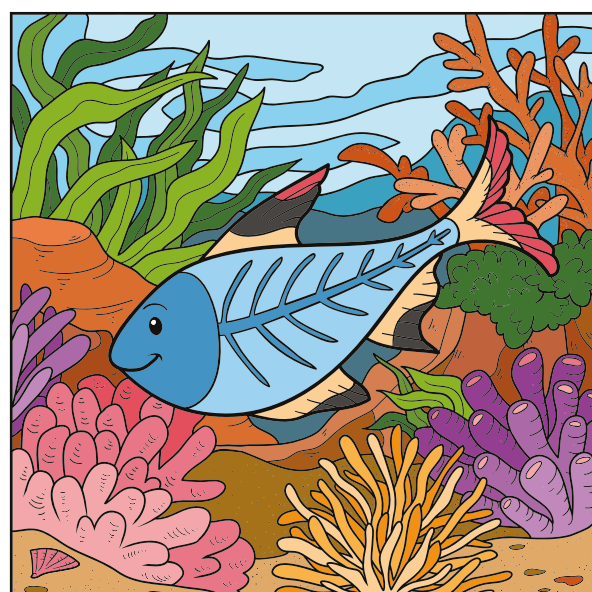
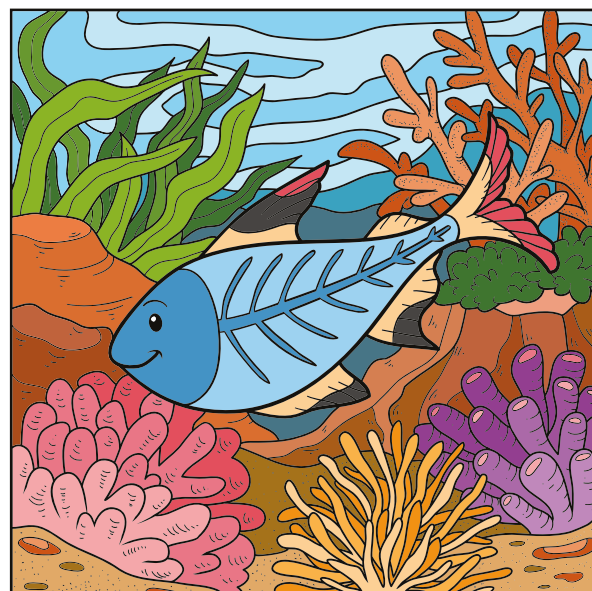
Summertime Snicker

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



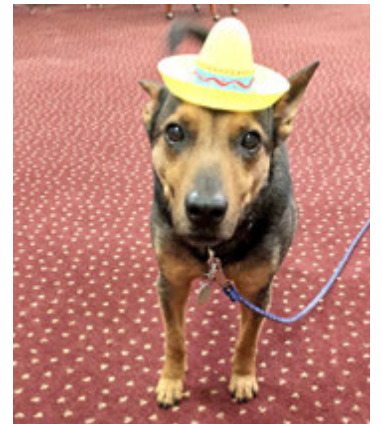


Happy Happenings at Scholl

Not only did “April showers bring May flowers,” the month of May also brought us out of our rooms and celebrating Cinco de Mayo, Esther Levine’s 103rd birthday, and Mother’s Day. Managers and staff were thrilled to see our residents roaming about the common areas and taking walks in our neighborhood. The Activity Room was filled with 10 people at a time, 6 feet apart. Marybeth and Banksy (Scholl’s therapy dog) were once again happy to play and hang out with residents! However, it was the residents who really enjoyed coming out of their rooms and socializing again. As we like to say in our Hawthorn communities, “6 feet apart and close to the heart.” Cinco de Mayo was a very festive day around the halls of our building. Managers and staff dressed in sombreros while shaking maracas, dancing and singing through the hallways, knocking on doors and entertaining the residents. Paul and Juan impressed everyone with their fancy dance moves. Scholl Canyon was featured on the news a lot during the month of May. Once for Esther’s 103rd birthday when residents came out onto their balconies and sang Happy Birthday while Chef Alex wheeled out a huge homemade cake. KNBC put the fun celebration on their nightly newscast. The following week, we arranged a very special Mother’s Day visiting station outside in the carport for our residents to gather 6 feet apart with their families. KABC Channel 7 aired the footage four times and even put it on their website. Also, a wonderful article ran in the Crescent Valley Newspaper on May 14th. Take a look at some wonderful things we did last month that brought life back into our community:



Asia and Karen serving a special Cinco De Mayo dinner



Banksy ready for the fiesta!



Esther's 103rd birthday celebrated with a special cake made by Chef Alex



Jean and her family get into the Mother's Day spirit 6 feet apart.



Renee and William wish Gilda and her daughter Patricia Happy Mother's Day.



Kay has a lovely visit with her son and daughter-in-law.



Janet and Clifford entertain the residents going door to door on Cinco de Mayo.



Fishing: A Sport or a Hobby

People have debated for years as to whether fishing is a hobby or a sport. I guess it would depend on who you ask. However, according to saltstrong.com, there are 5 reasons why fishing is a sport.

1. Anglers and athletes have a lot in common. If you've ever fought a large fish for 15 minutes, chances are you know how much energy, strength and stamina it takes. Just like athletes, anglers need to eat a good, healthy breakfast and lunch to get them through a long day of fishing.
2. Just like any sport, fishing keeps you physically fit and is a great stress reliever.
3. Fishing promotes mental, emotional and social well-being.
4. Fishing teaches leadership, discipline and perseverance.
5. Fishing gives anglers a sense of accomplishment and joy ... just like all sports.

For those of us who aren't fishermen, here's some information that will help you feel like an angler and talk like one too. If you open up an angler's tackle box, there's likely to be a few fishing lures inside. An alternative to live bait, lures come in a variety of styles.

Crankbait: Also called cranks or plugs, these popular lures are made of plastic or wood and look like bait such as small fish or frogs. An attached piece, or lip, on the lure controls how it moves in the water. Cranks usually have multiple hooks.

Jigs: A hook with a weighted metal head that allows it to sink, this type of lure is made for jigging, a style of fishing where the rod is lifted and lowered back down repeatedly, creating a dancing movement to attract fish. To make it more appealing, the lure's hook can be adorned with feathers, a fake worm, or live bait.

Spinnerbait: These lures have small oval blades that spin like a propeller when pulled through the water. Usually sporting a fringed "skirt" made of strands of rubber or animal hair, a spinner's horizontal movements are irresistible to fish such as bass, perch and pike.

Spoons: One of the oldest lures used was a common utensil — a spoon with its handle removed. Modern spoons are simply curved metal lures with a hook. The curved shape makes the lure wobble side to side, resembling injured bait to hungry fish.

Flies: To make these lures used for fly fishing, anglers tie fur, feathers or thread around a fishhook so that it resembles an insect or crustacean. Because of the skill involved, tying flies is considered an art.

Carl's Corner

Kangaroos carry their joeys in their pouches.

A kangaroo WORD is one that contains a joey, which happens to be a synonym for the word itself.

The letters of the synonym appear in their proper order, but are not necessarily consecutive.

For instance: destRUctIoN (RUIN), pLagIARist (LAIR), MAscuLinE (MALE).

How about dEVILish?

Works with multiple joeys: perambulate (ramble, amble), container (can, tin), routine (rote, rut), community (county, city).

More word trivia: Longest one-syllable word in English? "Strengths." The shortest word containing all five vowels? "Sequoia." And if you want to describe a tree as sequoia-ish, you could say sequoia-y to include "and sometimes Y..." So, there.

Longest words without repeating a letter? It was "uncopyrightable" until someone unearthed "subdermatoglyphic," which refers to the elements of fingerprint study (the loops and whorls).

A synonym for synonym? Here are TWO! Polyonym and poecilonym.

Scholl Canyon Estates
Gracious Retirement Living

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

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