

The PALMS at La Quinta

ASSISTED LIVING & MEMORY CARE

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

JULY 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 Coordinator.....ROBERT PADILLA
Activity Assistant.....AMANDA BROOKS
Administrative Assistant.....MARITZA GARCIA
Maintenance Coordinator..CHRISTOPHER JONES

TRANSPORTATION

**Monday, Tuesday, Thursday & Friday,
9 a.m.-3 p.m.:** Medical Appointments

Wednesday, Excursion Day

HAWTHORN
SENIOR LIVING

A “Beautiful” Tribute

Expressing national pride “from sea to shining sea,” the stirring anthem “America the Beautiful” turns 125 this month.

The song’s lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor

at Massachusetts’ Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, “the sea-like expanse of fertile country ... under those ample skies.”

Inspired, she finished her poem during the trip, but didn’t publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4th, 1895.

For a while, “America the Beautiful” was sung to the melodies of various folk tunes, including “Auld Lang Syne.” But it was a hymn titled “Materna,” composed in 1882 by Samuel A. Ward, that became the most common music for Bates’ lyrics and is still used today.

“America the Beautiful” has become a patriotic standard and is often played at national celebrations and sporting events.



Quote

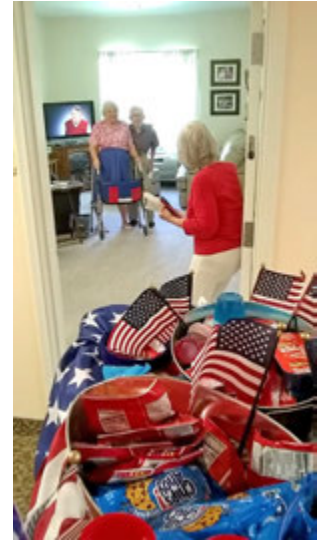
“We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness.” — *Thomas Jefferson*



Memorial Day Spirit Cart and Anthem Tribute

For Memorial Day here at The Palms we visited each of you, room to room, with a wonderful spirit cart filled with treats to share for the special holiday.

Mrs. Niina Davis gave a sentimental musical tribute to honor our nation's fallen soldiers by serenading each resident with the national anthem and other patriotic songs. All were inspired and moved by the sentiment.



Mrs. Arlette Mathews was presented with a Gold Star tribute flag commissioned by Ruth and fabricated by Robert to honor her son Robert's memory. A touching reminder of the proud and dedicated service we all so greatly appreciate from our nation's fallen heroes in uniform.



Arlette Mathews receives a Gold Star Flag in honor of her son Robert.





Family Is Love

Here at The Palms and throughout the state we are dealing with the circumstances and inconveniences of the Covid-19 pandemic. This includes separation from our loved ones and feelings of loneliness.

We know how important it is to connect and see our beloved family members and for this very reason we have created a social distancing visitation room in Room 129 located in the back of the building, marked by a beautiful banner and outdoor seating. We also are scheduling FaceTime phone calls to connect through video chat with residents and loved ones. Please take advantage of this wonderful opportunity to stay in touch by scheduling a visit or call with the front desk.



July Birthdays

Sally Devine, 1st
Nina Davis, 11th

Sybil Frost-Clark, 11th
Richard Henry, 24th

Patriotic Movie Picks

Enjoy the Fourth of July with these movies that celebrate the red, white and blue.

“Yankee Doodle Dandy” (1942) — This biographical musical stars James Cagney as Broadway entertainer George M. Cohan, who composed the celebrated tunes “You’re a Grand Old Flag” and the World War I anthem “Over There.”

“The Longest Day” (1962) — With an all-star international cast that includes John Wayne, Richard Burton and Sean Connery, this drama follows the 1944 D-Day invasion from multiple points of view.

“Glory” (1989) — Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

“Independence Day” (1996) — An invasion by space aliens, a Fourth of July mission, and a rousing speech about saving mankind make this action movie a favorite decades after it premiered.

“Miracle” (2004) — This feel-good film is the inspiring true story of the U.S. men’s hockey team win over the Soviet Union at the 1980 Winter Olympics. Kurt Russell plays U.S. coach Herb Brooks.

“Captain America: The First Avenger” (2011) — With a superhero sporting red, white and blue and a World War II setting, this Marvel Comics adventure radiates American pride.

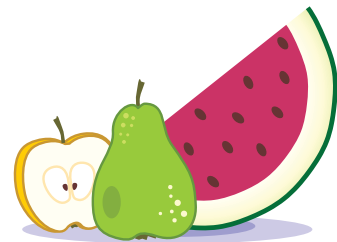
“Hidden Figures” (2016) — Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps in the mission to make John Glenn the first American to orbit the Earth.



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

APPLE	PEAR
APRICOT	PINEAPPLE
BANANA	PLUM
BLUEBERRY	RASPBERRY
CHERRY	WATERMELON
GRAPEFRUIT	
LEMON	
MANGO	
ORANGE	
PEACH	

A colorful illustration of three fruits. On the left is a green apple with a brown stem and a small leaf. In the center is a green pear with a brown stem and a small leaf. On the right is a triangular slice of watermelon with a thick green rind, a white inner rind, and a red flesh with black seeds.

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

The object of the game is to fill all the blank squares with the correct numbers.

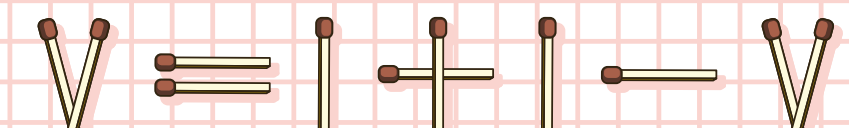
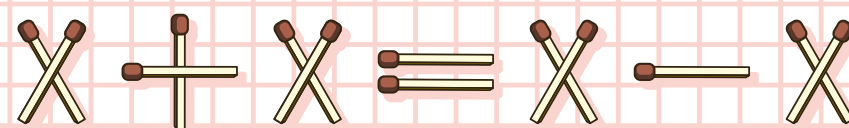
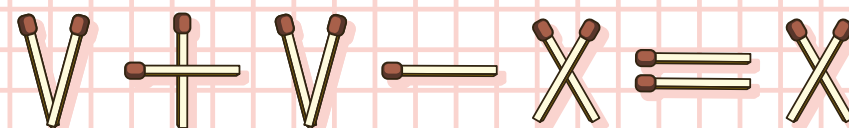
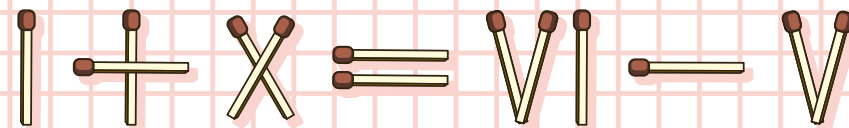
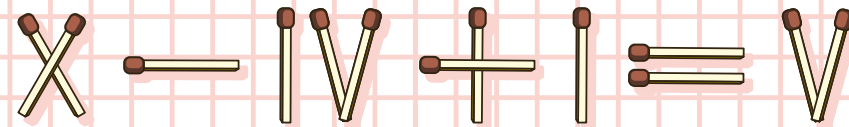
Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

In every row replace just one matchstick to make the equation correct.



Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie

Matchstick Math

$$X-V+I=VI; I+X-VI=V; V-V+X=X; X+X-X=X; V-I+I=V$$

Secret Superheroes

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

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

Sudoku

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

Fruits and Berries

Match these
superheroes to their
alter egos.

Superhero

1. Captain America
2. Superman
3. Wonder Woman
4. The Green Hornet
5. Daredevil
6. Supergirl

Name

- A. Britt Reid
- B. Diana Prince
- C. Steve Rogers
- D. Clark Kent
- E. Linda Danvers
- F. Matt Murdock



California Real IDs Are “The Way of the Future” ... Literally

Due to circumstances resulting from the Covid-19 pandemic and the national emergency declaration, the Department of Homeland Security, as directed by President Donald J. Trump, is extending the Real ID enforcement deadline beyond the current October 1, 2020, deadline. “I have determined that states require a 12-month delay and that the new deadline for Real ID enforcement is October 1, 2021.”

1. What is Real ID and why do I need it?

A Real ID is a driver license or identification card issued by the California DMV that is also a federally accepted form of identification. It can be used to board a domestic flight within the U.S. and enter secure federal facilities, such as military bases, federal courthouses and other secure federal locations.

2. What do you need for the real ID?

To get a Real ID, you need to present documents to your motor vehicle department proving your age and identity, Social Security number and address. That generally means bringing a birth certificate or passport, a Social Security card or tax form such as a W-2, and two proofs of address.

3. Why do I need a Real ID?

Starting on Oct. 1, 2021, you will need a Real ID (or passport) for the following:

To board a flight within the United States.

Enter military bases or secure federal facilities.

4. Do I need to make an appointment to get a Real ID? How do I make an appointment?

An appointment is not required, but strongly recommended. You can make an appointment on the DMV website.

5. Can I just drop in to my DMV office without an appointment?

Yes, but it is strongly recommended to have an appointment.

6. What are DMV office hours?

DMV office hours are 8 a.m. to 5 p.m., Monday through Friday. Offices open at 9 a.m. on Wednesdays. Select DMV locations are open Saturdays. Check your local DMV here for more information regarding Saturday hours.

7. Do I have to wait until my current ID is expiring, or can I get a Real ID sooner?

If you are planning to fly after the date your current ID is expiring, then you should make an appointment and get a Real ID before. If you have a passport, you can use it to travel after October 2020, then apply for a Real ID when it is time to renew your current ID.

Note: Residency documents must show the applicant's name and list the same address that will appear on the federal compliant Real ID driver license or identification card.

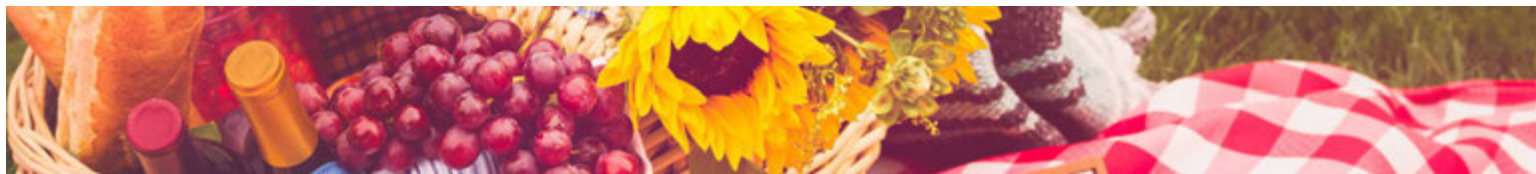
8. Are there alternative IDs I can use while traveling instead of a Real ID?

You may use a valid U.S. passport or U.S. passport card, military ID or other federally approved identification to travel after October 1, 2020 if you do not have a Real ID.

The REAL Difference of a REAL ID

"REAL ID" Driver License/ID Card	Federal Non-Compliant Driver License/ID
<ul style="list-style-type: none"> You must go to a DMV office and bring proof of: <ol style="list-style-type: none"> 1. Identity 2. Social Security number 3. California address Use it to board a plane. Use it to enter a secure federal facility (such as a military base). 	<ul style="list-style-type: none"> NOT allowed for boarding a plane starting October 1, 2020. NOT allowed to enter a secure federal facility starting October 1, 2020. Has text on the front that says "FEDERAL LIMITS APPLY"

For more information visit REALID.dmv.ca.gov



Important July Historical Dates

July 1, 1863, began the three-day battle of Gettysburg, a desperate attempt by General Robert E. Lee to relieve the strain on his own Confederate troops by invading the North. The battle became the turning point of the Civil War, in favor of the Union.



Battle of Gettysburg

July 4, 1776, On this day, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.



*Franklin, Adams
and Jefferson*

July 8, 1776, four days after the Continental Congress approved the Declaration of Independence, was the first public reading of the Declaration. The National Archives and Records Administration displays a complete transcript of the Declaration on its website.

July 16 to 20, 1969, was the historic space journey of Apollo 11. Wouldn't it have been astonishing to stand where Neil Armstrong stood and contemplate the vastness and the silence of God's creation?



Apollo 11

On July 31, 1790, Samuel Hopkins was issued the first patent in the United States. Hopkins had developed a process for creating potash, an ingredient in fertilizer. Since Hopkins's patent, more than 6 million patents have been issued — that probably includes several kitchen sinks!

July

July is here along with the heat! Residents of The Palms, you are certainly a strong and enduring bunch! With all that has occurred in the last few months you remain strong and diligent in your resilient spirit. Everyone is working together ... (6 feet apart, that is) to make life enjoyable during these strange and uncertain times.



Hallway Brainteaser Challenges



Aromatherapy Hallway Meditations

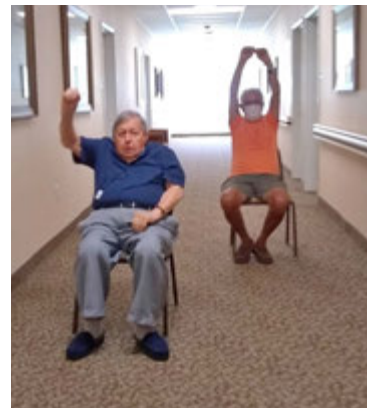
We all have to remember that this too shall pass and we will get back to visiting and celebrating soon enough ... but with patience and hope we must believe that it will come sooner than later!

With Independence Day and summer fun to look forward to, July looks to be a fun-filled month. We will be continuing to hold hallway activities of multiple disciplines in which we implore you to join in on!

Stay safe and stay healthy!



Practice social distancing



Seated chair stretch

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we are coming
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