

# El Dorado Estates

## Gracious Retirement Living

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

### AUGUST 2020

#### EL DORADO ESTATES STAFF

Managers..... FRED & LEAH TILICH  
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

### El Dorado Estates' County Fair

The local fairgrounds may be closed this year, but we aren't going to let that stop us from experiencing the fair for ourselves! Watch for all the details and happenings that will take place from Sunday, August 2nd through Saturday, August 8th! From homemade funnel cakes to dart contests — you'll want to mark you calendars!



*Diane enjoying the Fourth of July*



*Trudy looking lovely and patriotic*



## Things Are Back to Normal, Sort Of!

During different intervals of the pandemic, most and eventually all resident outings and activities ground to a halt. While all citizens are participating in, upholding and maintaining social distancing protocols, our El Dorado Hills community has begun to slowly churn its gears, slowly moving to our new normal.

For two months all activities ceased to exist. The Dining Room closed and all meal service was redirected to room delivery only. Residents were mostly in their apartments and most Common Areas were all closed up. Even Housekeeping had restrictions!

Slowly but surely in June, several community activities resumed.

On Monday, June 15th, the Dining Room reopened for full meal service. The Movie Theater is once again showing popular films.

Nancy Thai is back in Posey's taking appointments to make you beautiful.

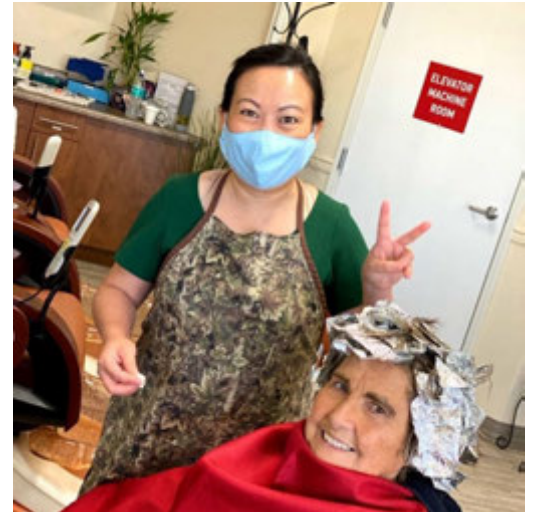
And we are happy to say there is always a full, socially distant house for BINGO! Sweet Shelly continues to serenade a packed Dining Room weekly with her rich, soulful, melodic singing voice.

Our Scenic Drives have continued weekly and are always relaxing, beautiful and inspiring. Residents have been able to visit stores once again and our shoppers are not missing a chance to participate in visiting a grocery store to get supplies.

Rosie is in the Activity Room Kitchen baking homemade cakes while continuing to inspire creativity with projects like diamond picture art, beaded wind chimes, safety pin American flags, red, white and blue tie-dye t-shirts and scarves to celebrate our patriotic summer holidays. Every week in the Resident Kitchen, Rosie is baking, from scratch, yummy cakes including a cinnamon coffee cake with roasted almonds, a "Do-Nothing" cake with pineapple, coconut and pecans, and a fruit cocktail cake for residents to enjoy!

We had a sizeable turnout for our Watermelon Party on July 3rd. We are happy to report that there was no shortage of cheers and laughter! We sampled sparkling watermelon juice and munched on fresh watermelon spears. One of our 'kitchen kids' — a staff member — took first place in the watermelon eating contest. His name is Steele and he took 1st place, devouring six pieces of watermelon in 20 seconds. Representing our residents was Jeanne Miramon, known affectionately around here as 'Frenchie,' who took second place for scarfing five pieces in 20 seconds. Big congratulations to Jeanne M.! Finally, as if all of that was not exciting enough, contestants lined up for the grand finale, the watermelon seed spitting contest. One has not lived until you have puckered and tuckered your lips, and stretched out your hips to spit that little seed in front of a live audience. People's competitive nature really came out in this contest. Our very own Rachelle claimed first place, hurling the slippery seed a whopping 16'8".

Wowza! Everyone, both residents and staff, had great fun attending and participating.



*Nancy is back and making you beautiful!*



*Fred and Leah on one of the first days back for breakfast*





*Setting up for watermelon eating contest*



*Jeanne Miramon*

## Get to Know: Suzie “Q” Ball

Sitting with Suzie “Q” Ball was a treat. She was eager to chat and share a few experiences and stories from her life. She described herself as a caretaker by nature and trade, and she is always looking for someone to help. Her friends would describe her as very caring, fun, outgoing, creative, and organized.

Suzanne McDonald Crittendon Ball was born in Beloit, Wisconsin, to English and Irish parents on May 27, 1942. She was the youngest of her parents’ two children. Her brother, Larry, was born 5 years earlier.



*Suzie “Q” Ball*

After the war, at the age of 4, her parents packed up the family trailer and pulled it 1,988 miles from Wisconsin to Burbank, California. Suzie’s best memories from her childhood were forged during this period while the family lived in a small trailer at Pickwick Gardens in Burbank, California. A child’s dream come true, Suzie’s family parked the trailer at the Park for 5 years until the limited space became too small to house the growing family. Perhaps some are familiar with Pickwick Park, which first opened in the early 1940s and boasted a million-gallon swimming pool, a first-rate snack bar and common area for locals to gather, soak and escape the intense summer heat in the San Fernando Valley. From ages 13 to 17, Suzie spent her summers working the Park’s snack bar for \$.50/hr. In the 1950s, the Park was sold and a skating rink added.

Suzie described herself as an outdoorsy girl; a tomboy. As a child, she loved to swim, climb trees and ride horses. She has the scars to prove it, and boasted of breaking her arm climbing and falling from a tree.

From childhood through high school, she participated and excelled in the Brownies to the Girl Scouts, up to the Senior Scouts where she learned various survival skills including building campfires. Her biggest take away is the ability to work well with others and relationship building skills she learned.

In 1952, the family of four moved from the Pickwick Trailer Park and into their new family home also in Burbank next door to Suzie’s future husband and father of her children, William Crittendon. Of course, she didn’t know it at the time, she was only 10.

*Continued on page 7.*



AUGUST  
2020

Birthdays

Ray Wahrman, 3rd  
Adam Wosick, 11th  
Claire Manhart, 12th  
Maureen Anderson, 18th  
Mort Schaefer, 19th  
Sheila Eyre, 21st  
Doris Fretwell, 28th

Locations

Activity Room, AR  
Activity Room  
Kitchen, ARK  
Atrium, AT  
Billiard Room, BR  
Bistro, B  
Bus Transportation, BUS  
Chapel, CH  
Courtyard, CY  
Dining Room, DR  
Fitness Center, FC  
Library, LIB  
Lobby, L  
Movie Theater, MT  
TV Room, TV  
Van, VAN

“A dog is  
a window  
to Mother  
Nature.”  
—Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>10:00 Saturday Crossword Puzzle, DR</div> <div>10:00 Music Appreciation with Rachelle, DR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>5:30 Saturday Night Dinner Music, DR</div> <div>6:45 Evening Movie, MT</div>
<div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>11:30 Dessert: Ice Cream Sandwiches, DR</div> <div>11:30 Dessert</div> <div>1:00 Dessert: Ice Cream Sandwiches, DR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Craft: Popsicle Stick Planter, AR</div> <div>9:30 Yoga with Laurie, FC</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:00 Bingo with Katie, DR</div> <div>3:00 Refreshing Snack: Watermelon Kabobs, ARK</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Tuesday Church Service with Chaplin Dave, CY</div> <div>9:45 Strength &amp; Balance, FC</div> <div>10:30 Color with Rosie, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Carnival Snacks: Cotton Candy &amp; Kettle Corn, ARK</div> <div>3:00 Fun Games: Dart Balloon Toss, AR</div> <div>6:45 Evening Movie, MT</div> <div>7:00 Mexican Train, BR</div>	<div>9:30 Yoga with Laurie, FC</div> <div>9:30 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Wii Bowling with Rosie, AR</div> <div>2:00 Scenic Drive with M.J., BUS</div> <div>3:00 Bingo with Katie, DR</div> <div>3:00 Afternoon Snack: Cheesy Nachos, ARK</div> <div>6:45 Evening Movie, MT</div>	<div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength &amp; Balance, FC</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Carnival Snacks: Snow Cones &amp; Funnel Cake, ARK</div> <div>3:00 Fun Afternoon Games: Ping Pong Toss, AR</div> <div>3:00 Singalong with Shelly, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:45 Strength &amp; Balance, FC</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Fair Fun: Water Balloon Toss &amp; Squirt Gun Trivia, CY</div> <div>3:00 Bingo with Katie, DR</div> <div>3:00 Outside Games: Ring Toss, CY</div> <div>6:45 Evening Movie, MT</div>	<div>10:00 Saturday Crossword Puzzle, DR</div> <div>10:00 Music Appreciation with Rachelle, DR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Snack: Buttered Fair Corn, ARK</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>5:30 Saturday Night Dinner Music, DR</div> <div>6:45 Evening Movie, MT</div>
<div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Yoga with Laurie, FC</div> <div>9:30 Craft: Watermelon Mason Jars, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Tuesday Church Service with Chaplin Dave, CY</div> <div>9:45 Strength &amp; Balance, FC</div> <div>10:30 Color with Rosie, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Golf Putting, AR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Yoga with Laurie, FC</div> <div>9:30 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Wii Bowling with Rosie, AR</div> <div>2:00 Scenic Drive with M.J., BUS</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength &amp; Balance, FC</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Singalong with Shelly, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:45 Strength &amp; Balance, FC</div> <div>10:00 Explore Karin's Fabulous Wardrobe Collection, AT</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:00 Afternoon Snack: Ice Cream Sundaes, ARK</div> <div>6:45 Evening Movie, MT</div>	<div>10:00 Saturday Crossword Puzzle, DR</div> <div>10:00 Music Appreciation with Rachelle, DR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>5:30 Saturday Night Dinner Music, DR</div> <div>6:45 Evening Movie, MT</div>
<div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>11:30 Dessert: Klondike Bar, DR</div> <div>1:00 Dessert: Klondike Bar, DR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Yoga with Laurie, FC</div> <div>9:30 Craft: DIY Summer Beach Sign, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:00 Bingo with Katie, DR</div> <div>3:00 Afternoon Dessert: Rosie's Cupcakes, ARK</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Tuesday Church Service with Chaplin Dave, CY</div> <div>9:45 Strength &amp; Balance, FC</div> <div>10:30 Color with Rosie, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Golf Putting, AR</div> <div>6:45 Evening Movie, MT</div> <div>7:00 Mexican Train, BR</div>	<div>9:30 Yoga with Laurie, FC</div> <div>9:30 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Wii Bowling with Rosie, AR</div> <div>2:00 Afternoon Dessert Run: Sweets &amp; Sugars, BUS</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength &amp; Balance, FC</div> <div>10:00 Chef's Corner with Carlos, CY</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Singalong with Shelly, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:45 Strength &amp; Balance, FC</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>10:00 Saturday Crossword Puzzle, DR</div> <div>10:00 Music Appreciation with Rachelle, DR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>5:30 Saturday Night Dinner Music, DR</div> <div>6:45 Evening Movie, MT</div>
<div>10:00 Sunday Church with Pastor Jerry, CY</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Yoga with Laurie, FC</div> <div>9:30 Craft: Mini Mason Jar Aquarium, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:30 Tuesday Church Service with Chaplin Dave, CY</div> <div>9:45 Strength &amp; Balance, FC</div> <div>10:30 Color with Rosie, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Golf Putting, AR</div> <div>6:45 Evening Movie, MT</div> <div>7:00 Left Center Right, AR</div>	<div>9:30 Yoga with Laurie, FC</div> <div>9:30 Scenic Drive with M.J., BUS</div> <div>11:30 Spanish Class with Carol Fierro, AR</div> <div>1:45 Afternoon Matinee, MT</div> <div>2:00 Wii Bowling with Rosie, AR</div> <div>2:00 Scenic Drive with M.J., BUS</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:00 Thursday Word Search Puzzle, AR</div> <div>9:45 Strength &amp; Balance, FC</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Singalong with Shelly, DR</div> <div>6:45 Evening Movie, MT</div>	<div>9:45 Strength &amp; Balance, FC</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>6:45 Evening Movie, MT</div>	<div>10:00 Saturday Crossword Puzzle, DR</div> <div>10:00 Music Appreciation with Rachelle, DR</div> <div>1:45 Afternoon Matinee, MT</div> <div>3:00 Bingo with Katie, DR</div> <div>3:30 Billiards with Ethan, BR</div> <div>5:30 Saturday Night Dinner Music, DR</div> <div>6:45 Evening Movie, MT</div>
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## Our Ground Up Farm Outing

It was a breezy 72 degrees on Monday, July 6th, that we had our first bus outing to Our Ground Up Farm. This was a special treat! A small group of eight residents traveled 25 minutes through a remnant of America's pasturelands to the town of Wilton to get up close and personal with several 100 percent grass fed, hormone and antibiotic-free dairy heifers.

We arrived to chairs set up in a shady spot on the lawn where owner and farmer, Susan Munoz met us for a personalized farm tour.

Right away she asked, "Who grew up on a farm with dairy cows?" Almost every resident in attendance had grown up on a farm. Several residents boasted of stripping 25 cows by hand, twice daily. There was a lot of excitement in the air. Susan owns what's known as a herd-share. By definition, a herd-share is a contractual agreement between the farmer and owners of livestock. The members pay a monthly membership fee, the farmer provides the land and care of the livestock and in return, members receive raw milk, offal and other profits of the livestock proportionate to the shareholder's interest in the herd.

Susan has owned cows for over 10 years specifically for the nutritional benefits including live probiotics and enzymes available in raw milk. Cows offer humans an additional resource — their manure which is composted and turned into mineral rich soil. Susan and many farmers are big on compost. "What goes into a cow comes out in your milk and manure," she explains. We began with a tour of the fodder room, which houses trays of sprouted barley in various stages of development. It's a 3 to 4-day sprout to optimum nutrition. The cows and chickens enjoy this nourishing supplement to their diet of green pasture for cows and organic feed and anything from the garden for chickens. Sprouting barley grains doubles the naturally occurring proteins, resulting in extremely high nutrition. A sprinkle of minerals mixed with apple cider vinegar and organic molasses and voila — you have a salad fit for a cow.

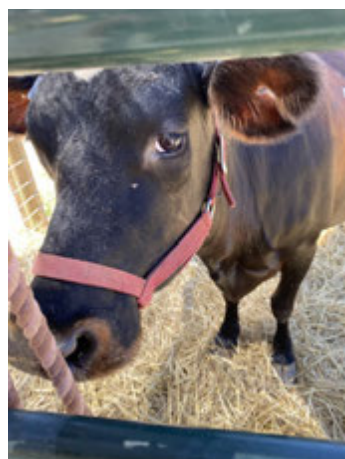
In addition to fresh raw milk, Our Ground Up chickens produce multi-colored pastured eggs from a variety of hen species. Summer is a great time to harvest spring sewn organic vegetables. From the garden, we circled back around and spent time in the fodder room kitchen sampling an array of fermented drinks including Kombucha, raw milk kefir and beet kvass, a traditional, cleansing, gut tonic popular in Eastern Europe, Russia, Ukraine known for its briny, tangy flavor.

As we came to the end of our visit, Susan brought out her star dairy heifer, Cocoa. Stripped once daily, Cocoa gives 6-7 gallons of milk. Cocoa is gentle, social and loves focused attention. She soaked up the scratches and the love.

We said our thanks as we strolled through the small orchard — peaches are in season — then boarded the bus and settled in for the drive home. We arrived in time for the second dinner. It was a new adventure and walk down memory lane.



*Owner and operator, Susan Munoz, explaining the use of sprouted barley fodder as feed for her heifers*



*A Friesian heifer named Cocoa*



*100 percent organic vegetable garden*



## Get to Know: Suzie “Q” Ball (Continued)

I asked what was her favorite childhood memory and she giggled as she recounted, “Mom always made individual bowls of popcorn for each of us during evening TV time, including the beloved family dog, Bootsie.”

During middle school, Suzie discovered a talent and passion for sewing in Home Economics class. She learned the craft on her mom’s 1952 Singer Featherweight, which she inherited and occasionally sews on to this day. It brings her great satisfaction to see her work, the finished product, being worn by the person for whom it was sewn.

After high school, in 1960 Suzie married the boy next door, William (literally) in a little white chapel in Burbank, California. Shortly after, she went to work for the phone company Pacific Bell for 2 years until the birth of the couple’s first child, a little girl they called Shariene. Lorene followed one year later, then Joy Alicia took her time and made her debut in 1974. With another mouth to feed, Suzie rekindled her passion for sewing and sewed all of her children’s clothes until they got old enough to demand designer brands. From her three girls, Suzie was blessed with eight grandchildren — five girls and three boys, and six great-grandchildren — four boys and two girls.

Suzie went on the record stating that she was a shy child and young adult until she made the decision to be more outgoing and to support herself in being an active participant in life and the lives of her family. From this decision, Suzie and her husband William signed her children up for the Little Ms. Softball League where she worked as a team mother running the snack bar, accompanying her three daughters and teammates regionally to participate in various softball tournaments. This activity helped her grow more confident as a person and become a presence in her community.

She worked as a stay-at-home mom until her girls were grown, then she went back to work for Pacific Bell and worked for another 13 years until they laid her off.

Suzie enjoyed a lucrative second career in sales at AT&T for 15 years, during which time she traveled to various store locations in Simi Valley, Cameron Park, and North Hollywood. She finally settled in and managed a franchise in Ventura, California. She describes her time

at AT&T as rewarding. She attended team building events where she and her co-workers walked a tightrope 50 feet off the ground. She overcame her fear of heights during this event and was able to build confidence in her selling abilities.

She also kept busy bowling on three leagues with her husband, including the Moose Lodge, a fraternal organization. True to her outgoing and service-oriented nature, Suzie organized the Lodge’s annual bowling trip to Las Vegas!

Becoming a presence in her community led to an opportunity for participation in a community service event. She volunteered for the Placerville Police Department for 10 years as an event planner for National Night Out, an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. She was awarded Volunteer of the Year status for her dedication and hard work.

We are not through with the list of service commitments and community organizations to which Suzie lent her talents and her time. She joined Beta Sigma Phi, a women’s networking, friendship and philanthropic organization who partnered with already established non-profits to raise funds for support.

She is quite proud of her work with the El Dorado Rose organization, a special program which promotes and honors women 60 and over and recognizes their involvement and service in the community.

As we talked, I could tell that Suzie enjoyed traveling down memory lane with another set of ears and eyes. She expressed her desire to share wisdom she gained along the way. She believes she has done everything she has wanted to do in her lifetime.

She leaves us with this wisdom, “It’s important to stand up for ourselves to further ourselves.”

**Here are a few rapid fire facts about Suzie Ball:**

**Favorite Color:** Purple and Yellow

**Favorite Food:** Mexican

**Favorite Song:** “Sound of Music” — her mom played it on the organ.

**Favorite Place to Travel:** Alaska, Caribbean, St. Martin



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