

The PALMS at La Quinta

ASSISTED LIVING & MEMORY CARE

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

NOVEMBER 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 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

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it’s true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life’s challenges. These exercises in gratitude can lead to a happier you.



Keep a journal — A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage — Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you’ll see it every day as a visual reminder of the good things in your life.

Say “thank you” — Express your thanks when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who’ve left lasting impressions.

Give back — Donating your time, skills and money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

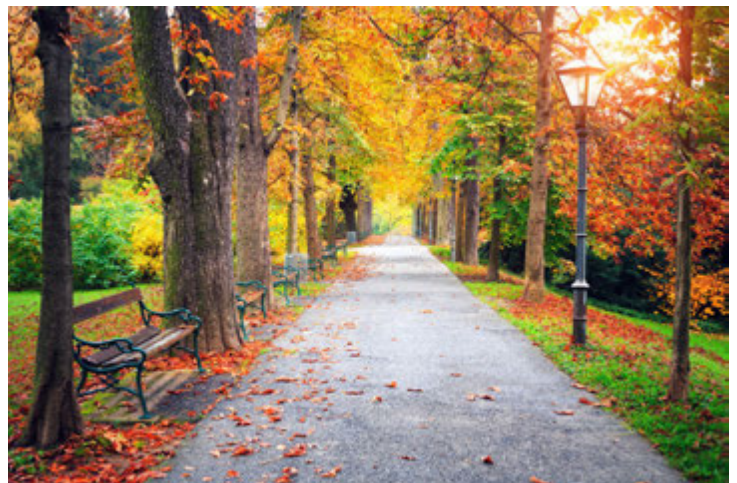
Go for a stroll: Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick: Get some exercise while walking through a farmers' market or local farm or orchard to pick fresh produce.

Warm up to a new workout: If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital: Older adults are growing fans of video games. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on: Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.





Finish the Sayings Word Challenge

These well-known sayings have had all of the vowels (A, E, I, O, and U) removed. Can you replace them and reveal the sayings?

EXAMPLE: HM SWT HM (HOME SWEET HOME)

1. STRK WHL TH RN S HT

2. DN'T THRW TH BBY T WTH TH BTH WTR

3. MSC HTH CHRMS T STH TH SVG BST

4. THR R TW SDS TVY STRY

5. BRNNG TH MDNGHT L

6. CLNLS S NXT T GDLSS

7. GRN ND BR T

8. TH BST THNGS N LF R FR

Tongue Twister Challenge

Below are five tricky tongue twisters to give your brain a true workout! Try saying each phrase at least three times, as fast as you can! Don't be surprised if your tongue gets twisted! After going through each phrase, can you think of any others? Try creating a couple of your own!

1. How much wood would a woodchuck chuck if a woodchuck could chuck wood?
2. Peter Piper picked a peck of pickled peppers. How many pickled peppers did Peter Piper pick?
3. She sells seashells by the seashore. How many seashells did she sell?
4. Mother Mingle makes wax matches.
5. Round the rough and rugged rock the ragged rascal rudely ran.

Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.





Presidential Trivia

Election Day is November 3rd! To help you get ready, brush up on your presidential trivia. Below are 10 trivia facts about U.S. Presidents of the past.



1. George Washington was the only President to ever be unanimously elected.
2. Franklin Pierce was the first President to have a Christmas tree in the White House.
3. The Presidential Election of 1800 between John Adams and Thomas Jefferson was one of only two elections that resulted in the House of Representatives deciding who would be President of the United States. It was also the only time where there was a tie for President in the Electoral College.
4. Franklin D. Roosevelt is the only American President to be elected four times. After his service, the 22nd Amendment ratified in 1952, limited the presidential office to two terms.
5. William Taft, who weighed 332 pounds, got stuck in the White House bathtub the first time he used it. A larger one was ordered.
6. The term “OK” is credited to Martin Van Buren who was raised in Kinderhook, New York. After he went into politics, Van Buren became known as “Old Kinderhook.” Soon people were using the term OK referring to Van Buren and the word okay was derived.
7. Ulysses S. Grant established Yellowstone as the nation’s first national park on March 1, 1872.
8. Calvin Coolidge lighted the first national Christmas tree in 1923 on the White House lawn.
9. George W. Bush was a pilot in the Texas Air National Guard from 1968 until 1973.
10. William Taft’s wife was responsible for the planting of the Japanese cherry trees in Washington, D.C.
11. Harry S. Truman was the first President to give a speech on television.
12. James Buchanan was the only President who never married.
13. Gerald Ford once worked as a fashion model for Cosmopolitan and Look magazines in the 1940s.
14. Ronald Reagan was the first actor elected President. He acted in 53 films before becoming President.
15. The name “Teddy” bears for stuffed animals was coined in 1903 when a stuffed toy bear was given to the noted outdoorsman Theodore Roosevelt.



Why Are Cranberries so Good for Us?

It's no secret that berries are good for us. Strawberries, blueberries, raspberries — they're all packed with antioxidants, fiber, and many other all-star nutrients. However, there's one often-overlooked berry that's also oozing with health benefits — cranberries. And no, they're not just great for delicious Thanksgiving sauce. Below are just a few great cranberry benefits!

1. Cranberries may help prevent urinary tract infections

When you think of cranberry juice, the first thing that comes to mind is that it's said to help with urinary tract infections. That's because cranberries are loaded with an antioxidant called proanthocyanidins, or PACs for short. PACs reduce the ability for bacteria to stick to the wall of the urinary tract and thus reduce chances of developing urinary tract infections.

Note: Before you sip unsweetened cranberry juice for this explicit purpose however, you should know that research on the subject is mixed. Some experts still recommend drinking cranberry juice as a preventative measure, but talking to your doctor and trying a better, science-backed natural remedy is a better bet until more research can be done.

2. They can improve your digestion

Fiber is great for overall gut health, and cranberries are packed with it — one cup has about 5.3 grams of fiber. "This is important because we need fiber for a healthy digestive system and to maintain regular bowel movements," Dr. Agarwal adds. Plus, fiber keeps you fuller longer, which means you're less likely to reach for a not-so-healthy snack.

3. They can help prevent gum disease

Remember those PACs? The urinary tract isn't the only place these anti-microbial, anti-inflammatory antioxidants work their magic. Preliminary studies show that cranberries can help reduce bacteria's ability to stick and grow in the oral cavity and limit gum disease, in the same way as they do with UTIs.



Finish the Sayings Word Challenge Solutions

1. STRIKE WHILE THE IRON IS HOT
2. DON'T THROW THE BABY OUT WITH THE BATH WATER
3. MUSIC HATH CHARMS TO SOOTHE THE SAVAGE BEAST
4. THERE ARE TWO SIDES TO EVERY STORY
5. BURNING THE MIDNIGHT OIL
6. CLEANLINESS IS NEXT TO GODLINESS
7. GRIN AND BEAR IT
8. THE BEST THINGS IN LIFE ARE FREE

The
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ASSISTED LIVING & MEMORY CARE

45160 Seeley Drive
La Quinta, CA 92253



Fall in love...

With Our Gracious Lifestyle

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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760-345-5353

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Birthdays

Dwain Knigge, 1st
 Celia Griffes, 2nd
 Barbara Gladden, 21st
 Jacquelin Sumption, 27th

Locations

Activity Room, AR
 Bistro, BIS
 Chapel, CH
 Court Yard, CY
 Dining Room, DR
 Front Patio, FP
 Gymnasium, GYM
 Large Activity Room, LAR
 Lobby, LB
 Theater, TH
 TV Room, TV

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME ENDS 1 9:30 Chapter by Chapter Bible Readings, CH 10:30 Church at the Red Door YouTube Service, TH 11:00 Hymns From the Heart, TH 1:00 FaceTime Family Calls 2:00 Church at the Red Door YouTube Sermon, TH 6:00 Sunday Nights with Ed Sullivan, TH 	2 9:30 Seated Stretching, LAR 10:30 Noodle Ball, DR 1:00 Movie Matinee, TH 2:00 Bingo Bonanza, LAR 6:00 Night at the Movies, TH 	ELECTION DAY 3 9:30 “Eye of the Tiger” Seated Shadow Boxing, LAR 10:00 Gentlemen’s Club: Build & Repair, AR 1:00 Movie Matinee, TH 1:00 In Concert Our Favorite Musicians (Live on Screen), TH 2:00 Bingo Bonanza, LAR 6:00 In Concert Our Favorite Musicians (Live on Screen), TH	4 9:30 Seated Stretching, LAR 10:00 Hallway Brainteaser Challenge 1:00 The Brave & The Bold: Strength Workout, GYM 1:00 Movie Matinee, TH 2:00 Tastings and Talk Social Hour, DR 6:00 Night at the Movies, TH	5 9:30 Seated Stretching, LAR 10:00 Hallway Art & Aromatics 1:00 Movie Matinee, TH 1:00 In Concert Our Favorite Musicians (Live on Screen), TH 2:00 Bingo Bonanza, LAR 6:00 In Concert Our Favorite Musicians (Live on Screen), TH	6 10:00 Hilarious Hallways Jokes and Snacks 1:00 Movie Matinee, TH 2:00 Bingo Bonanza, LAR 6:00 Night at the Movies, TH	7 10:00 Rants & Raves: Residents’ Club, LAR 1:00 Movie Matinee, TH 2:00 Bingo Bonanza, LAR 6:00 Night at the Movies, TH
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Memory Care

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La Quinta, CA 92253

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Locations

Activities Room
MC, ARMC

Bistro MC, BRMC

Chapel, CH

Dining Room MC, DRMC

Theater, TH

"Beauty isn't
seen by eyes.
It's felt by
hearts,
recognized by
souls,
in the presence
of love."

—Darren C.
Swartland

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME ENDS 1 9:30 Reverend Gil's YouTube Sermon, ARMC 10:30 Match Game, DRMC 11:00 Bean Bag Toss, ARMC 2:30 Ice Cream Social, DRMC 3:00 Chapter 1 Book Club, ARMC 4:00 Bingo, DRMC 6:30 Movie and Popcorn	9:30 Let's Get Movin', ARMC 2 10:00 Culinary Creations, DRMC 2:00 Match Game, ARMC 3:00 Peter's Walking Club, ARMC 4:00 Ring Toss, DRMC 6:30 Movie and Popcorn	ELECTION DAY 3 9:30 Let's Get Movin', ARMC 11:00 Balloon Volleyball, ARMC 2:30 Chronicles, BRMC 3:00 Bean Bag Baseball, ARMC 4:00 Bingo, DRMC 6:30 Movie and Popcorn	4 9:30 Let's Get Movin', ARMC 2:30 Music Memories, DRMC 3:00 Peter's Walking Club, ARMC 6:30 Movie and Popcorn	5 9:30 Let's Get Movin', ARMC 10:00 Chronicles, ARMC 2:30 Picture Me Perfect, Art, ARMC 3:00 Bean Bag Baseball, ARMC 4:00 Bingo, DRMC 6:30 Movie and Popcorn	6 9:30 Let's Get Movin', ARMC 10:00 Healthy Cooking, ARMC 3:00 Peter's Walking Club, ARMC 4:00 Chair Aerobics, ARMC 6:30 Movie and Popcorn	7 9:30 Let's Get Movin', ARMC 10:00 Bean Bag Baseball, DRMC 11:00 Pretty Nails, ARMC 4:00 Healthy Cooking, DRMC 6:30 Movie and Popcorn
8 9:30 Reverend Gil's YouTube Sermon, ARMC 10:30 Match Game, DRMC 11:00 Bean Bag Toss, ARMC 2:30 Ice Cream Social, DRMC 3:00 Chapter 1 Book Club, ARMC 6:30 Movie and Popcorn	9 9:30 Let's Get Movin', ARMC 10:00 Culinary Creations, DRMC 2:00 Match Game, ARMC 3:00 Peter's Walking Club, ARMC 4:00 Ring Toss, DRMC 6:30 Movie and Popcorn	10 9:30 Let's Get Movin', ARMC 11:00 Balloon Volleyball, ARMC 2:30 Chronicles, BRMC 3:00 Bean Bag Baseball, ARMC 6:30 Movie and Popcorn	VETERANS DAY 11 9:30 Let's Get Movin', ARMC 2:30 Music Memories, DRMC 3:00 Peter's Walking Club, ARMC 6:30 Movie and Popcorn	12 9:30 Let's Get Movin', ARMC 10:00 Hole-in-One, ARMC 2:30 Picture Me Perfect, Art, ARMC 3:00 Bean Bag Baseball, ARMC 4:00 Putting Golf Challenge, ARMC 6:30 Movie and Popcorn	13 9:30 Let's Get Movin', ARMC 10:00 Healthy Cooking, ARMC 3:00 Peter's Walking Club, ARMC 4:00 Chair Aerobics, ARMC 6:30 Movie and Popcorn	14 9:30 Let's Get Movin', ARMC 10:00 Bean Bag Baseball, DRMC 11:00 Pretty Nails, ARMC 4:00 Healthy Cooking, DRMC 6:30 Movie and Popcorn
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