

El Dorado Estates

Gracious Retirement Living

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

FEBRUARY 2021

EL DORADO ESTATES STAFF

Managers..... FRED & LEAH TILlich

Assistant Managers ETHAN
& RACHELLE WEBER

Executive Chef..... CARLOS PIZANA

Sous Chef BRENDEN ORLICZKI

Activity Coordinator THERESA DAVIS

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, 9 a.m.-3 p.m.: Medical Appointments

Wednesday, 9 a.m.-3 p.m.: Outing Day

Thursday, 9 a.m.-3 p.m.:
Medical Appointments

Friday, 9 a.m.-3 p.m.: Outings and Errands

HAWTHORN
SENIOR LIVING

Simple Ways To Show Yourself Some Love this Valentine Season

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

Get a houseplant:

Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

Do a little dance: Find an opportunity to play a favorite tune and get your groove on — maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

Unplug: Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Engage in a hobby: Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on a craft can help you find balance between work and play.

Help others: Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.





Get to Know Del Rae Svarc

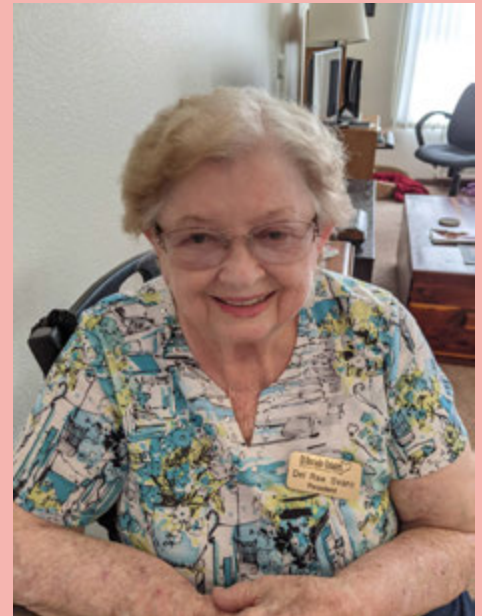
Del Rae Svarc is one of our new residents — relocating from her home in Volcano, where she had lived for the last 41 years. Of Irish-German heritage, Del Rae was born in Whynot, Nebraska, and lived throughout Nebraska until she married and moved to California when she was 19 years old. She completed dietitian coursework in college and cooked/managed a school cafeteria for several years. She has loved politics since high school and wanted to be a convention delegate (must have been interesting in their home — she's Republican and her husband was a Democrat!).

Del Rae has a daughter living in Shingle Springs, two grandchildren and five great-grandchildren. She traveled extensively with her husband throughout Europe, Ireland and to her husband's family in Czechoslovakia; cruising Mexico, Hawaii and the Panama Canal; and they motor-home traveled through the United States and with their granddaughter to Philadelphia. They loved wintering in Palm Springs — yes, she was an avid golfer!

She's artistic and had a ceramics shop and taught classes there for several years. She likes to draw and paint. She played in a women's golf club, and served on the Firemen's Auxiliary in Volcano. She was active in the Ladies Club at her church (and would love to share a ride if anyone attends the Holy Trinity Catholic Church).

When asked if there was anything else she wants her new friends here at El Dorado Estates to know about her, she replied, "I try not to be cranky or sour ... and I like to smile." (She has an adorable giggle!)

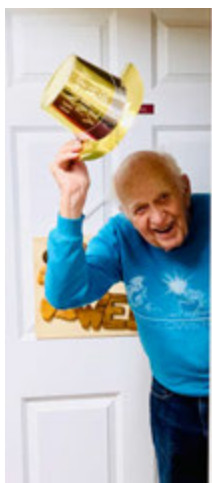
Be sure to drop by, introduce yourself and make her feel welcome.



New Year's Eve "Hall Party"

We welcomed in 2021 with a surprise New Year's Eve "Hall Party" — just goes to prove that El Dorado Estates still knows how to celebrate even while under a COVID facility lockdown! Staff and Management, pushing decorated carts, handed out party hats, noise makers and a glass of sparkling "champagne" to each resident in their rooms before midnight. So, residents could welcome in the New Year with a raised toast to their fellow "hallmates." We shared good cheer, made a lot of noise and bid farewell to 2020.

Here's to the very best of everything life has to offer in 2021!





Beating the Winter Blues

During the winter months, many seniors find themselves feeling down. Whether it's due to the cold weather, shorter days, the holidays coming to an end or reminders of missed loved ones, seasonal sadness can often creep in during this time of year. While these feelings may be hard to dismiss, it's important to remember that every day is truly a blessing!

1. **Brighten Your Home** — The vitamin D from natural light can help to improve your mood. Make it a daily routine to open your window coverings. If you still feel like you're lacking natural light, getting vitamin D firsthand by heading outdoors can also help — just make sure to dress warm!
2. **Anticipate an Event** — Look at our Island Adventure schedule for Fiji and New Zealand activities! Whether you're looking forward to an upcoming activity or waiting for a package to arrive, anticipating some type of event can help to create positive feelings and excitement. If you can't think of something to look forward to, then create something — you can buy yourself a special treat.
3. **Stick to a Schedule** — When experiencing the winter blues, it can be tempting to alter your schedule to avoid activities and socialization and hibernate instead. For example, if you go for a walk at a certain time every day, or have a certain time of day to make phone calls to family and friends, try to stick to that same schedule.
4. **Eat a Balanced Diet** — Eating a balanced diet is essential for older adults and is a natural way to boost your mood and energy. Provide your body with the right combination of proteins, carbohydrates, dairy products, fruits and vegetables. Avoid the temptation to chow down on unhealthy snacks.
5. **Stay Active** — Exercise, while important all year round, can be vital to lifting you up during the winter months. You can exercise indoors or dress in layers and exercise outdoors for some fresh air if the temperature isn't too cold. Stretching, walking and lifting light weights are a couple of ideas to get you started.
6. **Accomplish a Goal** — If you've been putting off a task, whether big or small, now is the time to tackle it. Add it to your to-do list, and once it's finished, cross it off. This can help you feel motivated and may entice you to take on other items from your list.
7. **Socialize** — Being around other people and/or talking to them can lift your spirits. Get together with friends or family or simply give them a call. Attending a church service or volunteering in the community are other great ways to be around people, spark conversation and shift your perspective.



Joan and Helen on their morning walk

(Content adapted from a January 9, 2018, article written by Concordia Lutheran Ministries)

FEB 2021

Birthdays

Millie Carroll, 3rd
Dick Flowers, 3rd
Karol Roe, 6th
Joyce Goldman, 9th
Betty Cardinale, 15th
Mary Koupal, 22nd
Laura Iarossi, 23rd
Eleanor Gisler, 23rd

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

“We must absolutely take care of one another.”
—Ruby Bridges

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- Lobby, L
- Movie Theater, MT
- TV Room, TV

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>7 Super Bowl Sunday 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 6:30 Super Bowl LV Game on the Big Screen, MT 6:45 Evening Movie, MT</div>	<div>1 Island Hopping: Off to Fiji 8:00 Fiji Style Breakfast, DR 9:15 Qigong Exercise, FC 10:30 Island Hopping: Fiji Fun Facts, AR 2:00 Afternoon Matinee, MT 2:00 Bean Bag Baseball, AR 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>2 9:15 Flexibility Exercise, FC 10:30 Fiji Tour Garden of the Sleeping Giant, MT 12:30 Country Corner Store, AR 2:00 Afternoon Matinee, MT 2:00 Fiji Crafts: Make An Orchid, AR 3:00 Book Club, AR 6:45 Evening Movie, MT</div>	<div>3 Excursion, BUS 11:30 Spanish Class with Carol, AR 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 5:30 Fiji Style Supper, DR 6:45 Evening Movie, MT</div>	<div>4 Wear Island Clothes 9:15 Cardio & Core Workout, FC 10:30 Build a Fiji Sandcastle, AR 11:30 Island Hopping: Kana Magiti (Fiji Feast), DR 12:30 Country Corner Store, AR 2:00 Afternoon Matinee, MT 2:15 Team Trivia, AR 3:00 Fiji-Style Hand Reflexology, AR 6:45 Evening Movie, MT</div>	<div>5 9:15 Balance Fitness, FC 10:30 Bible Study: Book of Daniel, MT 11:00 Fiji Coconut Water Tasting, AR 12:30 Fiji: Wilson Balloon Volleyball, AR 2:00 Fiji Movie Cast Away, MT 2:30 Cribbage, AR 2:30 Covid No. 2 Vaccinations, AR 3:30 Friday Firepit Social Mai Tai Mocktails, CY 6:45 Evening Movie, MT</div>	<div>6 10:00 Music Appreciation with Rachele, DR 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 3:30 Billiards with Ethan, BR 5:30 Saturday Night Dinner Music, DR 6:45 Evening Movie, MT</div>
<div>7 Super Bowl Sunday 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 6:30 Super Bowl LV Game on the Big Screen, MT 6:45 Evening Movie, MT</div>	<div>8 Island Hopping: Off to New Zealand 8:00 New Zealand Style Breakfast, DR 9:15 Qigong Exercise, FC 10:30 New Zealand Fun Facts & Phrases, AR 2:00 Afternoon Matinee, MT 2:00 Bean Bag Baseball, AR 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>9 9:15 Flexibility Exercise, FC 10:30 Maori Culture on the Big Screen, MT 12:30 Country Corner Store, AR 2:00 Afternoon Matinee, MT 2:00 New Zealand Crafts: Build a Hobbit Home, AR 3:00 Karaoke Singalong, AR 3:30 New Zealand Kiwi Smoothies, ARK 6:45 Evening Movie, MT</div>	<div>10 Excursion Birdwatching in the Yolo Bypass Area, BUS 11:30 Spanish Class with Carol, AR 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 5:30 New Zealand Style Supper, DR 6:45 Evening Movie, MT</div>	<div>11 Wear Island Clothes 9:15 Cardio & Core Workout, FC 10:30 New Resident Orientation, AR 11:30 Hangi (Maoran Feast), DR 12:30 Country Corner Store, AR 2:00 Afternoon Matinee, MT 3:00 Learn the Haka (Maoran War Dance), AR 5:30 Valentine Dinner, DR 6:25 Valentine Sweetheart Dance, DR 6:45 Evening Movie, MT</div>	<div>12 9:15 Balance Fitness, FC 10:30 Bible Study: Book of Daniel, MT 11:00 NZ Rotorua Mineral Hand Soak, AR 2:00 Movie: Lord of the Rings (Filmed in NZ), MT 2:30 Mexican Train, AR 3:30 Friday Firepit Social: Pavlova Bellini Mocktails, CY 6:45 Evening Movie, MT</div>	<div>13 10:00 Radio Show Request Hour, DR 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 3:30 Billiards with Ethan, BR 5:30 Saturday Night Dinner Music, DR 6:45 Evening Movie, MT</div>
<div>14 VALENTINE'S DAY 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>15 PRESIDENTS DAY 9:15 Qigong Exercise, FC 10:30 Monday Morning Chat with Donuts, AR 2:00 Afternoon Matinee, MT 2:00 Bean Bag Baseball, AR 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>16 9:15 Flexibility Exercise, FC 10:00 Ted Talk & Discussion, MT 12:30 Spelling Bee, AR 12:30 Country Corner Store, AR 2:00 Afternoon Matinee, MT 2:00 Crafts, AR 3:15 Residents' Activity Input Meeting, AR 3:30 A.I.M. (Activity Input Meeting), AR 6:45 Evening Movie, MT</div>	<div>17 ASH WEDNESDAY Excursion, BUS 11:30 Spanish Class with Carol, AR 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>18 9:15 Cardio & Core Workout, FC 10:30 Cooking with Chef Carlos, ARK 12:30 Country Corner Store, AR 2:00 Afternoon Matinee, MT 2:15 Team Trivia, AR 3:00 Afternoon Fitness, AR 6:45 Evening Movie, MT</div>	<div>19 9:15 Balance Fitness, FC 10:30 Bible Study: Book of Daniel, MT 2:00 Afternoon Matinee, MT 2:30 Cribbage, AR 3:30 Friday Social at the Firepit, CY 6:45 Evening Movie, MT</div>	<div>20 10:00 Music Appreciation with Rachele, DR 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 3:30 Billiards with Ethan, BR 5:30 Saturday Night Dinner Music, DR 6:45 Evening Movie, MT</div>
<div>21 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>22 9:15 Qigong Exercise, FC 10:30 Monday Morning Chat with Donuts, AR 2:00 Afternoon Matinee, MT 2:00 Bean Bag Baseball, AR 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>23 9:15 Flexibility Exercise, FC 10:00 Ted Talk & Discussion, MT 12:30 Pictionary, AR 12:30 Country Corner Store, AR 2:00 Afternoon Matinee, MT 2:00 Crafts, AR 3:00 Karaoke Singalong, AR 6:45 Evening Movie, MT 7:00 Left Center Right, AR</div>	<div>24 Excursion, BUS 11:30 Spanish Class with Carol, AR 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 6:45 Evening Movie, MT</div>	<div>25 9:15 Cardio & Core Workout, FC 10:30 Fitness Center Equipment Orientation, FC 12:30 Country Corner Store, AR 1:00 Monthly Birthday Celebration, DR 2:00 Afternoon Matinee, MT 3:00 Afternoon Fitness, AR 6:45 Evening Movie, MT</div>	<div>26 9:15 Balance Fitness, FC 10:30 Bible Study: Book of Daniel, MT 2:00 Afternoon Matinee, MT 2:30 Mexican Train, AR 3:30 Friday Social at the Firepit, CY 6:45 Evening Movie, MT</div>	<div>27 2:00 Afternoon Matinee, MT 2:30 Gourmet Club, AR 3:00 Bingo, DR 3:30 Billiards with Ethan, BR 5:30 Saturday Night Dinner Music, DR 6:45 Evening Movie, MT</div>
<div>28 2:00 Afternoon Matinee, MT 3:00 Bingo, DR 6:45 Evening Movie, MT</div>						



El Dorado City: Our 2020 Gingerbread House Contest Entry

El Dorado City

El Dorado Estates 2020 Gingerbread House Contest Entry

Gold! In 1848 that cry went up from Sutter's Mill and brought tens of thousands stampeding into California from the four corners of the world. Hundreds of instant mining towns grew along the western foothills of the Sierra Nevada. Hawthorn's own El Dorado Estates is located in the heart of Gold Country — and our 2020 Gingerbread Village, El Dorado City, reflects our pride in this heritage and honors our past.

Our town started with a handful of miners living in tents and cabins in Miners' Camp. The nearby mine yields a lot of gold (we cart the gold out of the tunnel ...). On a good day a miner could find \$20 worth of gold flakes or nuggets — and local history boasts of a \$2,000 gold find in just one day.

A little-known fact is that only a small minority of miners made much money from mining gold during the Californian Gold Rush. The people who really became wealthy were the ones providing the miners with over-priced food, supplies and services.

El Dorado City still has a Miner's Camp today. The railroad was built in 1923 and connects us to Sacramento and San Francisco. You can see the beautiful Golderado Lake next to the church.

Our thriving Main Street shops and businesses include:

- Saloon (aka gambling hall and brothel)
- Church
- Bank
- Livery/Blacksmith Shop (with a horse in front)
- Doc's Office
- General Store
- Hotel (aka Ma's Boarding House)
- Jail (with a hangman's tree in back)
- Railroad Station

Also notice:

- Golderado Lake
- Miner's Camp
- City Signpost
- Railroad and Station
- Trees, shrubs
- Roadways

We are especially proud to say that our entire town — every one of its structures, landscape and special features — are 100 percent edible. Residents and staff donated much of the candy used for decorations. And although the city was built while El Dorado Estates was on Level 3 COVID "lockdown," that didn't keep our dedicated resident builders from their work — we kept them safe with gloves, masks and distancing.

City Architects and Builders:

Residents:

- Coleene Durrington
- Leona Welty
- Diane Harper
- Claudette Riley
- Millie Carroll
- Joyce Goldman

Staff:

- Carlos Pizana, Executive Chef
- Theresa Davis, Activity Coordinator
- MJ Martin, Transportation





New Activities

Book Club: Thanks to El Dorado County Library's helpful "Book Club in a Bag" program, we will have six copies of a book to read each month, and have a discussion at 3 p.m. on the first Tuesday of each month. Our February book will be "A Gentleman in Moscow," by Amor Towles. The novel's plot is set in the beginning of the 20th century Russian Empire and follows the story of Count Alexander Ilyich Rostov and his life in the Hotel Metropol where he has been under house arrest for 32 years. We'll start with a short meeting and book pickup on February 2nd, and the discussion in March. The first six residents who sign up will be loaned a library copy of the book; additional residents can participate but will need to obtain the book on their own.

Fitness: We'll be adding two new fitness classes: a Thursday morning Cardio and Core exercise activity, and an afternoon Friday Fitness Fun class (varied exercises that might include resistance bands, drumming or chair yoga — every week will be different!)

Tuesday TED Talks: Join us in the Theatre on Tuesday mornings at 10 a.m. for different Ted Talk topics on the big screen with discussion afterwards.

Orientation Programs: We're adding a monthly Welcome and Orientation for new residents on the second Thursday of each month at 10:30 a.m. And, if you want to learn how to use any of the top of the line fitness machines in our Fitness Center, join us at 10:30 a.m. on any fourth Thursday for a "hands on" active participatory orientation program.

Cribbage and Mexican Train: Anyone, experienced or "just want to learn" folks, please come join us on alternating Friday afternoons at 2:30 p.m. for these two popular table games. Every first and third Thursday will be Cribbage, and Mexican Train will fall on the second and fourth Thursdays. Remember — learning new activities helps keep you mentally fit, and you'll be meeting new friends as well!

Marshall Hospital Sponsors COVID Vaccinations

Marshall Hospital, located in nearby Placerville, took the lead in obtaining free COVID vaccinations for any of our El Dorado Estate residents or staff who wished to receive it. We got our first dose of the COVID vaccination January 8th, right here in the convenience of our own Community Activity Room. Marshall Hospital sent a physician and five staff members, and working together with our own El Dorado Estates staff, we were able to administer a total of 99 resident and 30 staff immunizations in a little over four hours. We're already looking forward to getting our second dose February 5th.



Brave Joyce!



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Gracious Retirement Living
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El Dorado Hills, CA 95762



It's always Warm at

El Dorado Estates
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

916-934-0596