

The PALMS at La Quinta

GRACIOUS RETIREMENT LIVING

45190 Seeley Drive • La Quinta, CA 92253 • Phone (760) 345-0022 • www.seniorlivinginstyle.com

FEBRUARY 2021

THE PALMS AT LA QUINTA STAFF

Managers..... VIKKI & ROBBIE MORRIS
Executive Chef..... MARTIN RODARTE
Community SalesSUZIE WEAVER
Maintenance Coordinator.... ESTEBAN LOZANO
Bus Driver OSCAR MENDIETA

TRANSPORTATION

Monday, 10 a.m.: Shopping

Tuesday, 9:30 a.m.: Appointments

Wednesday, 10 a.m.: Shopping

Thursday, 9:30 a.m.: Appointments

Friday, 11:30 a.m.: Fun Bus Outing

HAWTHORN
SENIOR LIVING

Simple Ways to Show Yourself Some Love

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.



Take time to do something you enjoy.

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 any time you hear one of your favorite songs, no matter where you are. 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.



The Power of Love

There is no greater power than love! Love has the ability to heal the world. Love is pure and decent, innocent and true.

When the energy of love takes hold of you, resistance is futile. It has the capacity to heal old wounds and cleanse you of any negativity that does not serve you.

As stated in Corinthians 13:13, “Three things will last forever — faith, hope and love — and the greatest of these is love.”

Love can take many forms. There is love we feel for our family, a child and a friend, as well as the love we feel for our pets. There is the in love feeling we feel towards a beloved.

Then, there is love that is referred to as self-love, meaning the love of self. Why is it so hard to love ourselves as we are? Why do we seek validation, acceptance, recognition and acknowledgement from others? The truth is that we are seeking love outside of ourselves. We are putting those outside of ourselves responsible for us loving ourselves.

At times, we don't realize that we are seeking love from others in the form of approval. Sometimes we believe our actions and behaviors are coming from a true place, but sometimes they come with an agenda of seeking love.

This is not a bad thing. It is human nature to seek approval and love outside of ourselves.

The key is to be aware that we are seeking love outside of ourselves.

Once we are aware, we can start to look inside of ourselves and cultivate love and acceptance of ourselves.

The concept of self-love has been used by so many to describe loving yourself. What exactly is it? What will having it mean for our lives?

Self-love at its core is self-acceptance of who you are just as you are, the good and not-so-good parts of yourself. It's about self-respect and self-empowerment. It's about self-care and looking after yourself and having compassion for yourself when you are going through a hard time. It's about honoring your heart's desires and being true to yourself. It's about knowing deep down that you matter and that you are enough as you are. You have nothing to prove, and you just need to be yourself and give of yourself to others.

Imagine a world where people just loved themselves for who they are. It would be a world full of people resonating love from their hearts, and their state of being would be love.

Imagine this energy of love where people were kind to each other and touched each other with their hearts, their words, with their eyes and their generosity of spirit. As Louis Armstrong sang, “What a Wonderful World;” in fact, it would be a world where people were no longer projecting their fears and insecurities onto others in hope of receiving love or validation. There would be no need for that, as people would seek the validation and love within themselves.

Each and every one of us has access to this well of love deep down inside of us — no exceptions.

This source of love within ourselves is limitless and timeless. It will never run out, and when you tap into it, you have accessed something that you can depend on. It is always with you.



The look of love is in their eyes, Resident Ambassadors Caroline & Dave.



Love is who we are. It is our state of being and anything else is fear. When we partner up with love, our lives begin to magically transform in ways we could never dream of. When we give ourselves permission to do what we love and be who we love to be, we become free to be our true selves.

The beauty of this is that as we give ourselves permission to be our loving selves, we affect other people around us. Our energy radiates out into the world and affects others whether we know it or not.

You know this to be true because you have felt this in your own life.

You have been standing in a queue waiting for a long time, and you finally get to the counter to be served only to be in a bad mood. The person who serves you has a smile on their face and greets you with care and respect. They are there to serve you, and they do it gladly and lovingly. In that instant, something happens. Your heart starts to feel warm, and your bad mood and impatience melt away. You have experienced love resonating from another person, and it has transformed your experience.

This is the power of love; it has the ability to transform an ordinary moment into something magical.

Love is similar to alchemy, as both are capable of transmuting something basic to something gold.

We are living in a time where there is so much need for love, more so than ever. It starts with each of us reaching deep inside and connecting to our true nature, which is love, and offering our loving selves to others, not because we seek anything, but rather because our cup is full of love and we have nothing more to do than simply share it with others.

I invite you today to be the change you want to see in the world, to be love and loving towards yourself and others.

Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine's Day. Here are some holiday favorites:

Chocolate samplers — They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

Conversation hearts — “Be mine.” “True love.” “Marry me.” It's the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

Hershey's Kisses — These familiar foil-wrapped drops of chocolate have the perfect name for Valentine's Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M's — Recognized by the “m” on each one, M&M's have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

Cupid corn — Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

Red Hots hearts — A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.



Will you be my Valentine?

FEB 2021

Birthdays











Lilyan Marzetti, 2nd
Louise Weston, 2nd
Bonnie Powell, 3rd
Thanh Burnett, 4th
Harold Minich, 6th
Bob Limes, 6th
Gordon Kagy, 8th
Milton Johnson, 8th
Karen Ortega, 10th
Ken Wilson, 11th
Betty Adams, 21st

Locations

Activity Center, AC
Atrium, A
Billiards Room, BR
Bistro, B
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Firepit, FP
Fireplace Nook, FN
Front Lobby, Lobby
Garden, G
Library, L
Movie Theater, MT
Pool, P
Putting Green, PG
TV Room, TV

Mealtimes

Breakfast starts:
8 a.m.
Dinner starts:
11:30 a.m.
Supper starts:
5:30 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>9:00 Chair Exercise, EX 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div>	<div>2</div> <div>10:00 Ted Talks, AC 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT</div> 	<div>3</div> <div>9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Movie, MT 4:00 Singalong with Bob, AC 6:45 Movie, MT</div> 	<div>4</div> <div>9:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Resident Manager Meeting, A 3:00 Bingo, AC 6:45 Movie, MT</div> 	<div>5</div> <div>Fun Bus, Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div>	<div>6</div> <div>9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT</div> 
<div>7</div> <div>9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX 2:00 Bingo, AC 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT</div>	<div>8</div> <div>9:00 Chair Exercise, EX 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div> 	<div>9</div> <div>10:00 Brain Games, AC 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT</div>	<div>10</div> <div>9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Movie, MT 4:00 Singalong with Bob, AC 6:45 Movie, MT</div> 	<div>11</div> <div>9:00 Chair Exercise, EX 10:30 Chef's Corner, AC 2:00 Resident Chef/Activities Meeting, AC 2:00 Movie, MT 3:00 Bingo, AC 6:45 Movie, MT</div> 	<div>12</div> <div>Fun Bus, Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div>	<div>13</div> <div>9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT</div>
<div>VALENTINE'S DAY</div> <div>14</div> <div>9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX 2:00 Bingo, AC 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT</div>	<div>PRESIDENTS DAY</div> <div>15</div> <div>9:00 Chair Exercise, EX 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div>	<div>16</div> <div>10:00 Ted Talks, AC 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT</div>	<div>ASH WEDNESDAY</div> <div>17</div> <div>9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Movie, MT 4:00 Singalong with Bob, AC 6:45 Movie, MT</div>	<div>18</div> <div>9:00 Chair Exercise, EX 2:00 Movie, MT 2:00 Ambassador Meeting, AC 3:00 Bingo, AC 6:45 Movie, MT</div>	<div>19</div> <div>Fun Bus, Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div>	<div>20</div> <div>9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT</div>
<div>21</div> <div>9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX 2:00 Bingo, AC 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT</div> 	<div>22</div> <div>9:00 Chair Exercise, EX 9:30 Sacred Heart Church Sunday Service, AC 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div>	<div>23</div> <div>10:00 Brain Games, AC 2:00 Movie, MT 3:00 Zoom Bible Study, AC 3:30 Balloon Fly Swatting!, AC 4:00 Pictionary, AC 6:45 Movie, MT</div>	<div>24</div> <div>9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Movie, MT 4:00 Singalong with Bob, AC 6:45 Movie, MT</div>	<div>25</div> <div>9:00 Chair Exercise, EX 10:30 Chef's Corner, AC 2:00 Movie, MT 3:00 Bingo, AC 6:45 Movie, MT</div>	<div>26</div> <div>Fun Bus, Lobby 9:00 Chair Exercise, EX 10:00 Water Aerobics, P 2:00 Bingo, AC 2:00 Movie, MT 6:45 Movie, MT</div>	<div>27</div> <div>9:00 Chair Yoga, EX 2:00 Bingo, AC 2:00 Movie, MT 4:00 Mexican Train, BR 6:45 Bingo, AC 6:45 Movie, MT</div>
<div>28</div> <div>9:00 Sit & Be Fit, EX 9:30 Church Service, AC 11:00 Sit & Be Fit, EX 2:00 Bingo, AC 2:00 Movie, MT 2:00 Billiards, BR 6:45 Movie, MT</div>						



Residents' Annual Christmas Gift Giving Party

Every year, the residents of The Palms at La Quinta outdo themselves with their generosity. Residents show appreciation with their gifts. This only happens once a year during the holiday season. Each resident gives on a completely volunteer basis, showing their big hearts and gratitude for all the care and hard work each team member gives with a kind word and a smile. The Management truly value each team member and are thrilled that they have this opportunity to be recognized for their dedication. Thank you all so much and thank you to our extended family here at The Palms at La Quinta,



Give and you shall receive; Lenny our Administrative Assistant gets her Christmas gift from Mrs. Claus. She, Arlene and "Santa's elf" Bob look on.

Santa Visits The Palms at La Quinta

The Legend of St. Nicholas: The Real Santa Claus

The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick. One of the best-known St. Nicholas stories is the time he saved three poor sisters from being sold into slavery or prostitution by their father by providing them with a dowry so that they could be married.

Over the course of many years, Nicholas' popularity spread and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6th. This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, St. Nicholas was the most popular saint in Europe. Even after the Protestant Reformation, when the veneration of saints began to be discouraged, St. Nicholas maintained a positive reputation, especially in Holland.

Shopping Mall Santas

Gift-giving, mainly centered around children, has been an important part of the Christmas celebration since the holiday's rejuvenation in the early 19th century. Stores began



Our Santa Juan, owner of Diamonds Caregiving, his sister, Elf Kenya, with Roz on Christmas Eve

to advertise Christmas shopping in 1820, and by the 1840s, newspapers were creating separate sections for holiday advertisements, which often featured images of the newly-popular Santa Claus. In 1841, thousands of children visited a Philadelphia shop to see a life-size Santa Claus model. It was only a matter of time before stores began to attract children, and their parents, with the lure of a peek at a "live" Santa Claus. In the early 1890s, the Salvation Army needed money to pay for the free Christmas meals they provided to needy families. They began dressing up unemployed men in Santa Claus suits and sending them into the streets of New York to solicit donations. Those familiar Salvation Army Santas have been ringing bells on the street corners of American cities ever since.

Perhaps the most iconic department store Santa is Kris Kringle in the 1947 classic Santa Claus movie "Miracle on 34th Street." A young Natalie Wood played a little girl who believes Kris Kringle (played by Edmund Gwenn, who won an Oscar



for the role) when he says he is the real Santa Claus. “Miracle on 34th Street” was remade in 1994 and starred Lord Richard Attenborough and Mara Wilson.

The Macy’s Santa has appeared at almost every Macy’s Thanksgiving Day Parade since it began in 1924, and fans of all ages still line up to meet the Macy’s Santa in New York City and at stores around the country, where children can take pictures on Santa’s lap and tell him what they want for Christmas.

‘Twas the Night Before Christmas

In 1822, Clement Clarke Moore, an Episcopal minister, wrote a long Christmas poem for his three daughters entitled “An Account of a Visit from St. Nicholas,” more popularly known as “‘Twas The Night Before Christmas.” Moore’s poem, which he was initially hesitant to publish due to the frivolous nature of its subject, is largely responsible for our modern image of Santa Claus as a “right jolly old elf” with a portly figure and the supernatural ability to ascend a chimney with a mere nod of his head! Although some of Moore’s imagery was probably borrowed from other sources, his poem helped popularize the now-familiar image of a Santa Claus who flew from house to house on Christmas Eve in “a miniature sleigh” led by eight flying reindeer to leave presents for deserving children. “An Account of a Visit from St. Nicholas” created a new and immediately popular American icon.

In 1881, political cartoonist Thomas Nast drew on Moore’s poem to create the first likeness that matches our modern image of Santa Claus. His cartoon, which appeared in Harper’s Weekly, depicted Santa as a rotund, cheerful man with a full, white beard, holding a sack laden with toys for lucky children. It is Nast who gave Santa his bright red suit trimmed with white fur, North Pole workshop, elves and his wife, Mrs. Claus

Santa Claus and his wife, Mrs. Claus, call the North Pole home, and children write letters to Santa and track Santa’s progress around the world on Christmas Eve. Children often leave cookies and milk for Santa and carrots for his reindeer on Christmas Eve. Santa Claus keeps a “naughty list” and a “nice list” to determine who deserves gifts on Christmas morning, and parents often invoke these lists as a way to ensure their children are on their best behavior. The lists are immortalized in the 1934 Christmas song “Santa Claus Is Coming to Town”:

“He’s making a list
And checking it twice;
Gonna find out Who’s naughty and nice
Santa Claus is coming to town
He sees you when you’re sleeping
He knows when you’re awake
He knows if you’ve been bad or good
So be good for goodness sake!”

Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man’s call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country’s bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the “tribute to Black History Month and the message of courage and perseverance it brings to all of us.”



On September 22, 1862 President Abraham Lincoln issued the Emancipation Proclamation.

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It's always Warm at

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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.

760-345-0022