



# Ponté Palmero

RESORT-STYLE LIVING

January 2023

## Resident of the Month



### Residents of the Month: Ralph & Isolde Harder

Meet Ralph and Isolde Harder, our first Residents of the Month of 2023. Ralph was born in Berkeley, California. His father was a doctor and his mother was a homemaker. He was raised alongside one younger brother.

Growing up, Ralph liked to go hiking and skiing. His father passed away at age 49, when Ralph was 16 years old. He decided to go to medical school, attending both San Jose State and Washington University in St. Louis. Ralph also spent time serving in the Air Force.

He went on to become a General Practitioner and enjoyed many years at his practice.

Isolde was born in Cologne, Germany. She was 10 years old when the second world war ended, a very difficult time. Isolde's mother was a homemaker; her father was a chimney sweep. She grew up with two brothers. In 1969, Isolde moved to America and began working as a bilingual secretary. She then went on to work at Wawona Hotel in Yosemite, California, for 10 years. A memorable moment for Isolde was traveling to Mount Everest.

Ralph and Isolde met in 1987 at a potluck in Wawona. The two were married on December 12th, 1987. Ralph has a son, a daughter, and six grandchildren. In 1989, Ralph sold his practice and began working for an airline in their medical department. He retired his medical license in 2003.

Ralph and Isolde traveled all over, sailing on different cruises to Turkey, Peru, Iceland, Hawaii, and South America.

Nowadays, Isolde and Ralph enjoy engaging in different activities at Ponte. Isolde loves to read, and Ralph enjoys participating in Gordon's Think Tank. We are grateful to have both of you in our community!



### New Year's Goals

If you're looking for some ideas on how to improve yourself, consider applying a few of these thoughts as you face day-to-day life:

- Give people more than they expect and do so cheerfully.
- Never laugh at anyone's dreams.
- Talk slowly, but think quickly.
- Don't let a minor dispute injure or derail a great friendship.
- When you realize you've made a mistake, take steps to fix it as soon as possible.
- Open your arms to change, but don't let go of your values.
- Read more; watch TV less.
- In disagreements with loved ones, deal with the current situation. Don't bring up the past.
- Share your knowledge. It's a way to achieve immortality.
- Be gentle with the earth.
- Judge your success by what you had to give up to achieve it.

# January 2023

### Wit & Wisdom: The New Year

*"Approach the New Year with resolve to find the opportunities hidden in each new day."*

**Michael Josephson**



*"New year is the glittering light to brighten the dream-lined pathway of future."*

**Munia Khan**

*"No matter how hard the past, you can always begin again."*

**Buddha**

*"For last year's words belong to last year's language. And next year's words await another voice."*

**T.S. Eliot**

*"Write it on your heart that every day is the best day in the year."*

**Ralph Waldo Emerson**

*"I like the dreams of the future better than the history of the past."*

**Thomas Jefferson**

# HAPPY Birthday!

- Betty Arney- Jan. 1
- Cathy Wood- Jan. 1
- Norma Brown- Jan. 3
- Keith Mellor- Jan. 3
- Bernice Rocca- Jan. 4
- Marjorie Wood- Jan. 5
- Barbara Mitchell- Jan. 6
- Stan Brown- Jan. 8
- Sandy Domgaard- Jan. 9
- Jennifer Holmes- Jan. 10
- Bob Webb- Jan. 14
- Sharon Miller- Jan. 16
- Berto Berti- Jan. 20
- Bev Haffner- Jan. 26
- Joan Sitnick- Jan. 27
- Ruth Howard- Jan. 27



# HAPPY Anniversary!

- Paul & Charlene Yust- Jan. 16
- Jim & Marge Lynch- Jan. 30
- Jack & Reta Jackson- Jan. 26
- Herman Hoag & Mary Snyder- Jan. 10



*Flying Arrows Equestrian Drill Team*



*Wine Club visits Nelo Olivo Winery*



*Friday night entertainment!  
Antonio the Violinist & Lina Ingoglia*





### Ponte Palmero Living History Exhibit in honor of Veterans Day



Thank you to all who contributed, and to our Veterans for all they have done to protect our country.





*Our featured Resident Artist of the Month, Maryann Roberts*



*Ukulele Club performing in the clubhouse*



**Listen to the Music**

For grandparents in search of perfect harmony with grandchildren, does the sound of music strike a chord?

“Music is a wonderful way to connect with grandchildren because it provides an avenue that you can both travel,” says Dr. Lillian Carson, nationally renowned authority on child development, parenting and grandparenting, and author of “The Essential Grandparent.”

Ways to create that union include taking time together to listen to each other’s music and discussing why the music is significant. For instance, today’s youth likely aren’t familiar with the Big Band sound. Use that lack of information to describe life in those days or provide information about an era such as the 1960s. Describe to your grandkids about seeing the Beatles perform on “The Ed Sullivan Show.”



## Laugh Lines: Silly Old Bear

A dearly loved storybook bear is celebrated each year on Jan. 18. That date marks Winnie-the-Pooh Day and the birthday of his creator, author A.A. Milne. Over the decades, fans of all ages have enjoyed the character's lighthearted thoughts.

"People say nothing is impossible, but I do nothing every day."

"Let's begin by taking a smallish nap or two."

"A bear, however hard he tries, grows tubby without exercise."

"I'm so rumbly in my tumbly."

"It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like, 'What about lunch?'"

"I wasn't going to eat it; I was just going to taste it."

"Well, I did mean a little larger small helping."

"One of the advantages of being disorganized is that one is always having surprising discoveries."

"My spelling is wobbly. It's good spelling but it wobbles, and the letters get in the wrong places."

"I always get to where I'm going by walking away from where I have been."

"Nobody can be uncheered with a balloon."

## Glitter Clothespin Snowflakes

### YOU WILL NEED:

- 8 regular size clothespins
- 8 mini clothespins
- Tacky glue
- White paint
- Crystal glitter

### INSTRUCTIONS:

- Disassemble clothespins. You will need 8 regular and 8 mini sized clothespins for each snowflake.
- Arrange larger clothespin pieces as desired. Secure with glue.
- Arrange mini clothespins on top of large clothespins as desired. Glue in place and let dry.

- Apply white paint to the front of your snowflake. Once dry, brush a thin layer of glue on top and sprinkle with glitter.
- Allow glue to dry completely and display. Repeat steps above to create multiple snowflakes.



## Whipped Hot Cocoa

### YOU WILL NEED:

- 2 TBSP Powdered Hot Chocolate Mix
- 5 TBSP Heavy Whipping Cream
- ¾ cup Chocolate Milk
- Optional: Marshmallows and/or Shaved Chocolate for Garnish

### INSTRUCTIONS:

- In a small mixing bowl, combine the heavy whipping cream and hot chocolate mix.
- Whisk or beat with a mixer until the consistency is fluffy.
- Heat chocolate milk in the microwave for 1-2 minutes depending on your microwave wattage and how hot you prefer your beverage. (For younger children, you might want to make warm chocolate instead of hot chocolate!)
- Spoon the whipped chocolate on top of the chocolate milk. Enjoy!





## Safety Tips for Starting a New Workout

No matter your fitness level, a new exercise routine has benefits for both mind and body. Follow these guidelines to stay safe and have fun.

First, check with a doctor before beginning any new exercise routine, especially if you have any injuries or health conditions.

Loose-fitting, lightweight clothing is ideal for movement. You also need a pair of tennis shoes that fit well and provide support.

Before any activity, warm up for 5 to 10 minutes with some gentle stretches. March in place or tap your toes to get your blood flowing.

Start slow, especially if it's been a while since you exercised. Maintain an easy pace and keep your workouts short. Gradually increase the length and intensity as you get stronger and more comfortable.

Exercising with a friend or group adds social benefits, and you can help steady and encourage each other when learning a new movement.

At the end of your workout, cool down for 5 to 10 minutes with some more easy stretches.



## Little Berries, Big Benefits

Called nature's candy, blueberries are proof of the saying, "A little goes a long way." A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition.

On their own, they're an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you've bitten into a blueberry, you know that it's a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.



## Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

*Daily journal.* This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

*Gratitude journal.* Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

*One-line-a-day journal.* Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

*Dream journal.* Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.



## Ponté Palmero Directors To Contact the Directors, Call the Concierge at (530) 677-9100

Executive Director.....Erik Olson  
 Activities Director.....Nancy Peabody  
 Clinical Director.....Betsy Bernardine  
 Business Office Director.....Jena Amador  
 Food Services Director.....Shane Doyle  
 Maintenance Director.....Bob Piercey  
 Marketing Director.....Rachel Amador  
 Marketing Director.....Jennifer Davis  
 Lighthouse Director.....Amber Hirsra  
 Lighthouse Activity Director.....Candace Worth



Ponte Palmero Resort-Style Living

