



Ponté Palmero

RESORT-STYLE LIVING

March 2023

Resident of the Month



Dona Barmore: Resident of the Month

Our Resident of the Month this March is Dona Barmore. Dona was born in Huntsville, Alabama. She has lived in California for most of her life and went to school in Port Hueneme, Southern California.

When Dona was a preteen, the families from her school (Canejo Grammar School) became plane spotters toward the end of World War II. Even after the war, they continued to watch for airplanes and balloons that seemed suspicious.

Dona and her husband, Willis, were married for 43 years. She has three, adult children, two girls and a boy. Dona says she also has several grandchildren and they are spread out across the country. Dona has traveled around the country cheering on her grandchildren at their various sporting events.

Dona has had a very interesting life. She was a gymnast for many years until she had her children. Dona competed on the balance beam, parallel bar, floor exercise and more. She also performed in exhibitions in the San Francisco Bay Area and at the California State Fair. Dona also played softball. She played outfield because she could throw the ball all the way to home base. Dona and her husband even sailed in the San Francisco Bay, a challenging place to sail!

Dona loves to sing: we enjoy when she sings with us here during our sing-alongs. She also sings weekly with her church praise group.

Dona's husband was a Metallurgist for Atomic Energy in Modesto, CA. Dona worked for the Government at Fort Ord in the Bay Area, where she helped spot submarines. This was a high security job!

Dona says we are fortunate to live, work and play in the state of California. Thank you, Dona, for sharing with us all this month.



Emblems of the Emerald Isle

Shamrock: This lush, green clover grows abundantly throughout the island. Ancient Celts believed its three leaves represented faith, hope and love. The similar, but hard-to-find, four-leaf clover includes an additional aspect: luck.

Celtic harp: The medieval triangular harp was played at the courts of kings and chieftains. Now the Irish national emblem, the Celtic harp can be found on everything from coins to official documents.

Claddagh ring: Often worn as an engagement or wedding ring, this piece of jewelry dates back hundreds of years. The story goes that a 16th-century fisherman from the village of Claddagh was kidnapped and forced to work as a goldsmith's apprentice. While learning the trade, he designed a ring of two hands holding a crowned heart, signifying friendship, love and loyalty.

Tricolor flag: Each stripe of color on Ireland's flag has meaning. The green on the left signifies the Irish people; the orange on the right represents supporters of the 17th-century British king William III of Orange; and the white band between the two conveys peace.

Wit & Wisdom: Luck of the Irish

"O, love is the soul of a true Irishman; he loves all that's lovely, loves all that he can, with his sprig of shillelagh and shamrock so green."

—John Locke

"If one could only teach the English how to talk, and the Irish how to listen, society would be quite civilized."

—Oscar Wilde



"Eternal is the fact that the human creature born in Ireland and brought up in its air is Irish. I have lived for twenty years in Ireland and for seventy-two in England; but the twenty came first and in Britain I am still a foreigner and shall die one."

—George Bernard Shaw

"When anyone asks me about the Irish character, I say look at the trees. Maimed, stark and misshapen, but ferociously tenacious."

—Edna O'Brien



- Maria Youngblood- Mar. 1
- Marian John- Mar. 2
- Misa Hodges- Mar. 6
- Berna Nitzberg- Mar. 6
- Doug Xiques- Mar. 7
- Bob Barton- Mar. 8
- Ralph Harder- Mar. 12
- Shirline Shults- Mar. 14
- Lori Sieber- Mar. 15
- Pat Fournier- Mar. 17
- Isolde Harder- Mar. 18
- Jack Jackson- Mar. 20
- Bob Caldwell- Mar. 26
- Anna Boros- Mar. 26
- Asmina Jiwa- Mar. 31



- Ovid & Jennifer Holmes- Mar. 9
- Patrick & Sandra Marshall- Mar. 21
- Stan & Pat Brown- Mar. 27



The Spring Equinox

In 2023, the official first day of spring is Monday, March 20. This date marks the “spring equinox” in the Northern Hemisphere.

In the Northern Hemisphere, the spring equinox occurs when the Sun crosses the celestial equator going south to north. It’s called the “celestial” equator because it’s an imaginary line in the sky above the Earth’s

equator. Imagine standing on the equator: the Sun would pass directly overhead on its way north.

After the spring equinox, the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increasing number of daylight hours, with earlier dawns and later sunsets!

Although in most locations the amount of daylight has been increasing each day after the winter solstice, after the spring equinox, many places will experience more daylight than darkness in each 24-hour day. The amount of daylight each day will continue to increase until the summer solstice in June.

March may be known for the start of spring and St. Patrick's Day, but the month has so many other special days to offer!



March 2023 Holidays & Celebrations

- **Mar. 1**
World Candle Day
- **Mar. 4**
National Snack Day
- **Mar. 6**
National Frozen Food Day
- **Mar. 7**
National Cereal Day
- **Mar. 9**
National Popcorn Lover's Day
- **Mar. 10**
National Hug Your Dog Day
- **Mar. 13**
National Napping Day
- **Mar. 14**
National Potato Chip Day
- **Mar. 16**
National Corn Dog Day
- **Mar. 20**
International Day of Happiness
- **Mar. 21**
National French Bread Day
- **Mar. 25**
International Waffle Day
- **Mar. 28**
Respect Your Cat Day

This Month in History

- **March 1, 1790-** The U.S. Supreme Court convenes for the first time.
- **March 6, 1899-** Felix Hoffmann at German Bayer company patents aspirin.
- **March 7, 1876-** Alexander Graham Bell patents the Telephone.
- **March 10, 1862-** The U.S. government issues paper money for the first time.
- **March 19, 1911-** First International Women's Day: over 1 million men and women attend rallies around the world.
- **March 21, 1963-** The infamous Alcatraz prison is closed.
- **March 24, 1958-** Elvis Presley joins the U.S. Army.
- **March 28, 1866-** The first ambulance goes into service.
- **March 29, 1795-** At age 24, Ludwig von Beethoven debuts as a pianist in Venice.
- **March 31, 1958-** The Eiffel Tower opens in Paris, France.



Resident Spotlight

The Frozen Orchid Helen Carlson

It was the typical, January winter in Chicago... Drab and dreary, cold and frosty, windy and snowy.

But at Lindblom High School, the seniors were preparing for mid term graduation, and the kids were planning the prom downtown at a big hotel. I was excited, too. I had been invited by an ROTC man who was in the Boy's Chorus. I was the piano accompanist.

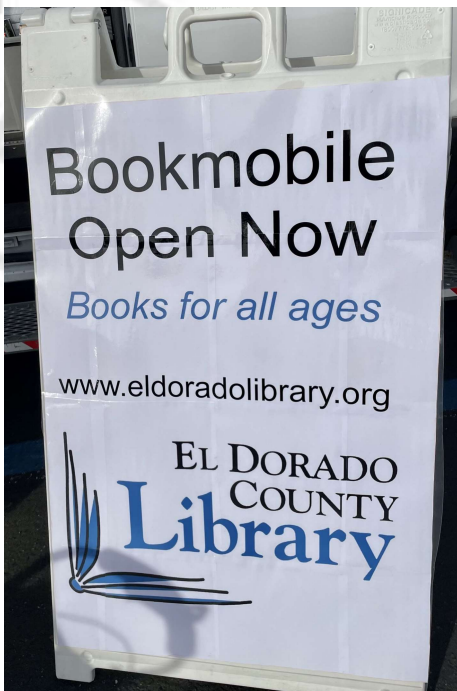
The big night arrived and it was bitter cold and snowing... but he had a car: it was an old Ford "Jalopy!" No heater but he had blankets to keep me warm, and I wore a heavy winter coat over my glamorous gown. He brought me a corsage! It was a very beautiful orchid. I did not pin it on, I kept it warm in its box under the blanket so it would be fresh for the dance.

Alas, the orchid was used to warmer climates... and it did not make it to the dance! But we had a wonderful, memorable time dancing and going to the famous Chez Parée afterwards for a snack...

So this was one of my many good times to remember from my early days!

"Those were the Days, my Friends..." As the song goes.

El Dorado County Library's Bookmobile visits Ponte!



Staff appreciation



Ukulele Club



Bible Study



Residents help with Valentine's Decorations.



New Year's Celebration



Amanda & Tom Power



Meal time in the clubhouse!



Watercolor Painting Class



Thank you, Art, for the flowers!



Noah delivers flowers to the residents.



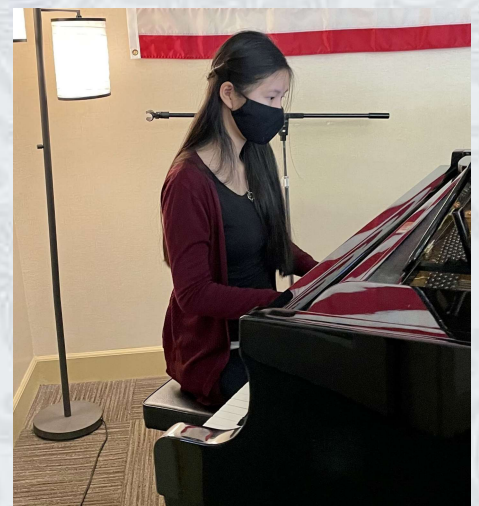
Ciprian plays the violin.



Jack Mcgee



Chiara





Laugh Lines: Jest a Few Holiday Jokes

These St. Patrick's Day-related jokes will have you Dublin over with giggles!

Rainbow Riddles

- What do you call a rainbow over a farm?
A grain-bow.
- What about one over a construction site?
A crane-bow.
- Over an airport runway?
A plane-bow.
- What if it's over the city of Madrid?
A Spain-bow.

Clover Comedy

- Why do we wear shamrocks on St. Patrick's Day?
Because regular rocks are too heavy!
- What happens when you cross poison ivy with a four-leaf clover?
You get a rash of good luck.
- Why shouldn't you iron a four-leaf clover?
You might press your luck.

Leprechaun Laughs

- What's a leprechaun's favorite place to relax?
The paddy-o!
- What do you call leprechauns who collect plastic bottles? Wee-cyclers.
- Why do leprechauns hate running?
They'd rather jig than jog.



Clay Pot Leprechaun Hats

YOU WILL NEED:

- Small, clay pot
- Green, acrylic paint
- Black ribbon
- Gold, scrapbook paper
- Hot glue gun

Shamrock Pretzel Treats

YOU WILL NEED:

- Pretzel sticks
- Mini pretzel twists
- Rolo candies
- Green M&M's

INSTRUCTIONS:

- Preheat the oven to 250 degrees.
- Place three mini pretzels and one pretzel stick in a shamrock shape on a parchment paper lined cookie sheet.
- Place a Rolo candy in the middle of pretzels. Repeat with as many treats as you'd like to make.

INSTRUCTIONS:

- Flip clay pot upside down and paint green. You will need at least a couple coats. Allow to dry completely.
- Wrap black ribbon around the bottom of the pot. This would be the wider end since the pot is upside down. Trim and secure in place with hot glue.
- Cut a small square out of scrapbook paper. Cut an even smaller square out of the center of your square. Use a precision knife if needed.
- Secure with hot glue to the center of your pot on top of the ribbon. Allow glue to dry completely and display.

- Bake for 2 minutes at 250 degrees in the oven until chocolate is just starting to melt, but not all the way melted.
- Gently press a green M&M in the middle of Rolo so that the chocolate connects all four pretzels.
- Freeze until chocolate is set, then enjoy! Yup, that's it!





Nail Care Tips for Everyone

You use your hands every day, but how often do you think about the health of your fingernails? Whether you get pampered regularly with manicures or just want strong, clean nails, the essentials of nail care are important for everyone to know.

Washing your hands often keeps your body healthy in many ways, including your nails. Rather than using sharp tools to clean beneath them, try a nail brush with soft bristles.

Fingernails can get dry and brittle, just like hair and skin, so one of the main ways to keep them healthy is to moisturize them often, especially after washing your hands. Gently massage the lotion or balm of your choice into your cuticles and nail beds.

Similar to regular haircuts, cutting your nails on a consistent basis can prevent splitting and breaking. Use nail scissors or clippers to trim them straight across, then round the corners with a nail file.



A Healthy Start to the Day

It's called the most important meal of the day, so fill up on these tips for a better breakfast.

A good breakfast kick-starts your day, providing energy and keeping your body fueled until lunchtime. The main nutrients needed to make this possible are protein and fiber. Complex carbohydrates and healthy fats round out a complete breakfast.

Eggs, cheese, yogurt, and nuts are smart, protein sources for breakfast time. For fiber and carbs, turn to fruits and vegetables, as well as whole grains, which take longer to digest and help you stay full. Whole-grain options include whole-wheat bread and English muffins, oatmeal, and some cereals. Dairy products and nuts or nut butters will provide you with beneficial fats.

For a balanced breakfast, combine foods from each nutrient type. Try whole-wheat toast or an English muffin with peanut butter and sliced fruit, an omelet or scrambled eggs with cheese and veggies, oatmeal topped with fresh fruit, nuts and seeds, or a parfait or smoothie made with fruit and yogurt.



Quick Fixes To Reduce Stress

Stress is a normal experience, but it can be so overwhelming that it stops us in our tracks. When this happens, regain control of your situation with some quick, relaxation methods.

One of the first things you can do is take some slow, deep breaths. Breathe in through your nose: hold for a few seconds, then release your breath. Repeating this pattern a few times slows your heart rate and helps you feel calmer.

If you're near a window, look outside and focus on clouds in the sky, a tree or other aspects of nature that you see, even if you're surrounded by buildings. Mental health experts say this is enough to feel the therapeutic effects of the outdoors. Another option is to gaze at a photo of calming scenery.

Many of us hold tension in our neck and shoulders. Sit up straight; stretch your arms and roll your neck from side to side to fix your posture. If possible, get up and take a 5-minute walk to move your body and clear your head.

Hug it out! Research suggests that a 30-second hug can reduce stress levels and lower your blood pressure.

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

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Ponte Palmero Resort-Style Living

A colorful graphic for Daylight Saving Time. It features a brown rabbit in a field of green grass and white daisies. To the right is a clock with a yellow sun behind it, and the hands are positioned at 2:00. The text "HOP To It and SPRING Forward!" is written in large, stylized, bubbly letters. A white box at the bottom left contains the text: "Daylight saving time begins the second Sunday in March."