



Ponté Palmero

RESORT-STYLE LIVING

May 2023

Resident of the Month



Jack & Reta Jackson: Residents of the Month

Jack and Reta celebrated their 77th wedding anniversary this year on January 26th. Reta is 100 years young, and Jack is 99 years young.

They are long-time California Residents and long-time Ponté Palmero Residents. They have lived here at Ponté Palmero for 11 or 12 years (but who's counting).

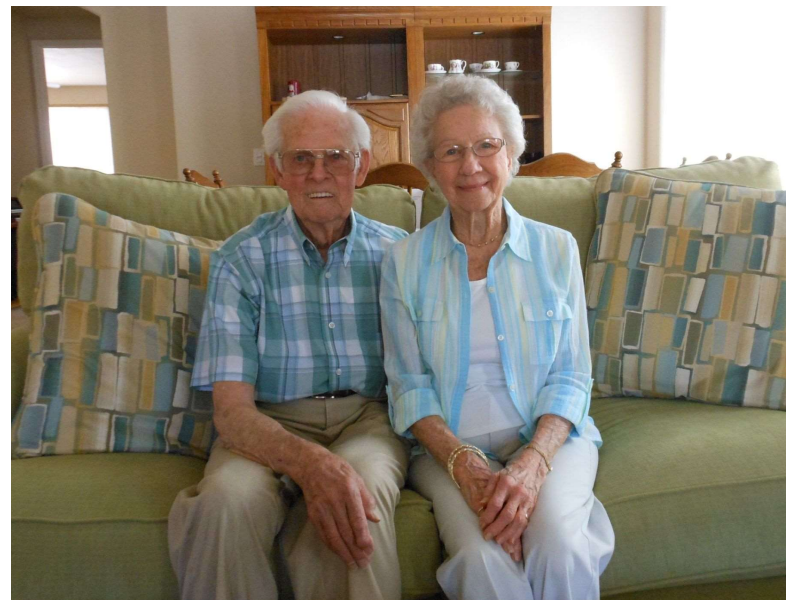
Prior to Ponté Palmero, they lived in Acampo, Huntington Beach, and Laverne, CA.

Jack was in the Navy and stationed in Hawaii before they got married. Jack worked for General Telephone and Electronics Corporation for 40 years. Reta was a stay-at-home mom and raised their 3 children.

Their family has grown with 4 grandchildren, 12 great-grandchildren and 3 great-great-grandchildren! The youngest great-great-grandchild lives here in California, close by in Diamond Springs, and the other 2 live back east.

Jack served as a Travel Chairman for Sons of Retirement which gave them the opportunity to travel far and wide. They have enjoyed Yoga, Tai Chi, country dancing, exercising and walking.

Thank you, Jack and Reta, for taking the time to share with us this month!





The Day to Remember Those We've Lost

Memorial Day, originally known as Decoration Day, began in the 1860s, when people would decorate the graves of soldiers who had fought in the Civil War. Gen. John Logan, leader of a Civil War veterans' organization, officially proclaimed May 30 as Memorial Day in 1868.

After World War I, May 30 became a day to honor fallen soldiers from all wars.

In 1971, Memorial Day became a federal holiday, and Congress declared it be celebrated on the last Monday in May, ensuring a three-day weekend.

Cities across the country hold Memorial Day parades and other events. American flags are often placed throughout cemeteries for veterans. At other cemeteries, many people choose to decorate the graves of all loved ones, not just service members.

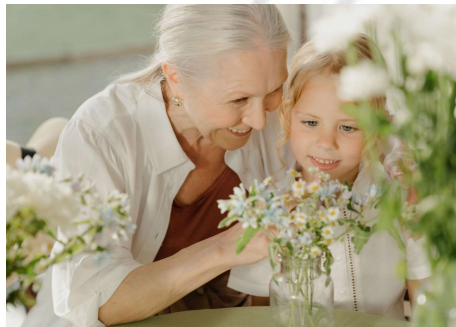
On Memorial Day, the American flag should be flown at half-staff until noon, then raised to full staff in recognition of those currently serving in the military.

Mother's Day is celebrated on Sunday, May 14th.

Wit & Wisdom: Mother's Day

"To describe my mother would be to write about a hurricane in its perfect power."

—Maya Angelou



"God could not be everywhere, and therefore he made mothers."

—Rudyard Kipling

"Mother is a verb. It's something you do, not just who you are."

—Dorothy Canfield Fisher

"Mother—that was the bank where we deposited all our hurts and worries."

—T. Dewitt Talmage

"The natural state of motherhood is unselfishness. When you become a mother, you are no longer the center of your own universe. You relinquish that position to your children."

—Jessica Lange

"When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child."

—Sophia Loren



Happy Birthday

- Roger Santos- May 1
- Nancy Griffith- May 4
- Roger Heinrich- May 5
- Pat Brown- May 7
- Claire Mina- May 10
- Barbara Tavalero- May 10
- Caroline Harruff- May 11
- Dana Barker- May 12
- Ross Henry- May 16
- Evangeline Norton- May 20
- Nadene Ross- May 21
- Nancy Harrison- May 26
- Marge Lynch- May 27
- Audrey Elliot- May 31



Happy Anniversary

- Mike & Sue Prall- May 17
- Bob & Marsali Caldwell- May 25

Our lucky Golden Easter Egg winners!



Operation Gratitude: Our crochet & knitting club making scarves & hats for our troops



Girl Scouts visit the community to sell cookies!



Puzzle professionals!



Seasonal Skin Care Tips

Days of outdoor fun and sun are ahead, which means your skin will likely be feeling the heat. Protect it with some skin-saving reminders.

Dermatologists' top advice? Sunscreen, sunscreen, sunscreen! Protecting your skin from the sun's harmful ultraviolet rays should be a daily habit, but it's essential during summer days.

Wear a broad-spectrum sunblock with a sun protection factor of 30 or higher, and reapply it every two hours when you're outside for long periods.

More sunshine, hot temperatures and humidity mean increased perspiration. When sweat gets trapped in the skin's pores, heat rash, also called prickly heat, can develop. To prevent it, wear loose-fitting, lightweight clothing and try to keep skin dry and cool.

Itchy bug bites are also common this time of year. Resist the urge to scratch them, which can lead to infection and scarring. Use a cold compress or hydrocortisone cream for itch relief.

With outdoor activities and time at the pool, beach or lake, you may be showering more often. Frequent bathing in water that's too hot can dry out skin, so adjust the water temp to warm or cool and slather on a moisturizing lotion afterward.

Drinking plenty of water can keep both you and your skin hydrated and healthy.

St. Paddy's Day celebration!



The Easter Bunny visits Ponté Palmero!



Protect Your Peepers

May brings longer days, spring flowers and Healthy Vision Month. Before you head outdoors to enjoy some sunshine, make sure your eyes are protected with the proper sunglasses.

Block UV rays. Choose sunglasses that reduce exposure to ultraviolet rays. Look for those that have 100% UV protection. Blocking UV rays can help prevent cataracts and age-related macular degeneration. A sticker or tag on the sunglasses should state that the lenses protect from both UVA and UVB rays.

Fit matters. Oversized sunglasses or those that wrap around the sides of the head offer the most coverage for your eyes.

Don't let price fool you. Just because sunglasses are expensive doesn't mean they offer the best protection. Price often has more to do with fashion than function.

Cut the glare. Polarized lenses that cut down on glare from water, sand or pavement are popular, but make sure the label also lists UV protection.

Pick a color. Sunglass lenses come in an assortment of colors, but gray is most common. Amber or green lenses can increase contrast and depth perception. Choose according to your preference, but remember there is no relationship between color and UV protection.

Decorating Easter Eggs!



Pressed Flower Lanterns

YOU WILL NEED:

- Glass jar
- Pressed flowers
- Matte Mod Podge
- Twine
- Tealight candle



INSTRUCTIONS:

- Paint a small area on the outside of the jar with Mod Podge.
- Place a pressed flower on top of the Mod Podge.
- Cover the flower with another layer of Mod Podge. Make sure it sticks flat onto the jar.
- Repeat and cover the jar with as many flowers as you'd like.
- Once flowers have been placed, cover the whole jar with a thin layer of Mod Podge.
- Loop twine around the mouth of the jar several times. Make a knot and then tie a bow out of the remaining twine.
- Add a candle and light it to see your lantern glow.

Easy Lemon Tarts

YOU WILL NEED:

- 16 oz. package sugar cookie dough
- 8 oz. jar lemon curd
- Fresh fruit for topping



INSTRUCTIONS:

- Preheat oven to 350 °F. Spray mini muffin pan with cooking spray.
- Roll cookie dough in small balls and press into the bottom and up the sides of each space in the muffin pan.
- Bake cookie tarts for about 10 minutes, until they just start to turn golden around the edges. Cool, then remove from the pans carefully.
- Fill cooled cookies with lemon curd and top with a raspberry, blueberry, or strawberry.



Make a Butterfly Garden

Watching butterflies flit from flower to flower is one of the many joys of tending a garden. By growing certain plants that attract butterflies, you can encourage these important pollinators to visit every day!

Butterflies like a variety of colors, shapes and heights, and planting different flowers in one container, as well as in pots of varying sizes, helps provide a dense, lush habitat. Typically, butterflies are drawn to bright, warm colors—think reds, oranges, pinks and purples. Plants with tubular flowers, tiny clusters of blooms, or blossoms with large, flat petals are favorites of the insects. Some of the best choices are zinnias, petunias, marigolds and lantana.

To attract even more butterflies, grow host plants such as milkweed, parsley, fennel and dill. The insects will seek out these species and lay their eggs on them, which then provide food for their caterpillars as they prepare to transform into butterflies.

You can also build a drinking station by arranging some gravel, sand and smooth stones in a saucer, then adding a shallow amount of water.

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
 Assisted Living Director.....Jennifer Hinch
 Business Office Director.....Jena Amador
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 Maintenance Director.....Kevin Hallmeyer
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 Marketing Director.....Randy Offenbach
 Lighthouse Director.....Amber Hirsra
 Lighthouse Activity Director.....Candace Worth



Ponté Palmero Resort-Style Living

“This Month In History”

MAY

1922: The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.’s National Mall.

1939: The caped crimefighter Batman makes his debut in issue No. 27 of “Detective Comics.” The superhero was an instant hit with readers.

1945: Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

1963: High school junior Lesley Gore performs her first single, “It’s My Party,” on TV’s “American Bandstand.” The next week, the song topped the U.S. pop music chart.

1971: Merging 20 of America’s passenger railroad services into one, Amtrak begins service.

1994: Nelson Mandela is inaugurated as South Africa’s first Black president.

2001: Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

2019: New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids’ TV show.