



# Ponté Palmero

RESORT-STYLE LIVING

June 2023

## Resident of the Month



### Tim Trickel: Resident of the Month

Our Resident of the Month is Murle J.  
"Tim" Trickel.

Tim came to live here at Ponté in February 2019. Tim's wife, Joyce, was in skilled nursing at that time and sadly she was too ill to join Tim here.

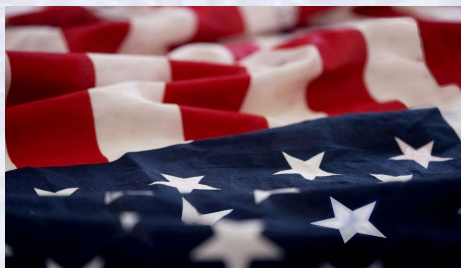
Tim is one of our Star Trivia Players on Wednesday and Friday mornings. He is also one of our Star Singers at our Ponté sing-a-longs. Tim is a multi-talented man, but let's start at the beginning.

Tim was born in 1928, in a very small town known as Nemaha, Iowa. There were only about 200 people in Nemaha when Tim was born and now that population is only about 60. During middle school, Tim's parents moved the family to Concord, California, where Tim graduated 8th grade. In his freshman year, the family moved to Sunnyvale, where he graduated from Fremont High School. Tim signed up for a 3-year machinist apprenticeship with the US Navy at Mare Island. Tim served in the Marine Corps reserve until 1949.

Tim married his wife, Joyce, in 1949. Joyce was the valedictorian from his high school. They raised 5 children together and the current count is 12 grandchildren and 13 great-grandchildren. Sadly, 2 of Tim's sons have passed. He has 2 children living close by, in addition to one daughter who lives in Oregon.

Now back to Tim's multiple talents. Tim has worked as a cabinet maker, furniture maker, truck driver, traveling salesman, gas station operator, cannery worker and owner of building material businesses in Pollock Pines and Diamond Springs. When Tim started his building material business, he showed some bravery; he took out a 2-year lease without really knowing anyone in the area, but he made a success of this business from 1980-1992, then later sold the business to a customer. Tim built their own home (2500 sq ft in Placerville) with his then 14-year-old son; they did most of the work themselves!

You have many life accomplishments, Tim!



## Old Glory Inquiry

Perhaps the most recognizable icon of the United States, the American flag, gets its day on June 14, Flag Day. Earn your stripes by discovering some of these lesser-known flag facts:

*How many official U.S. flag versions have been flown?* From the first, with 13 stars, to today's flag, with 50 stars, there have been 27 official designs.

*How should a flag be raised to half-staff?* The flag should first be hoisted to the peak of the flag pole and then slowly lowered to the half-staff position. The flag should again be raised to the peak before it is lowered for the day.

*Is there still a flag on the moon?* Six U.S. flags are stationed on the moon. They were placed there by the crews of Apollo 11, 12, 14, 15, 16 and 17.

*What can one do to avoid disrespecting the flag?* The flag should never be dipped to any person or thing. It should not be displayed with the union (stars) down, except as a signal of dire distress. The flag should never touch anything beneath it, including the ground. The U.S. Flag Code also states, "The flag should never be used as wearing apparel, bedding or drapery."

## Wit & Wisdom: Fatherhood

*"Blessed indeed is the man who hears many gentle voices call him father."*

—Lydia Maria Child

*"My father used to say that it's never too late to do anything you wanted to do. And he said, 'You never know what you can accomplish until you try.'"*

—Michael Jordan



*"He adopted a role called Being a Father so that his child would have something mythical and infinitely important: a Protector."*

—Tom Wolfe

*"To be the father of a nation is a great honor, but to be the father of a family is a greater joy."*

—Nelson Mandela

*"The quality of a father can be seen in the goals, dreams and aspirations he sets not only for himself, but for his family."*

—Reed Markham

*"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."*

—Charles Wadsworth



- Phil Bair- Jun. 1
- Bob Fitchett- Jun. 3
- Carole Kane- Jun. 6
- Hiro Suzuki- Jun. 9
- Thomas Irvin- Jun. 10
- Ginny Miller- Jun. 15
- Barb Turner- Jun. 17
- Jean Haugaard- Jun. 18
- Jane Josselyn- Jun. 18
- Alfred Sohlich- Jun. 18
- Tony Morasco- Jun. 20
- Pepper Dippel- Jun. 21
- Terry Klein- Jun. 21
- Robert Tonge- Jun. 23

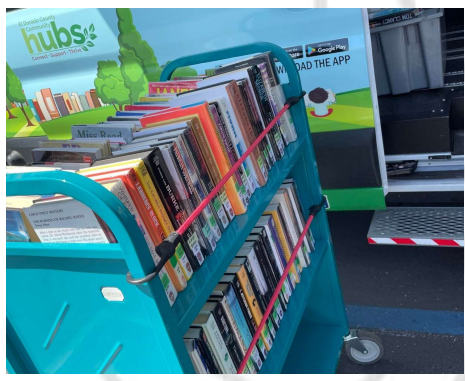


- Ross & Kay Henry- Jun. 6
- Bob & June Barton- Jun. 19

*Midtown Jazz performs!*



*Bookmobile stops by*



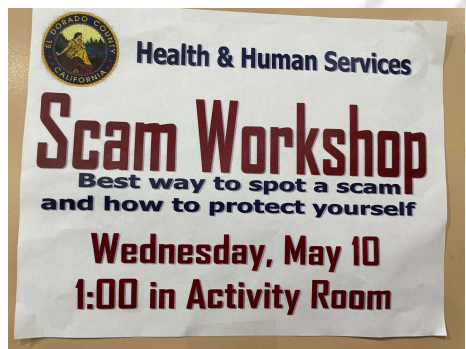
*Jo Larson celebrates her 100th BIRTHDAY!*



**1923- Looking Back 100 Years**

- A dollar in 1923 is about \$16.50 today.
- A first-class stamp is 2 cents. The price is going to 63 cents this month.
- Gas costs a whopping 14 cents per gallon.
- Life expectancy: Men, about 56 years; women, about 58.
- The first issue of Time magazine is published.
- The 'Hollywoodland' sign is dedicated. More than two decades later, the last four letters would be dropped.
- Calvin Coolidge becomes the first president to address the nation on broadcast radio.
- The world's population stands at about 2 billion. A few months ago, it hit 8 billion.
- Frederick Grant Banting and John James Rickard Macleod share the Nobel Prize in physiology or medicine for their discovery of insulin.

*Health and Human Services scam workshop*



*Let's dance!*



## Keep Your Cool While Cooking This Summer

When you can't stand the summer heat, stay out of the kitchen—or at least make meal prep as easy-breezy as possible. Here's how:

*Limit oven use.* As the oven preheats, the kitchen warms up too, and it takes a while to cool down afterward. Choose recipes that don't require an oven. When you do turn it on, take advantage of the hot oven and cook double batches, as well as foods you can use for multiple meals, such as baked potatoes or chicken.

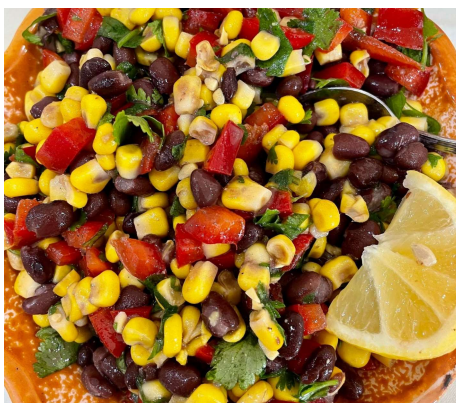
*Put tabletop appliances to work.* A microwave, toaster oven, slow cooker and multicooker all use less energy than an oven or stovetop, and foods will still come out tasting great. Bonus: There's often less cleanup involved with these options!

*Take shortcuts.* You can let someone else do the cooking for you and still have a partially homemade meal. For example, a rotisserie chicken can be used for several recipes or served as is with a simple side dish.

*Chill out.* When possible, opt for cold, no-cook foods such as sandwiches and wraps, green salads and pasta salads, hearty dips, cold soups and smoothies.

*Eat in season.* Take advantage of the peak growing season and plan meals around fresh produce. A snack board featuring raw fruits and veggies is easy to throw together.

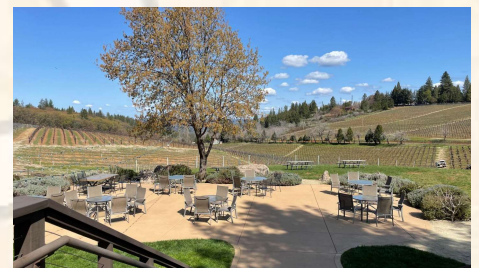
¡Feliz Cinco de Mayo!



Paint party with Cathie!



Wine Club visits Lava Cap Winery





## Director's Corner

In June of last year, we held a Meet Greet to introduce our new Executive Director. Amanda in Activities sought the opportunity to interview Erik Olson on the event of his 1-year anniversary at Ponté Palmero. Read the conversation below.

*How did you come to choose Ponté Palmero?*

Ponté is really close to my home; I live in El Dorado Hills. I came up a number of times and toured the campus, met staff and residents, and just felt like it was a beautiful community. My career path and my heart has always been in health care management and developing a team of people that do an amazing job taking care of residents. I just felt like it would be a good home.

*Why did you want to manage a senior living community?*

I've done senior living management for about ten years now. I found a great match, I think, with my skill sets and my business background, my understanding of medical systems, health care systems—I was pre-med in college so always had a desire to learn and understand more about different health conditions. I have about ten years of experience in pharmaceutical sales, so I really

understand how pharmaceuticals affect people, and in communities like this, people are on a lot of meds. So it was kind of an easy fit for me, ten years ago when I took my business background, my educational background, and my experience in pharmaceutical sales, and had the opportunity to start in skilled nursing. I fell in love with the idea of being surrounded by a group of health care professionals that I could motivate and shape, and create a team that just provided 5-star level care for residents.

*What are three expectations you had coming in to this job, and did they become reality?*

I wanted to get to know

through all the details of the job with me. And then, just to be able to bring my own slant and my own vision for how things would work. There's been a nice fit there with ownership and them saying, "here's the leeway, here's the things you can go ahead and decide on your own," and then other things still running through them. But I've certainly been able to bring my own spin and my own slant to Ponté, I think, and make a clear change from the previous directions.

*Do you want to talk here about anything personal? Family? Coaching your kids' sports - I've heard you do that.*

I have two kids; I have an

everybody on the staff, get to know who they are as people; because obviously we have so much more to us than just what we do during our daytime hours. We have family life, kids. One of my main objectives coming in was to get to know who they are as people, starting with the directors and then moving through all the rest of the staff. I think I've been able to do that for the most part. Other expectations were to learn from my predecessor, Greg; understand how much he gained in the nine years that he was here. There was a nice transitional phase where Greg was here part-time, going

eleven-year-old boy named Ford and I have a seven-year-old girl named June. We do all kinds of outdoor stuff together; we go skiing in Tahoe in the wintertime, we go to the lake and boating in the summer, and then they are each involved in sports that I've helped coach. Mostly I do coaching with my son's baseball team. I've been a coach on his little league team since he was four years old. June, my daughter, does soccer and I've coached a little bit there, mostly volunteered, helping out on the side with her and her team. But they're both heavily involved in sports, and good kids, good at school, and I always love being (*cont.*)

involved in whatever they've got going on.

*What do you find challenging? How do you prepare for challenges and what do you do if they occur unexpectedly?*

Well, I would say that attracting and keeping the right people on the staff at senior living is certainly a challenge. The climate that we live in, in California is one of work is kind of optional for a lot of people. So it is sometimes very difficult to hire people, get them trained and then suddenly realize that this person doesn't want to work anymore. Or another person, a Californian has decided it's too expensive to live here so they move out of state. So, I feel that one of the biggest challenges I deal with is to make sure that all of our departments are staffed the way they should be, that we have adequate training, and retaining as much as possible the staff that we hire.

*One year on, has anything occurred here that truly surprised you?*

I was surprised that the Department of Social Services gave us the green light to take the masks off. I thought that was going to be quite another significant wait longer to be done with masks. I have, a number of times, thought that there was going to be challenges with certain staff people that, once I asked for something to be done and kind of gave them clear direction on it, they did it.

One of my philosophies in management is that people need three basic things to be successful in a job: they need to be known who they are, they need to know that someone knows them—I say hi to you every day, Amanda, when I see you, right? I know your name. People need to know what their job is, how it fits in the total scope of what this operation does. So, in other words, you need to know as an Activities Assistant that what you do matters for the whole success. If you don't feel like it matters, then you're not going to care. You're not going to put effort in if you don't feel like you're a part of the overall direction and objectives of an organization. And then, last thing I think people need to know is, what does a home run look like for their position? What is an excellent week or month? How do you know you hit it out of the park, so to speak? I don't know if that philosophy is reached down to you, but I work with all the directors and I try to set that up for them to know who they are, make sure they know that what they're doing matters in the whole scope of things, and what does it look like to hit it out of the park, so to speak, for their department.

*Do you have a vision for Ponté one more year down the road?*

I think the vision that I have right now for Ponté is to bring in a new crop of residents; we're

aiming for kind of a younger generation of residents. We're going to be looking at stuff like adding a dog park for our pet owners and for a younger generation of residents that want to be more outside. This community is built as an open-air concept outdoor community. That, to me, naturally attracts a younger generation but it has to have the amenities to go along with it that people are looking for. So, there should be quite a bit more to come in the next year to offer those amenities.

*What is the most rewarding thing about the work you do here?*

I would say, to see a crew of happy and motivated and driven staff people who all know the direction they're going, what their incentives are to get there and all pulling as a team together to hit that objective.



*Thank you very much for your time today. Congratulations on one year here.*

## 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  
 Food Services Director.....Shane Doyle  
 Maintenance Director.....Kevin Hallmeyer  
 Marketing Director.....Jennifer Davis  
 Marketing Director.....Randy Offenbach  
 Lighthouse Director.....Amber Hirsra  
 Lighthouse Activity Director.....Candace Worth



Ponté Palmero Resort-Style Living

### My Soul Has A Hat

Mario De Andrade

**I counted my years** and realized that I have less time to live by, than I have lived so far. I feel like a child who won a pack of candies: at first he ate them with pleasure but when he realized that there was little left, he began to taste them intensely.

**I have no time** for endless meetings where the statutes, rules, procedures and internal regulations are discussed, knowing that nothing will be done.

**I no longer have the patience** to stand absurd people who, despite their chronological age, have not grown up. My time is too short: I want the essence; my spirit is in a hurry. I do not have much candy in the package anymore.

**I want to live** next to humans, very realistic people who know how to laugh at their mistakes and who are not inflated by their own triumphs and who take

responsibility for their actions. In this way, human dignity is defended and we live in truth and honesty. It is the essentials that make life useful.

**I want to surround** myself with people who know how to touch the hearts of those whom hard strokes of life have learned to grow with sweet touches of the soul.

**Yes, I'm in a hurry.** I'm in a hurry to live with the intensity that only maturity can give. I do not intend to waste any of the remaining desserts. I am sure they will be

exquisite, much more than those eaten so far.

**My goal is to reach the end** satisfied and at peace with my loved ones and my conscience. We have two lives and the second begins when you realize you only have one.

*Submitted by Berna Nitzberg*