



# Ponté Palmero

RESORT-STYLE LIVING

## July 2023

### Resident of the **Month**



### Gene & Sally Anderson: Residents of the Month

Our Residents of the Month this July are Gene and Sally Anderson. Gene and Sally both grew up in Tacoma, Washington. They met in high school and were married in 1954.

Gene was in the National Guard. He worked for Boeing and attended college at the University of Washington. After graduating in 1958, Gene became a Civil Engineer and worked for the state. Sally worked at University Bank while Gene was in college.

Together, Gene and Sally have four children, eight grandchildren and seven great-grandchildren. Their children all live locally. They moved to California in 1972 and raised their family here.

Gene and Sally lived in Cameron Park from 1972-2002 before moving to Rancho Murrieta. They raised parrots from 1974-2003, and peacocks. Sally would hand feed the baby parrots.

Gene volunteered for The Rotary Club and Kiwanis Club. Sally was chairman of the Children's Home Society. Gene's hobbies include golfing and fly fishing. Sally enjoys knitting and is a talented painter.

Gene and Sally came to Ponte about three years ago, around the time the pandemic began. We are grateful for their friendship and thank them both for sharing with us this month.



*Gene & Sally will be celebrating their 70th anniversary this month! On July 31st!*





### Let Freedom Sing

This Fourth of July, celebrate both our nation's history and the history of some favorite patriotic songs:

*"America"* (*"My Country 'Tis of Thee"*). This song's lyrics, set to the melody of "God Save the King," were written by the Rev. Samuel Francis Smith, who debuted it at an Independence Day celebration in 1831. It was used as the country's anthem for decades until "The Star-Spangled Banner" was officially given that honor in 1931.

*"America the Beautiful."* According to Katharine Lee Bates, an English professor who wrote the words of this stirring tune in 1913, the lyrics were inspired by a prairie wagon ride she took up Pikes Peak in Colorado. The music was composed in 1882 by Samuel Augustus Ward.

*"You're a Grand Old Flag."* Written by George M. Cohan for his 1906 stage show "George Washington Jr.," this lively march was the first song from a musical to sell more than 1 million copies of sheet music.

*"Yankee Doodle."* Although its exact origins are unknown, this upbeat ditty dates back to pre-Revolutionary War times, when British officers sang it to mock American militiamen.

### Wit & Wisdom: Independence Day

*"Then join hand in hand, brave Americans all! By uniting we stand, by dividing we fall."*

—John Dickinson

*"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."*

—Harry S. Truman



*"It will be celebrated with pomp and parade, bonfires and illuminations from one end of this continent to the other."*

—John Adams

*"I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him."*

—Abraham Lincoln

*"Where liberty dwells, there is my country."*

—Benjamin Franklin

*"Patriotism is easy to understand in America. It means looking out for yourself by looking out for your country."*

—Calvin Coolidge



- Gerda Cyprych- Jul. 1
- Jim Moore- Jul. 5
- Marsali Caldwell- Jul. 12
- Ed Echeverria- Jul. 15
- Richard Ravizza- Jul. 15
- Dot Rhoades- Jul. 17
- Angela Hokanson- Jul. 18
- Nancy Zingelman- Jul. 18
- Marcia Janes- Jul. 24
- Mike Prall- Jul. 27
- Bill Berriman- Jul. 30



- Don & Jeanette Boltz- Jul. 8
- Roger & Jeanne Heinrich- Jul. 24
- Bill & Pat Lebeck- Jul. 26
- Gene & Sally Anderson- Jul. 31



*Wine Club visits Gold Hill Winery*



*Employee Appreciation Barbecue & Watermelon Eating Contest!*





## The Different SHADES OF SUMMER!

This is Nancy Harrison! We call her Fancy Nancy ... and she has at least 25 PAIRS of sunglasses which she wears as beautifully as her smile!



*Featured Resident Artist of the Month, Richard Ravizza and his wood work!*





### Memorial Day Event at Green Valley Mortuary's Freedom Field



### Memorial Day Performance from Gold Rush Chorus







### Lighting Up the Night

Brilliant, booming displays of fireworks will light up the night sky as part of many Fourth of July celebrations. What has become a staple of American Independence Day festivities was actually created centuries ago in the Far East.

Historians say as early as 200 B.C., the Chinese had already been using an early type of firecracker by roasting bamboo shoots, which would explode with a loud pop. They used these to celebrate special events and to scare away evil spirits. By 600 A.D., they began filling the shoots with a crude form of gunpowder and tossing them into a fire, producing a larger blast. Later, these first fireworks were used in battle and in the aerial displays.

By the 13th century, gunpowder began spreading to other parts of the world for use in weapons, as well as celebrations. During the Renaissance, pyrotechnic schools trained fireworks artists across Europe.

Settlers brought the sparkling spectacles to the Colonies of the New World.

### Patriotic Windsock

#### YOU WILL NEED:

- Floral wire
- Pliers
- Red, white, & blue plastic tablecloths
- Fishing line
- Scissors

#### INSTRUCTIONS:

- Begin by using pliers to secure each piece of wire into a circle.
- Cut plastic tablecloths into strips.
- Fold each strip in half and place with a loop under the wire circle. Thread the long ends through the loop and pull gently to tighten.



- Continue, alternating colors until all gaps are filled.
- Attach fishing line to the top and hang.

### Patriotic Popcorn

#### YOU WILL NEED:

- 10 Cups Popped Popcorn
- 3 tbsp. Butter
- 3 cups Mini Marshmallows
- Red & Blue Regular M&M's
- Red & Blue Pretzel M&M's
- Red, White & Blue Sprinkles



#### INSTRUCTIONS:

- Pop 10 cups of popcorn, salt and place in a large bowl.

- Melt 3 tbsp. of butter in a sauce pan. Add 3 cups of mini marshmallows. Stir until the marshmallows are melted.
- Pour 3/4 of the marshmallow mixture over the popcorn and mix.
- Pour the marshmallow popcorn on a cookie sheet.
- Drizzle the remaining marshmallow mixture over the popcorn on the cookie sheet.
- Sprinkle the candy and Mini Marshmallows over the popcorn.
- Allow the popcorn to cool. Break into pieces and serve.



### Tune In to These Audiobook Benefits

With millions of audiobooks available online, through mobile apps and at the library, it's easy to see why their popularity is on the rise for both new and longtime readers.

A main reason people turn to audiobooks is so they can do something else while they're listening, saving time and making the task more enjoyable. Listening to a book also gives your eyes a break, which is especially important if you spend a lot of time in front of a computer, TV or phone screen. Allowing your eyes to rest can result in fewer headaches and better sleep.

Listening to a story strengthens memory and critical thinking skills as your brain processes the information that you hear. Since it's sometimes easy to tune out noise, audiobooks challenge you to stay focused. This can increase your attention span and make you a better listener.

Just like reading a book can make you a better writer and speaker, so can listening to one. You can learn new words as well as the proper rhythm and flow of language.



### The Perks of Good Posture

Don't slouch on the importance of posture—the age-old advice from parents and teachers to “stand up straight!” can benefit your health and well-being.

Posture refers to the position your body is in at any given time, whether you're standing, sitting, sleeping or moving. Proper posture places the least strain on your muscles, bones and joints and keeps organs in their correct place. On the flip side, consistently having poor posture can lead to chronic aches and pains, as well as problems with breathing or digestion.

When sitting, adjust your posture by scooting all the way back in the seat, keeping your knees bent at a right angle and your feet flat on the floor. Straighten up with your shoulders back and your head facing forward. The optimal position while standing or walking is similar: Head up, shoulders back and abdomen engaged.

You may notice that practicing good posture makes you look and feel more confident, which can affect your interactions with others as well as your own mental outlook.



### The Buzz on Herbal Tea

Tea is one of the most consumed beverages in the world, and herbal teas are experiencing a renaissance. The trend is due to the many health benefits attributed to herbal teas, including the fact that they're naturally calorie- and sugar-free. Herbal teas are not technically tea, as they don't contain any leaves or buds from the *Camellia sinensis* plant; instead, they are packed with dried fruits, flowers, spices or herbs, creating endless blends of unique flavors.

*Peppermint.* This refreshing tea is great for upset stomachs. It's often consumed to support digestive health and relieve nausea. Try this drink for its medicinal purposes or just for its cool taste.

*Rose hip.* Produced from seed pods of a wild variety of rose, this tea is high in vitamin C and compounds that produce an anti-inflammatory effect, which can ease pain and contribute to glowing skin.

*Hibiscus.* Many tea drinkers are drawn to the vivid red color and tropical, tart taste of hibiscus brews. Studies have found that hibiscus tea can help reduce blood pressure and may have antiviral properties.



## 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.....Kelli Riley  
 Food Services Director.....Paige Husk  
 Maintenance Director.....Kevin Hallmeyer  
 Marketing Director.....Jennifer Davis  
 Marketing Director.....Randy Offenbach  
 Lighthouse Director.....Amber Hirsra  
 Lighthouse Activity Director.....Candace Worth



Ponte Palmero Resort-Style Living

