



Ponté Palmero

RESORT-STYLE LIVING

January 2024

Resident of the Month



Maria Youngblood: Resident of the Month

Maria was born and raised in Augsburg, Germany. Born in 1926, she was the youngest of five children. Her father was a brewmaster for the local brewery. Just before the war broke out, her parents were offered a guest house alongside the brewery (similar to our local Microbrews now).

The entire family played a part in the business, Maria would serve and help her mother in the kitchen. Maria was a young teenage girl when World War II broke out, and faced many hardships during that time—one of which was her mother being taken away by Nazi soldiers for refusing to use the “Heil Hitler” greeting when they entered the guest house. The family did not know of her whereabouts, but later found she was taken to a concentration camp.

Maria has three children (two sons and a daughter), 8 grandchildren, and 10 great-grandchildren (3 of whom live locally). She met her husband in 1953 while he was stationed in Augsburg, Germany with the 82nd Airborne Division. They married in 1954. Maria remained in Germany until 1964 to care for her father (a promise made to her mother). Her husband was fortunate to have several tours in Germany during that time, and they enjoyed traveling through Germany, particularly Bavaria and the Alps. Her father passed in 1964.

Shortly after her father’s passing, Maria’s husband was reassigned to Ft. Huachuca, Arizona. Three months after arriving from Germany, Garland, her late husband, was sent to Vietnam. Maria remained in Arizona and enjoyed the year round summer. In 1968, the family was assigned to Ft. Lewis, Washington, where she worked for the Tacoma School district for 20 years and retired in 1995. Garland retired from the Army in 1971. They purchased a beautiful home in Steilacoom, Washington, a small town on the Puget Sounds. After retiring from the military, Garland worked and retired (again) as a Correctional Officer at McNeil Island, a federal prison. *(Cont. next page)*

Maria retired in 1995 after 20 years working for the Tacoma School District.

After retirement, she particularly enjoyed gardening and caring for her 50 rose bushes, dahlias, hydrangeas, and abundant flower garden. Maria's husband passed in 2017, shortly after they moved to Patriots Landing, a beautiful retirement community which catered to the retired military and their spouses. In 2020, Elizabeth, her daughter, was able to convince Maria to move to California to be closer to her. Maria moved to Ponte Palmero September of 2021. She is very happy to live at Ponte. She enjoys participating in special events and occasions and can always be found playing Bingo.



Wit & Wisdom: The New Year

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties."

—Helen Keller

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

—Benjamin Franklin



"For last year's words belong to last year's language, and next year's words await another voice."

—T.S. Eliot

"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over."

—F. Scott Fitzgerald

"What a wonderful thought it is that some of the best days of our lives haven't even happened yet."

—Anne Frank

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

—Socrates



Happy Birthday



- Cathy Wood- Jan. 1
- Audrey Elliott- Jan. 2
- Bernice Rocca- Jan. 4
- Stan Brown- Jan. 8
- Sandy Domgaard- Jan. 9
- Patricia Tucker- Jan. 12
- Bob Webb- Jan. 14
- Sharon Miller- Jan. 16
- Berto Berti- Jan. 20
- Mary Cook- Jan. 25
- Joan Sitnick- Jan. 27
- Ruth Howard- Jan. 27



Happy Anniversary

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

A lot to be thankful for this Thanksgiving!



Girl Scouts sing Christmas Carols

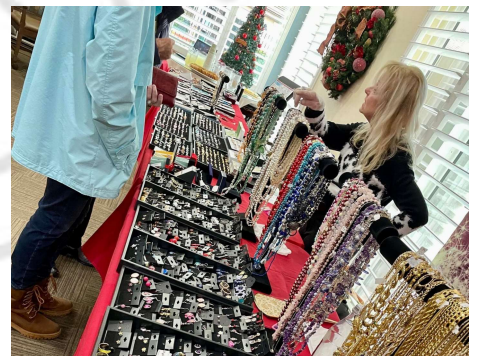


'Tis the season!





Ponte Palmero's Christmas Craft Fair!



Employee Spotlight

Employee Appreciation Celebration



Lunch outing to Forester



Scenic drive, chasing autumn colors



Thank You!

Beautiful lights and decorations all across the community!



We are all so grateful for your generous contributions! Thank you for making Ponte Palmero the best place to be! It is a privilege to be able to work with each of you!

Laugh Lines: Screen Time Snickers

National Technology Day on Jan. 6 celebrates the world's tech wonders. Browse these jokes about the computer age:

What's the best way to learn about computers? Bit by bit!
Why is a computer so smart? It listens to its motherboard.
What should you do when your Nintendo game ends in a tie? Ask for a Wii-match.

Signs of the 21st century:

- You haven't played Solitaire with real cards in years.
- You try to enter a password when using a microwave.
- You remember when everyone had diaries and got upset when someone read them. Now people post everything on Facebook and get mad when they don't!

Heard of "typothermia"? It's trying to text in cold weather but making a lot of mistakes.

What kind of phone does an optometrist use? An eye-phone.

The new employee was let go from his job at the keyboard factory. The manager said he wasn't putting in enough shifts.

Why did the digital spy get fired? She couldn't hack it.

Spiders are the best when it comes to using the internet. They know all the good websites.

What do you call a ride-sharing app that serves breakfast? Eggs Uber Easy.

Donuts at Pete's



Medicare speaker



Happy Hanukkah!



The Origin of Hanukkah

An eight-day Jewish celebration, Hanukkah occurs in late November or December, beginning on the 25th day of Kislev on the Hebrew calendar. The holiday focuses on the miraculous oil that the Jews used to light the menorah in the newly reclaimed Jerusalem Temple. Although there was only enough oil to last one night, the menorah candles burned for eight nights. Families celebrate Hanukkah by preparing traditional foods and lighting the menorah, adding one candle on each night.

Sock Snowman

This soft snowman will look cute sitting on a shelf or table.

Materials:

- Measuring cup
- Two socks, one white and one any color (ankle or crew-type socks)
- Dry rice or beans
- Rubber bands
- Scissors
- Hot glue gun and glue
- Buttons and/or pompoms, various colors
- Black marker
- Ribbon

Directions:

Use the measuring cup to fill the white sock with dry rice or beans to create your desired size of snowman. Wind a rubber band around the top of the sock to close the opening, then trim any excess fabric. Take another rubber band and place it around the sock, about a third of the way down, to form the snowman's head and body.

Glue several buttons or pompoms down the front of the snowman's body, and dot on eyes and a mouth with the black marker. For the nose, glue on a small orange pompom or button. Wrap a length of ribbon around the snowman's neck to resemble a scarf, and secure with glue.

To make a hat, cut the colored sock just below the heel. With the toe section as the top of the hat, place the sock on the snowman's head and roll up the cut end to form the hat's brim.

Hot Cocoa Pancakes

Enjoy a warm and cozy breakfast with these festive flapjacks.

Ingredients:

- 2 tablespoons unsweetened cocoa powder
- 1 1/2 tablespoons sugar
- 1 cup 2% or nonfat milk
- 1 teaspoon vanilla extract
- 2 cups ready-made pancake mix
- 1/4 cup water
- chocolate syrup
- marshmallow spread
- pancake syrup

Directions:

Heat a skillet over medium-low heat or an electric griddle to 375° F.

In a microwave-safe bowl, mix cocoa powder, sugar, milk and vanilla until well combined. Heat in the microwave for 30 seconds.

Next, combine the cocoa mixture, pancake mix and water. Stir until large lumps disappear, but do not beat or overmix the batter.

Pour slightly less than 1/4 cup batter onto the lightly greased skillet or griddle. Cook for 90 seconds, or until bubbles appear on the surface. Flip the pancake and cook it for 30 seconds more. Repeat with the remaining batter.

Top pancakes with chocolate syrup, marshmallow spread or pancake syrup.

Find more recipes at
Culinary.net.

A Jewel of a Fruit

Break open a pomegranate, and you'll find hundreds of glistening red seeds, shining like precious jewels. In fact, historians believe the gemstone garnet was named after its resemblance to pomegranate seeds, and the fruit is indeed treasured for its tart flavor and nutritional benefits.

The red, round fruits grow on shrub-like trees that are native to the Middle East. For thousands of years, pomegranates have been revered in many cultures and widely depicted in art and architecture. The fruits also have a rich history of treating a range of health conditions.

Pomegranates have popped back into the spotlight as a superfood. Loaded with antioxidants such as vitamin C, as well as fiber and potassium, the fruits are often featured in salads and desserts.

Pomegranate juice is a popular beverage, and the flesh-covered seeds are commonly eaten as a refreshing snack.

The technical name for the seeds is "arils," and a typical pomegranate contains about 800 of them. Harvesting them is part of the fun. Since the fruit's red juice can stain easily, it's recommended to score the outer skin with a knife, then submerge the pomegranate in a bowl of water and break it apart.

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

Administrator.....Landon Pilegaard
 Managing Director.....Terry Howard
 Activities Director.....Nancy Peabody
 Clinical Director.....Betsy Bernardine
 Business Office Director.....Kelli Riley
 Maintenance Director.....Kevin Hallmeyer
 Marketing Director.....Rachel Amador
 Marketing Director.....Kelly Stimbert
 Lighthouse Activity Director.....Candace Worth



Ponté Palmero Resort-Style Living

“This Month In History” JANUARY

1908: Illuminated by 100 lightbulbs, the New Year’s ball drops in New York City’s Times Square for the first time. There have been seven different Times Square balls since, with the current design bedazzled with over 32,000 LEDs.

1915: Rocky Mountain National Park is established in Colorado, ensuring the region’s environment, habitat and wildlife stay protected.

1929: The Seeing Eye, a training school for dog guides, opens in Nashville. The organization was originally founded to breed and train dogs for visually impaired World War I veterans.

1933: Work begins on the Golden Gate Bridge. The famous San Francisco Bay bridge was completed four years later.

1942: Twenty-six countries sign the Declaration of the United Nations, reaffirming their opposition to the Axis powers of World War II.

1960: Senator John F. Kennedy announces his intent to gain the Democratic presidential nomination. Voters later elected him as the nation’s 35th president.

1984: The U.S. Supreme Court rules that recording TV programs on home VCRs does not violate copyright laws.

1994: At 14 years old, Peter Leko becomes the youngest grandmaster in chess. Abhimanyu Mishra, who obtained the title at age 12, is the current record holder.

2007: Apple introduces the first iPhone, which features a 3.5-inch touchscreen, built-in microphone and headset controls.