



Ponté Palmero

RESORT-STYLE LIVING

February 2024



Ruth Howard: Resident of the Month

Our Resident of the Month for February is Ruth Howard. Ruth has lived at Ponte Palmero for 9 years. Ruth has 3 daughters, 6 Grandchildren and 10 Great- Grandchildren. One of Ruth's daughters lives in Shingle Springs and she keeps Ruth in Line. One Daughter lives in Orlando and the other lives in Corona, CA.

Ruth was born in Santa Rosa, CA and lived there until age 18. Ruth's Dad was a Ford Dealer and was able to put her through college

at Stanford University, where she received a Degree in Economics and Accounting. After her 1st quarter of college, the family moved to Southern California to escape the Fog in Santa Rosa.

When they drove their 3 cars while moving to Pasadena, the fog was so dense that they had to stay in Stockton until the fog lifted. When they arrived in Pasadena, it was super sunny.

While in Pasadena, Ruth's dad became a car dealer for Studebaker. Later Ruth's Degree from Stanford really paid off as she became a bookkeeper for her Dad's business.

Ruth married a college classmate and they had 3 daughters together; her husband was a dairy farmer in Elk Grove. Sadly at age 32, her husband passed away with a brain tumor. Ruth went back to school and received her teaching credential, then she went to work as a 5th grade teacher. The kids had a good sense of humor and were extremely smart. They were good therapy for Ruth after the death of her husband. Ruth was a single parent for 3 ½ years.

Herb Howard, another former classmate from Stanford University, reached out to her when he found out that her husband had passed away. They began to date and were married. Herb and Ruth raised her 3 daughters together. He was a Brave man for taking on 3 daughters.

Herb worked for the State of California as a State Contracts Administrator; Herb's job is what brought the family to Sacramento.

Ruth Loves to Read, Travel and follow the Stock Market.

Heartfelt Hand Warmers

Warm your heart and your hands with this simple sewing project.

Materials:

- Scissors
- Sheet(s) of felt, any color
- Embroidery floss, any color
- Sewing needle
- 1/2 cup of uncooked rice
- Essential oil, any scent (optional)

Directions:

Cut four matching heart shapes out of the felt. Make each heart around the size of your hand or a little smaller, so you can hold onto it inside your coat pocket.

Tie a knot at the end of the embroidery floss and thread the needle. Stack two heart shapes together and begin sewing them together at the edges, using a basic whip stitch.

Stop sewing about three-fourths of the way around the heart. Pour about half of the rice inside the heart pouch, using your finger to evenly distribute it. Don't overfill. If desired, add 10 to 15 drops of an essential oil for fragrance.

Finish sewing the rest of the heart shut. Tie off the thread and trim off the excess. Repeat the entire process for the second pair of hearts.

To use, microwave the finished pair of hearts for 30 seconds, then place them in your pockets and use them as hand warmers.

Wit & Wisdom: All You Need Is Love

"Love has nothing to do with what you are expecting to get - only with what you are expecting to give - which is everything."

Katharine Hepburn

"Love is something eternal; the aspect may change, but not the essence."

Vincent van Gogh



"I hope you don't mind that I put down in words how wonderful life is while you're in the world."

Elton John

"Love looks not with the eyes, but with the mind, and therefore is winged Cupid painted blind."

William Shakespeare

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Martin Luther King Jr.

"Let us always meet each other with a smile, for the smile is the beginning of love."

Mother Teresa



Happy Birthday



- Mike Scholle- Feb. 1
- Marilyn Phillips- Feb. 5
- Sharon Schmid- Feb. 6
- John Saia- Feb. 6
- Maureen Whitaker- Feb. 6
- Gordon Cambridge- Feb. 7
- Allison Murbach- Feb. 8
- Paul Yust- Feb. 8
- Georgia Clanin- Feb. 10
- Diane Pereira- Feb. 15
- Dorothy Huffstutler- Feb. 15
- Don Mencarini- Feb. 16
- Ray Griffith- Feb. 18
- Roberta Ostby- Feb. 18
- Nancy CoBen- Feb. 19
- Bob Bauerle- Feb. 20
- Nancy Cramer- Feb. 20
- Vergie Drury- Feb. 23
- Sue Woodhouse- Feb. 23
- Janice Ziegler- Feb. 25
- Mildred Lester- Feb. 27



Happy Anniversary

- Janice & Norton Ziegler- Feb. 1
- Karl & Barbara Kampe- Feb. 7

Lunch outing to Bacchus



Honoring our Residents of the Year, thank you for making our community such a great place to be!



Nancy Cramer



Bob Fitchett

Thanking Barbara for her years of hard work!



Sylvia Stanton



Santa visits Ponte!



Happy New Year! Wishing you all the best in 2024!



The Notables perform at Ponte



Memorable Melody: 'Auld Lang Syne'

Millions around the globe ring in the New Year by singing this Scottish folk song. The title translates to "Old Long Since," and the lyrics refer to remembering friends and days gone by. The ballad was passed down orally until poet Robert Burns wrote down the words and added new verses in the 1780s. Popular bandleader Guy Lombardo started the song's holiday tradition in 1929, when he played it at the stroke of midnight during a New Year's Eve broadcast from New York City.

Playing the President

A large cast of TV and movie characters have held the country's highest office. See if you recognize these fictional U.S. presidents:

Josiah "Jed" Bartlet, "West Wing." Charismatic, intelligent and witty, Bartlet served two terms as commander in chief in this award-winning TV series.

David Palmer, "24." In this TV drama, Palmer faced challenges with a steadfast resolve that led fans to name him favorite on-screen president in a 2008 poll.

Mackenzie "Mac" Allen, "Commander in Chief." After the sudden death of the sitting president, Vice President Allen becomes the first woman to hold the office. The show followed the shake-ups in her cabinet and her family.

Andrew Shepherd, "The American President." A widowed president leads the country while dating a lobbyist in this 1995 romantic comedy.

Thomas J. Whitmore, "Independence Day." He can handle anything—including an alien invasion! Whitmore's inspiring speech in the wake of national disaster has been called one of the most memorable scenes in movie history.

Selina Meyer, "Veep." Her rise from vice president to America's leader is defined by awkward moments and public relations mishaps, creating many laughs in this sitcom.

Bus trip to see Christmas lights



Nat Brown performs at our Christmas Party



'Tis the season for festive sweaters!



Delicious desserts at our Christmas party



Groundhog Stars

Every year, in the early hours of Feb. 2, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a rival across the way in eastern Pennsylvania: Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection.

There's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.



Simmer and Savor

A steamy bowl of homemade soup can warm up a winter evening. With the convenience of a slow cooker, you can let your meal simmer for hours, so it's ready to enjoy when you get home after a busy day.

From baked potato soup and corn chowder to beef stew and chicken tortilla soup, the internet is an endless source of recipes to suit a variety of cuisines and preferences.

If your mornings are hectic, choose a recipe you can prepare the night before. Chop the vegetables, measure and add the liquids, grains and seasonings, then refrigerate. You may need to increase the cooking time for the meal if you go this route, since the ingredients will be chilled.

Most soups and stews need three to four hours on the high setting or six to eight hours on low. Every slow cooker is different, so be prepared to adjust the timing slightly. A smaller slow cooker will heat more quickly, which may result in a reduced cook time. A larger appliance will cook more slowly.

Another advantage of slow cooker soups is that you can often freeze the leftovers.



Stay Healthy This Season

A tickle in your throat, a congested nose or aches and pains are all signs of a respiratory illness. Keep these tips in mind to continue feeling fresh and spry this season.

Leading a healthy lifestyle is a great way to stop any sickness from taking hold. Drink plenty of water, stay active, sleep around seven hours a night and eat a balanced diet rich in vitamins and minerals.

Do everything you can to stop the spread of germs. Many respiratory illnesses are acquired by touching contaminated surfaces or coming into contact with someone who's sick. The biggest tip to stay germ-free is to wash your hands. Use soap and warm water, scrubbing for at least 20 seconds. If you don't have access to a sink, hand sanitizer is a good alternative. Additionally, try to keep your hands away from your face, as touching your eyes, mouth or nose will allow germs to enter your system more easily.

Vaccinations for many respiratory illnesses are available, and wearing a mask can help contain bacteria transmission. Most importantly, stay home if you are feeling any signs of sickness.

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
 Lighthouse Activity Director.....Candace Worth



Ponté Palmero Resort-Style Living

“This Month In History”

FEBRUARY

1903: The first teddy bear, named after President Theodore Roosevelt, goes on sale.

1913: New York City’s newly renovated Grand Central Terminal opens. More than 150,000 people visited the train station on opening day.

1935: In a secret demonstration, engineer Robert Watson-Watt uses radio waves to determine the location of nearby aircraft. The experiment led to the development of radar, from the words “radio detection and ranging.”

1942: The first-ever gold record is presented to Glenn Miller for his song “Chattanooga Choo-Choo,” which had sold 1.2 million copies.

1959: Commonly known as a microchip, the integrated circuit is patented, allowing electronics to become smaller, faster and less expensive.

1964: The Beatles perform in the U.S. for the first time.

1971: Apollo 14 lands on the moon, becoming the third crewed mission to do so, as well as the first to visit the lunar highlands.

1990: In South Africa, Nelson Mandela is released from prison at age 71. He served 27 years for his activism against the government-sanctioned segregation known as apartheid.

2001: Disney’s California Adventure Park, a 72-acre attraction next door to Disneyland, opens.

2018: Paul Simon announces his farewell tour. His singing and songwriting career spanned six decades as both a solo artist and as part of the duo Simon & Garfunkel.