



Ponté Palmero

RESORT-STYLE LIVING

June 2024

Resident of the Month



Mike and Sue Prall: Residents of the Month

Our Residents of the Month for June, 2024 are Mike and Sue Prall. Mike and Sue celebrated their Silver Anniversary of 25 years on May 17th last month. They have lived here at Ponte Palmero for a little over 5 years.

They each have 1 child. Mike's son lives in Missouri and there are 2 grandsons. Sue has 1 daughter, 2 grandkids and 4 great-grandchildren. The oldest is 19 years old and Sue's youngest great-grandchild is 8 years old. Sue feels very blessed that all of her children and grandchildren live right here in El Dorado County. Mike and Sue also enjoy the out of doors with their beautiful border collie named Sunny.

Mike was born in Carmichael and raised in Orangevale, and went to the local Bella Vista High School in Orangevale. He worked for the State of California Department of General Services for 20 years. Mike worked as a property manager, where he managed the operations of the state properties and retired from the State.

Sue was born in San Francisco and raised in the bay area. First she moved to El Dorado Hills, then to Rescue and eventually settled in Placerville. Sue worked for El Dorado County in the property tax division. Sue processed many a property tax payment over the years.

Here at Ponte, Mike and Sue enjoy water aerobics, wine outings and the other activities here. They also host the coffee and doughnuts gathering at Ponte Pete's clubhouse every Tuesday at 10:00 A.M. They feel really retired now that they recently purchased a golf cart.

Happy anniversary, Mike and Sue, we are so happy for the two of you, and happy to be sharing fun days with you both as part of our Ponte Palmero community!

The Longest Day

Every year on the summer solstice, the day with the most hours of sunlight, communities across the country gather to "outshine the darkness of Alzheimer's."

Since 2012, the Alzheimer's Association has hosted The Longest Day on the first day of summer. The name of the event refers to the long daylight hours of the summer solstice as well as the journey of the 50 million people worldwide who are living with Alzheimer's disease and their caregivers.

Individuals take part in The Longest Day by creating or joining a team of family, friends and co-workers and planning a fundraising event that will take place from sunrise to sunset.

Teams can choose any activity, such as a walk-a-thon, playing cards or bingo, baking, crafting, playing a sport, or volunteering for a service project. Virtual gatherings, online charity donations, and sending cards and care packages to people with dementia are additional ways of showing support.

In addition to wearing purple, the color for Alzheimer's awareness, participants are encouraged to share stories and pictures of their Longest Day events on social media and use the hashtags #TheLongestDay and #ENDALZ. The Alzheimer's Association features these photos on their website, ALZ.org.

Wit & Wisdom: Father's Day

"My father gave me the greatest gift anyone could give another person; he believed in me."
—Jim Valvano

"My dad had this philosophy that if you tell children they're beautiful and wonderful then they believe it, and they will be."
—Emily Mortimer

"Anyone who tells you fatherhood is the greatest thing that can happen to you, they are understating it."
—Mike Myers

"It was my father who taught me to value myself. He told me that I was uncommonly beautiful and that I was the most precious thing in his life."
—Dawn French

"Even if society dictates that men and women should behave in certain ways, it is fathers and mothers who teach those ways to children, not just in the words they say, but in the lives they lead."
—Augustus Y. Napier

"My father believed in toughness, honesty, politeness and being on time. All very important lessons."
—Roger Moore

Happy Anniversary

- Ross & Kay Henry - June 6
- Robert & June Barton - June 19



Happy Birthday

- Phil Bair - June 1
- Thomas Irvin - June 10
- Dola Albusche - June 11
- Ginny Miller - June 15
- Bill Chase - June 17
- Jean Haugaard - June 18
- Alfred Sohlich - June 18
- Pepper Dippel - June 21
- Terry Klein - June 21
- Becky Hsiao - June 26
- Bob Balmert - June 28



Wine Club Outing to Lava Cap Winery



Strawberry Spritzer

Fresh, fruity and fizzy: This delicious drink is all you need to quench your summertime thirst!

Ingredients:

- 1 package (10 ounces) frozen sliced strawberries, thawed
- 2 liters lemon-lime soda or ginger ale, chilled
- 1 can (12 ounces) frozen pink lemonade concentrate, thawed

Directions:

Place strawberries in a blender and process until smooth.

Pour blended strawberries into a large pitcher. Stir in soda and pink lemonade.

Serve immediately or chill until ready to serve.

Try these tips:

- Garnish each glass with a slice of lemon or lime, fresh strawberries, or a sprig of mint or basil.
- For a lower-calorie drink, use club soda or seltzer water instead of lemon-lime soda.
- Forgot to defrost the strawberries? Add 1 cup of the soda to the berries before blending.

Find more recipes at Culinary.net.

Satisfy Your Senses With Fresh Salsa

A Mexican staple for centuries, salsa is now found almost everywhere. Some recipes call for salsa to be cooked or canned, but you can make a fresh salsa by just chopping or blending the ingredients. Here are a few things to keep in mind:

Building blocks. There are many different types of salsa, with endless possibilities for ingredients. A basic, traditional salsa usually contains tomatoes, peppers, onion, garlic, lime juice, cilantro, salt and sugar.

Tomato talk. Tomatoes are the foundation of a good salsa. Fresh, juicy tomatoes are best, especially if you like your salsa chunky. However, you can also use canned varieties and combine them with the other ingredients in a blender for a thin, smooth salsa.

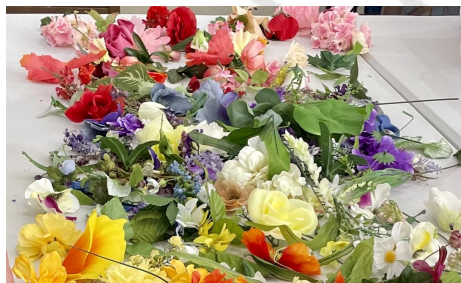
Taste test. Use your preferences as a guideline. If you're not a fan of strong flavors such as garlic or cilantro, use less of those ingredients. The spiciness level can be adjusted, too, by removing the seeds and membranes from the peppers or leaving them in for extra heat.

Fun with flavors. Once you've had success with a basic salsa, experiment with other ingredients and recipes. Common additions include black beans or corn. You can also try different types of tomatoes and peppers.

Cinco De Mayo



Spring Craft



Professional Photographer Paul Anderson, A Resident's Son, Presenting His Beautiful Photos



Art Patterson Getting Flowers Every Week for Our Residents



Laugh Lines: Travel Tirades

Visit some amusing vacation complaints from tourists to their travel agents.

"The beach was too sandy. We had to clean everything when we returned to our room."

"No one told us there would be fish in the sea. The children were startled."

"We had to line up outside to catch the boat, and there was no air conditioning."

"I was bitten by a mosquito. The brochure did not mention mosquitoes."

"Tour company did not warn me that I would get wet during the river rafting trip."

"There was no sign telling you that you shouldn't get on the hot air balloon ride if you're afraid of heights."

"You said the town was next to a volcano, but we went, and there was no lava. I'm pretty sure it was just a mountain."

"I compared the size of our one-bedroom suite to our friends' three-bedroom, and ours was significantly smaller."

"It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."



Add Walking to Your Routine

Walking is an ideal exercise. It's weight-bearing, so it strengthens bones. It's aerobic, so it improves heart and lung function. And other than the price of a good pair of walking shoes, it's free. So if your doctor says it's OK, it's time to hit the ground walking.

How far? A good beginner's goal is to head out the door, walk five to 10 minutes and then walk back. If that's easy, next time walk 10 or 15 minutes before turning back. Increase your time in five-minute increments. Focus on how you feel, not how far you're walking.

How fast? Aim to walk a bit faster than normal, as if you were late to an appointment. But slow down if you feel winded. You should have enough breath to keep up a conversation.

How often? Walking five days a week is ideal, but any amount of exercise is beneficial.

Warm up. Stretching can injure cold muscles, so hold off until you've walked awhile.

Be safe. Don't walk alone on secluded trails, and always carry a cell phone. Protect your skin with sunscreen. Wear reflective clothing if you're walking at dawn or dusk.

Walking Club Outing to Cameron Park Lake



Jo Larson's 101st Birthday



Some of Our Wonderful Ponte Staff

Keera Our Concierge



Rachaela Our Move-in Coordinator



Tim & Lorenzo Maintenance



Jolene - Server - 13 Years of Dedication



Barbie - Assisted Living



Fathers in Film

Father figures can be found not just in real life, but in movies, too. This Father's Day, consider the paternal pride shown by the following on-screen dads.

Atticus Finch. In the 1962 classic "To Kill a Mockingbird," Gregory Peck's Southern lawyer shows integrity, courage and compassion as he faces a perilous trial and the responsibilities of parenting his children, Scout and Jem, in troubled times.

Dr. Henry Jones. First appearing in 1989's "Indiana Jones and the Last Crusade," Sean Connery's senior Dr. Jones may irritate his globe-trotting archaeologist son Indiana, but despite their bickering, audiences can tell there is a real bond between "Junior" and his dad.

Marlin. The overprotective clown fish in 2003's animated hit "Finding Nemo," Marlin, voiced by Albert Brooks, embarks on an epic journey filled with danger and self-discovery as he searches the sea for his kidnapped son Nemo.

Chris Gardner. In the 2006 drama "The Pursuit of Happyness," which is based on a true story, Will Smith portrays a devoted father who goes from homelessness to a career as a stockbroker.

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
 Memory Care Director.....Dej'ja Bracy
 Business Office Director.....Kelli Riley
 Maintenance Director.....Kevin Hallmeyer
 Marketing Director.....Rachel Amador
 Food Services Director.....Alex Winters



Ponté Palmero Resort-Style Living

"This Month In History" JUNE

1916: "America's Sweetheart" Mary Pickford signs a contract with producer Adolph Zukor that guarantees a \$1 million salary over two years. The silent film star was the first actress to sign a million-dollar contract.

1927: The Peace Bridge opens. Crossing the Niagara River, the international bridge connects Buffalo, N.Y., to Fort Erie, Ontario.

1948: The borders of Berlin, Germany, are blockaded, cutting off access to electricity, food, medicine and

other supplies to around 2.5 million civilians. Two days later, on June 26, U.S. and British planes began dropping in supplies for aid, a mission known as the Berlin Airlift.

1953: Queen Elizabeth II is crowned as queen of the United Kingdom. Her 70-year reign, which ended in 2022, was the longest of any British monarch.

1973: Horse Secretariat becomes the first Triple Crown winner in 25 years. Earning the crown after winning the Kentucky Derby, Preakness Stakes and Belmont Stakes, Secretariat still holds time records in all three races.

1989: "Batman," the first big-budget movie about the superhero, premieres. Starring Michael Keaton, the film won an Oscar in 1990 for best art direction.

1991: The video game Sonic the Hedgehog debuts. Praised as one of the greatest games ever, the franchise is still going strong today.