



Ponté Palmero

RESORT-STYLE LIVING

May 2024

Resident of the Month



Carole Mitchell: Resident of the Month

Our resident of the month is Carole Mitchell. Carole came to live at Ponte 2 years ago and it was the best decision she ever made! She moved here from Camino, where she lived for 35 years with her husband Fred. Carole and Fred met later in life at church. On New Year's Day,

following a month of praying to meet someone, Carole found herself shaking hands with Fred. He asked her to dinner and the rest is history. Fred was a graduate of Stanford University and held degrees in engineering and business. He worked in San Francisco as a financial analyst. Carole enjoyed going with him on business outings because she got to get out and meet people. Once she even got to see Cary Grant in person at one of her husband's business events.

A lifelong California native, Carole was born in Sacramento. Later when she was 7, she and her family moved to La Jolla near San Diego. She attended San Diego State University and has a lifetime teaching credential. She worked as an elementary and junior high school teacher in Los Altos for a few years, and then changed careers to work in document control in Silicon Valley. She also held a position as an editor for the Nielsen company for a couple of years. After she met her husband, she transitioned into the role of homemaker.

Carole says getting to know the people at Ponte has been a wonderful experience. She really came out of her shell here! She loves that there is always something to do and people to talk to that she can relate with. She plays bingo, mahjong, is a member of the ukulele club, and recently found a church to attend through Ponte's transportation service. She likes to do watercolor painting and enjoys cooking healthy food. Carole is passionate about fitness and makes it a priority to go walking each day. She says it has improved her sleep. Her life philosophy is "exercise, eat healthy, get enough sleep, and learn new things!"

Memorial Day Traditions

The last Monday in May is Memorial Day, a time to remember and honor those who have given their lives in service to the country. The federal holiday is associated with many traditions that Americans carry on to pay their respects.

- Many people visit cemeteries on this holiday and place flags or flowers on the gravesites of veterans and loved ones. Was this something your family did? Whose resting places did you visit? Did you bring special flowers or other items that held significance?
- Parades are often held in cities and towns across the country. Did your hometown have a parade?
- What Memorial Day traditions did you carry on as an adult or with your own family? Did you add any new customs?
- Veterans groups often observe the day by decorating public spaces with flags, wreaths or ribbons. Have you ever been part of a group that performed these tasks? Talk about your participation.
- If you have family members or friends who lost their lives while serving the nation, share their stories.

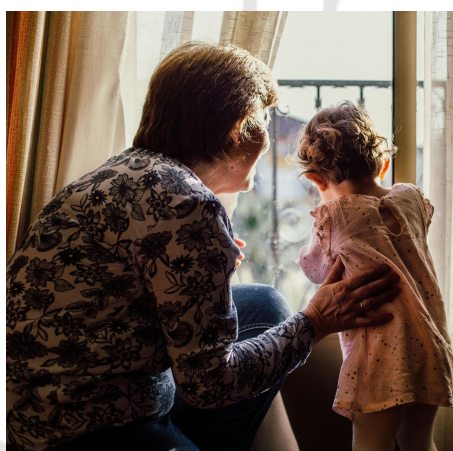
Wit & Wisdom: Mother's Day

"All that I am, or ever hope to be, I owe to my angel mother."

Abraham Lincoln

"A mother is she who can take the place of all others, but whose place no one else can take."

Cardinal Mermillod



"Mother love is the fuel that enables a normal human being to do the impossible."

Marion C. Garretty

"God could not be everywhere, and therefore he made mothers."

Rudyard Kipling

"A mother is not a person to lean on, but a person to make leaning unnecessary."

Dorothy Canfield Fisher

"If love is as sweet as a flower, then my mother is that sweet flower of love."

Stevie Wonder

"My mother had a great deal of trouble with me, but I think she enjoyed it."

Mark Twain



Happy
Birthday



- Roger Santos- May 1
- Nancy Griffith- May 4
- Steve Clanin- May 4
- Pat Brown- May 7
- Sheryl Whisenhunt- May 10
- Caroline Haruff- May 11
- Deborah Roden- May 12
- Dana Barker- May 12
- Joan Jennings- May 13
- Ross Henry- May 16
- Evangeline Norton- May 20
- Nadene Ross- May 21
- Donna Boos- May 25
- Marge Lynch- May 27
- Sam Jennings- May 31
- Audrey Stolz- May 31



Happy
Anniversary

- Mike & Sue Prall- May 17
- Bob & Marsali Caldwell- May 25

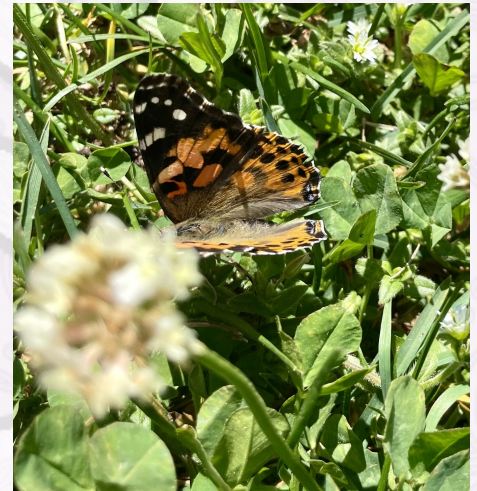
Girl Scouts selling cookies



Ukulele Club



Lovely Amanda releasing her butterflies



Lunch outing at Barnes and Noble Kitchen



Dani Joy and Perry Stauffer



Smooth Sailing

With the wind on your face and waves all around, sailing can be an exhilarating activity. Like most sports, it has its own lingo. This beginner's guide to boating terms will have a first-time sailor sounding like a seasoned mariner.

Aft. The back of the boat, also called the stern.

Bow. The front of the boat.

Port. The left-hand side of the boat when facing the bow.

Starboard. The right-hand side of the boat when facing the bow.

Windward. The direction in which the wind is currently blowing; an important term since sailboats typically move with the wind.

Leeward. Also called lee, leeward is the direction opposite of windward.

Mast. The tall, vertical post that supports the ship's sails.

Boom. A horizontal pole extending from the bottom of the mast; adjusting the boom with the direction of the wind enables the boat to move forward or backward.

Rudder. Located under the boat, this flat piece of material is used to steer the vessel.

Tacking. A basic sailing maneuver that turns the front of the boat through the wind, causing the wind to change from one side of the boat to the other.

Jibing. The opposite of tacking, jibing turns the back of the boat through the wind.

Jim Moore, Artist of the Month



St. Patrick's Day at Ponte!



The Easter Bunny comes to visit!



Stay Sun Safe

With summer right around the corner, we can expect warmer weather and longer, brighter days. Keep in mind that while UV rays are their strongest between 10 a.m. and 4 p.m., active sun-safe practices are important all day long. If your shadow is shorter than you are, then you should seek shade.

Wear sunscreen every day to reduce the risk of skin cancer—doing so can lower the chances of squamous cell carcinoma by 40% and melanoma by 50%. A daily use sunscreen with SPF 15 is sufficient, but if you spend extended time outdoors, you should steer toward SPF 30 or higher. Choose a sunscreen that protects against UVA (rays that cause tanning and premature aging) and UVB (rays that cause sunburn).

Clothing choice is the easiest protection against harmful UV radiation, since there is no need for reapplication. UPF is the Ultraviolet Protection Factor for clothing. UPF 30–49 is considered very good protection, and 50-plus is excellent. Just because an item of clothing is missing a UPF label doesn't mean it won't help protect your skin, though. Dark or brightly colored, densely woven fabrics—such as denim, canvas, wool or synthetic fiber—are prime choices for protection. Sunglasses and hats with 3-inch brims are helpful for shading your eyes, face and neck.

A Fun and Functional Fastener

Invented over 100 years ago, the paper clip is still helping us hold it all together. There's even a holiday dedicated to this little piece of bent wire: National Paper Clip Day on May 29.

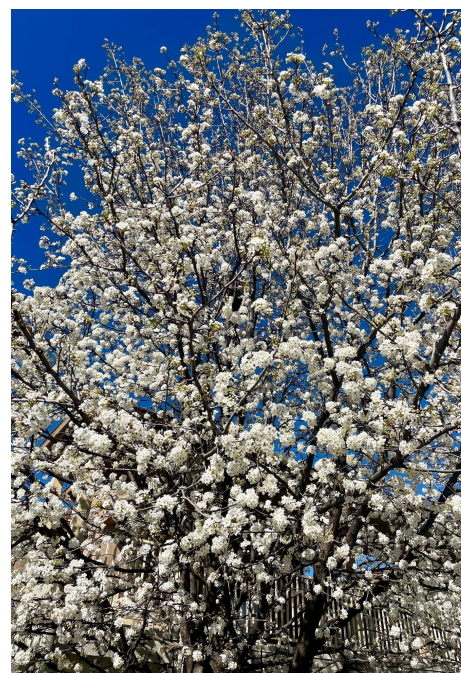
- A predecessor to the paper clip was patented in 1867. Its purpose was to hold labels on fabric.
- The Gem Manufacturing Company developed a paper clip in the late 19th century that became the most common design all over the world. Some folks even call the tiny tools "gem clips."
- The French word for paper clip is trombone, since the looped wire resembles the brass instrument's bell-shaped end.
- During World War II, people living in German-occupied countries wore paper clips to protest Nazi rule. The clips symbolized unity since they were used to hold things together.
- If you used a computer with Microsoft Office programs, such as Word and Excel, in the late '90s and early 2000s, then you probably remember Clippy. This animated paper clip would pop up on the screen with helpful tips.



Snow at Ponte!



Pretty spring blooms





America's Railroad

While some may consider traveling by train part of the past, America's passenger railroad service, Amtrak, is still chugging along.

From the late 1800s through the 1920s, trains were the main form of transportation in the U.S. At the industry's peak, in 1916, 98% of travel between cities was done by railway. Yet in the following decades, passenger train service began to dwindle, facing competition from cars and planes.

By 1970, many of the country's passenger railroad companies were on the verge of failure. However, the federal government saw a need to preserve and improve train travel to help save energy, support railroad jobs, and maintain a balanced, efficient transportation system. That year, Congress passed the Rail Passenger Service Act, which merged the country's 20 passenger railroads into one service, the National Railroad Passenger Corporation, branded as Amtrak—America's track.

Amtrak service began May 1, 1971, with 21 routes across 43 U.S. states.

Pet Safety Tips for Spring

Spring is a favorite time of year, but it's not without potential dangers for your pet.

Open windows and doors. Make sure open windows have properly fitting screens to prevent pets from accidentally falling or escaping. Remind guests and members of your household to diligently close the door behind them when entering or leaving your home.

Water sources. Discourage your dog from cooling off by jumping in lakes, ponds and other water sources, which are often still cold in spring. Prevent your pet from drinking from puddles or other standing water, which can harbor harmful bacteria.

Household products. While spring cleaning, keep your pet in a room other than the one you're working in, and stick to pet-safe cleaning products whenever possible.

Unfriendly flora. When choosing houseplants for your home, refer to the American Society for the Prevention of Cruelty to Animals' website, ASPCA.org, which provides a list of plants and flowers that are toxic to dogs and cats.



The Story Behind Brunch

"Let's do brunch!" A blend of breakfast and lunch, this leisurely weekend meal serves up a combination of foods as well as fun.

The first printed mention of the term brunch goes back to 1895 in England, where a writer promoted the idea of a social late-morning meal on Sundays. Contributing to the concept, the British also had a tradition of fox hunting breakfasts, which included a large variety of foods.

By the 1930s, brunch had gained steam in the U.S., specifically Chicago, the halfway point on cross-country train trips. Wealthy passengers and movie stars on publicity tours would eat later in the morning on the stopover. The trend grew, especially after World War II, with restaurants and hotels adapting their menus.

As more married women began working outside the home, going out for Sunday brunch offered them a break from cooking. Mother's Day is now among the most popular occasions for brunch.

More than a meal, brunch has become a social activity, a way to savor time as a family and to meet with friends when schedules are more relaxed.

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
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Ponté Palmero Resort-Style Living

Head of the Class

Many of us have known teachers who inspired their students to live, laugh and learn. And some of those teachers were on screen or in the pages of a book! Study this list of fictional teachers to see who made the grade.

Year(s)	Teacher	Book, Movie or TV Series
1975–1979	Gabe Kotter	“Welcome Back, Kotter”
1980	Lydia Grant	“Fame”
1986–2021	Valerie Frizzle	“The Magic School Bus”
1988	Jennifer Honey	“Matilda”
1989	John Keating	“Dead Poets Society”
1993–2000	George Feeny	“Boy Meets World”
1995	Glenn Holland	“Mr. Holland’s Opus”
1997	Albus Dumbledore	“Harry Potter”
2003	Dewey Finn	“School of Rock”
2009–2015	Will Schuester	“Glee”
2020–2023	Manish Kulkarni	“Never Have I Ever”

“Then & Now”