



Ponté Palmero

RESORT-STYLE LIVING

July 2024

Resident of the Month



Mildred Lester: Resident of the Month

Our July Resident of the Month is Mildred Lester. Born on a dairy farm 30 miles northwest of Chicago, Mildred is the eldest of 3 daughters. She got her education in a one-room schoolhouse.

Entertainment was reading from the school's World Book Encyclopedia set, which her family got to keep over the summer. During WWII, there was a shortage of farm workers, so Mildred was called upon to help. She spent her high school summers working with her father, bringing in the hay. It was tough having to work while others were out having fun, which may be where her "don't marry a farmer" outlook came from. It was too much work!

After high school, Mildred took a job at an insurance company in Chicago. She commuted the 30 miles by train to work for 4 years. By the time the war had ended, Mildred was 19. The boys were coming back home. Saturday nights were spent dancing to big band music. At the dance hall one night, she met a young man named Ralph. They maintained a long-distance relationship and then married in 1949. Mildred and Ralph had 2 daughters and a son. Ralph was an engineer for RCA, a contractor involved in missile tracking at Cape Canaveral in the time before NASA. His career later took their family to California when engineering jobs became scarce in Florida.

Mildred was a homemaker for 15 years. She went back to work at age 45 and was a commercial underwriter for an insurance agency in Los Angeles for over 20 years. She was president of the San Fernando Valley chapter of the National Association of Insurance Women on 2 separate occasions: from 1981 - 1982 and 1991 - 1992.

Mildred and her late husband Max Lester relocated to Cameron Park in 2005. Mildred has lived at Ponte Palmero for almost 6 years. Her life philosophy is "find fun in what you can." She says the best thing about living at Ponte is the friendships.

EXTRA EXTRA Community News



Coming Soon: Our Annual July 4th Parade!

Thursday, July 4th at 10:00 AM we will celebrate Independence Day with a parade around our community. Invite your friends and family and wear red, white and blue! Be sure to catch the Ukulele Club performance after the parade.



Patriotic Movie Picks

Queue up one of these movie picks that celebrate the red, white and blue.

"The Longest Day" (1962). With an all-star international cast that includes legends John Wayne, Richard Burton and Sean Connery, this film follows the action of the 1944 D-Day invasion from multiple points of view.

"Glory" (1989). Denzel Washington and Morgan Freeman star in this Civil War drama about one of the first African American regiments in the Union Army.

"Independence Day" (1996). An invasion by space aliens, a Fourth of July mission and a rousing speech about saving mankind make this action movie a favorite.

"Hidden Figures" (2016). Based on true events, this film follows the lives of three female African American mathematicians who work at NASA during the 1960s space race. The trio overcomes obstacles and helps with the mission that makes John Glenn the first American to orbit the Earth.



- Gerda Cyprych- July 1
• Nicholas Burgeson- July 4
• Jim Moore- July 5
• Marsali Caldwell- July 12
• Richard Ravizza- July 15
• Dot Rhoades- July 17
• Angela Hokanson- July 18
• Nancy Zingelman- July 18
• Willis Bunn- July 23
• Marcia Janes- July 24
• Mike Prall- July 27
• Bill Berriman- July 30



- Don & Jeanette Boltz- July 8



Al and Nadine Ross With Their Granddaughter



Jeanne Henrich Swinging at 91 Years Young



Wit & Wisdom

“The best way to victory is to play well.”
—Quique Setién

“Victory is won not in miles but in inches. Win a little now, hold your ground, and later, win a little more.”
—Louis L’Amour

“There’s no reward without work, no victory without effort, no battle won without risk.”
—Nora Roberts

“The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.”
—Howard Cosell

“Even the smallest victory is never to be taken for granted. Each victory must be applauded.”
—Audre Lorde

“I think the mental victory is worth it as much as a gold medal.”
—Cameron van der Burgh

“There is a kind of victory in good work, no matter how humble.”
—Jack Kemp

“Tomorrow’s victory is today’s practice.”
—Chris Bradford

Ice Cream Social



Water Aerobics Class





Elks Leader

Sharon Miller has been installed as Exalted Ruler of the Placerville Elks Lodge #1712. Sharon resides at Ponte Palmero Estates in Cameron Park.



Empower Me Wellness

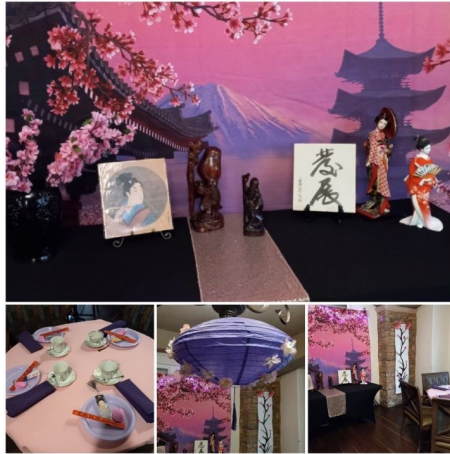
Our physical therapy department Empower Me Wellness is getting everybody in shape.



Good Food, Good Friends

Some of our lovely residents having lunch together.

Mother's Day Tea





Brandon Making Our Tea Sandwiches



Find the Freshest Fruit

A fresh fruit salad is one of the highlights of summer cuisine. Use your senses of sight, touch and smell to select the tastiest and freshest produce.

Blueberries. Pick berries that are firm, plump and completely blue, with no red tint.

Cantaloupes. The melons should have a sweet smell and be cream or golden in color, not green. Avoid fruits with soft spots.

Cherries. Choose those that are plump and shiny. Cherries with intact stems will stay fresh longer.

Grapes. The best specimens will be firm, plump and heavy for their size. They should be firmly attached to the stems, which should be green, not brown and dried out.

Kiwifruits. Avoid fruits that are either rock hard or mushy, instead selecting those that give slightly when pressed.

Peaches. Choose fragrant, deeply colored fruits that are just a little soft at the stem end.

Strawberries. Select small to medium-sized strawberries that are fragrant, shiny and fully red, with no white at the top. The freshest will still have green stems.

Watermelons. The ripest melon will have a large yellow spot on one side where it sat on the ground, be heavy for its size, and sound hollow when you tap it with your knuckles.



Laugh Lines: Fourth of July Fun

Q: What is Uncle Sam's favorite snack?

A: Fire crackers.

Q: Why does the Statue of Liberty stand in New York Harbor?

A: Because she can't sit down.

Q: What did the colonists wear to the Boston Tea Party?

A: Tea-shirts.

Q: What was the most popular dance in 1776?

A: Indepen-dance.

Q: Did you hear the riddle about the Liberty Bell?

A: Yes, it cracked me up!

Q: What do you call a duck who likes watching fireworks?

A: A firequacker.

A battery and a firework were arrested. One was charged; the other was let off.

Molly asked, "How was the Fourth of July picnic?" "The hot dogs were bad," replied Joe, "but the brats were the wurst."

A preschool teacher was talking to her class about America. She began, "One of the best things about our country is that we are all free." Before she could finish, a boy marched up to her, put his hands on his hips and protested, "I'm not free; I'm four."

Lunch Outing at the Fat Rabbit



Wine Club Outing to Nello Olivo



Painting Class



Walking Club



Spotted at Ponte



Nancy Cramer's Gorgeous Flowers



There Are Always Beautiful Flowers at Ponte



Cardio Drumming Class



Crystal Image Entertaining All of Us



Sing-a-long With the Ukulele Club



America's Song

It was from a ship in Baltimore Harbor during the War of 1812 that lawyer Francis Scott Key wrote a stirring poem. Its words would then become the lyrics to America's national anthem.

Key witnessed the daylong Battle of Baltimore while being held prisoner aboard a British warship. At daybreak on Sept. 14, 1814, he saw that the large American flag was still flying over Fort McHenry, announcing victory over Great Britain.

Moved by the sight, Key took an envelope from his pocket and began to draft a poem, which he titled "Defence of Fort McHenry." It would eventually be published in handbills and newspapers. Key set his patriotic poem to the tune of a popular drinking song, and soon it was being called "The Star-Spangled Banner."

By 1889, the U.S. Navy began playing Key's work at official occasions, and President Woodrow Wilson made the song part of his public appearances beginning in 1916. On March 3, 1931, a resolution by Congress, signed by President Herbert Hoover, declared the song America's national anthem.

Today, along with official functions and patriotic holidays, it's common for the national anthem to be performed before sporting events, a tradition that began at baseball games during World War II.

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

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Ponté Palmero Resort-Style Living

“This Month In History” JULY

1903: Cyclists compete in the first Tour de France. Maurice Garin was the first to cross the finish line in Paris.

1914: A dance craze begins after the fox trot is performed at a club in New York City.

1926: Showing a fish swimming in the Florida Keys, the first underwater color photo is taken by a National Geographic magazine photographer.

1937: Cheap, filling and needing no refrigeration, the canned meat product Spam is introduced.

1946: The bikini swimsuit debuts at a fashion show in Paris.

1958: President Dwight D. Eisenhower signs the Alaska Statehood Act, allowing the territory to become the 49th state.

1960: Harper Lee’s “To Kill a Mockingbird” is published and quickly becomes a bestseller. The novel was awarded the Pulitzer Prize a year later.

1988: Sprinter Florence Griffith Joyner, nicknamed Flo-Jo, sets the world record for the women’s 100-meter. Her record of 10.49 seconds still stands today.

2002: Major League Baseball’s All-Star Game ends in a 7–7 tie after 11 innings because both teams run out of pitchers.

2018: In an effort to reduce environmental pollution, Starbucks announces it will stop providing disposable plastic straws in its stores by 2020.