



Ponté Palmero

RESORT-STYLE LIVING

March 2026

Resident of the Month



Resident of the Month: Ken Danz

Our resident of the month for March 2026 is Ken Danz. He was born in Redwood City, California, the eldest of 8 children. Ken's father coached sports and taught driver's education and family life at Sonora High School in Sonora, about 50 miles from Yosemite National Park (Ken's favorite place). Ken's mother was a nurse. Ken attended school at Sonora High and liked that his father was part of the staff. Being a teacher's son meant he had an opportunity to connect with the community of faculty members, and he enjoyed getting together with the other teachers and their families.

Ken has always been athletic. With fondness, he recalled how he used to run 7 miles to high school each day, shower, and go to class. It's no surprise that Ken was on the track team in high school. He shared a photo of an exciting time during his senior year when he helped his team beat their rival, Oakdale High School. He won a race against a worthy opponent, winning by just a hair when he broke the tape across the finish line. Sonora High School was a National Demonstration High School, setting an example with high standards for athletics. In the gym they had climbing ropes attached to the ceiling, and Ken and a friend were the only 2 students who could reach the top.

After high school, Ken attended Columbia Junior College and Delta College, ultimately graduating with a degree in exercise physiology from Sacramento State. He ran cross country in college, competing all over the United States. Ken moved to Mill Valley, California in the Bay Area after college and landed a job working as a personal trainer at the Telegraph Hill Athletic Club in San Francisco. Ken has always loved meeting new people. (*Continued on pg. 2*)

Happy Birthday

- Ralph Harder - Mar. 12
- Ray LeVitt - Mar. 12
- Lori Sieber - Mar. 15
- Isolde Harder - Mar. 18
- Kala Deepchandani - Mar. 21
- Ann Dean - Mar. 24
- Donna Burgeson - Mar. 25
- Anna Boros - Mar. 26
- Sharon Williams - Mar. 26
- Beth Davis - Mar. 27
- Ellen Larkin - Mar. 28
- Asmina Jiwa - Mar. 31

Happy Anniversary

- Les & Shari Francis - Mar. 4
- Stan & Pat Brown - Mar. 27



Resident of the Month

(Continued from pg. 1)

Working in The City, he met many "movers and shakers." Once he even got to sit and chat with Cindy Crawford! Ken has friends all over the world. He is truly a "people person."

Eventually, Ken grew out of his first job at the club. He worked in smaller clubs after that, training lots of Cal Berkeley and Stanford grads. He enjoyed helping people achieve their fitness goals. In his spare time, Ken ran long distance races, including the Old Mill Run in Columbia, California, the Dipsea race in Mill Valley, and the Presidio 10 in San Francisco. Ken's favorite race distance is 10 kilometers.

Ken has a son, Colton, who is married and has a daughter. Ken coached all his sports teams when he was growing up. Colton followed in his dad's footsteps, graduating from University of Oregon with a degree in exercise physiology and working as a personal trainer. He has trained some famous people, including all 4 Jonas Brothers!

Nowadays, Ken still keeps fit, working out every day. He enjoys hiking around the hills of Cameron Park. He is also a lover of all types of music and is a big S.F. Giants fan. He is proud of his Catholic faith and attends church regularly.

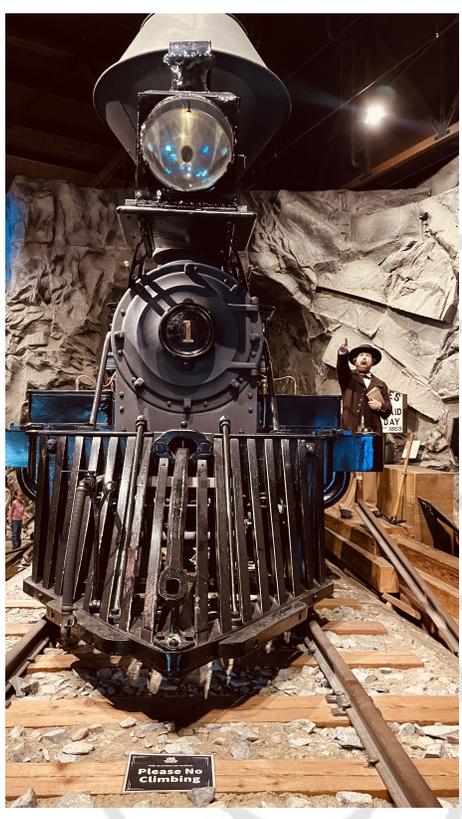
Ken is thriving at Ponté Palmero. He appreciates the staff and makes an effort to get to know them. Ken values being part of our community and tries to help out whenever he can.

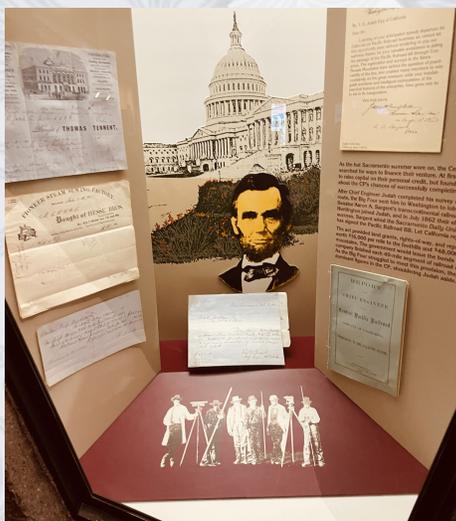


Ken Danz, a high school senior, winning first place for his track team at a meet vs. Oakdale High School



Outing to the California State Railroad Museum





Brain Games

Brain Bender: St. Paddy's Word Puzzle

The answers to the clues below all contain a word related to St. Patrick's Day: green, luck, gold or jig. How many can you get right?

1. Words containing "green":
 - Building for plants
 - Fresh, minty flavor
 - A newcomer
2. Words containing "luck":
 - A chicken says ...
 - A gathering with food
 - Brave and scrappy
3. Words containing "gold":
 - Yellow bird
 - October's birth flower
 - Koi's cousin
4. Words containing "jig":
 - Type of puzzle
 - A doodad or gizmo
 - To wiggle

(Answers: 1. greenhouse, wintergreen, greenhorn; 2. cluck, potluck, plucky; 3. goldfinch, marigold, goldfish; 4. jigsaw, thingamajig, jiggle)

With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.

A Wonderful Lunch at the Lazy Dog



Carol Peruse Receiving the Larry Cameron Award



Just for Fun

Spring Word Scramble

Unscramble the words below, then rearrange the bolded letters in each set of answers to reveal another related spring word.

- 1) **Y A D I S**: _____
R E G N E: _____
S E T L P A N A: _____
U A B Y L G D: _____
 Secret word: _____
- 2) **I O N W A B R**: _____
N Y W D I: _____
N P S G I R: _____
E Y H R E C: _____
 Secret word: _____
- 3) **A N R O E G**: _____
A R N G D E: _____
D L E D P U: _____
L F O W: _____
 Secret word: _____

(Answers: 1. Daisy, green, pleasant, ladybug, Sunny; 2. Rainbow, windy, spring, cheery, Shower; 3. Orange, garden, puddle, flow, Flower)

Fireside Chats With FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to be a hallmark of Roosevelt's time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 45 minutes, informing the public and offering encouragement through the difficulties. Many of the chats began with FDR addressing the nation personally as "My friends," and at the end of every broadcast, "The Star-Spangled Banner" was played.

Roosevelt gave around 30 fireside chats, the last one airing in June 1944. The original recordings have been selected for preservation by the National Recording Registry at the Library of Congress.

News With Nic



Valentine Sing-a-long With Our Ukulele Club



Final Four Fundamentals

It's an annual rite of spring: March Madness, the NCAA tournament that crowns the best team in men's Division I college basketball. If you're unfamiliar with the court action, get off the sidelines with this quick guide.

Selection Sunday. A total of 68 teams are invited to play in the tournament. The teams are announced live on TV on Selection Sunday, the Sunday before the tournament's first game. The teams are also divided into four geographic

regions: East, West, South and Midwest.

Seeds. A selection committee ranks the teams in each region and assigns each a seed number from 1 to 16, with 1 being the best. The No. 1 seed plays the No. 16 seed; No. 2 plays No. 15, and so on.

The bracket. Fans often track and try to predict the winners of each matchup and the eventual champion by filling out a form known as a tournament bracket. The odds of filling out a perfect bracket are 1 in 9.2 quintillion if completed at random, and 1 in 120 billion with basketball knowledge.

K-9 Comrades

Just like their human counterparts, military working dogs have devoted their lives to keeping our nation and its citizens safe. It's only fitting that they have their own day to be honored and appreciated: K-9 Veterans Day, celebrated every March 13. Salute these service animals by learning some facts about their history:

On March 13, 1942, the U.S. Army implemented the War Dog Program, also known as the United States K-9 Corps. Before then, the U.S. military had unofficially employed dogs as mascots and guard dogs. However, this new program trained dogs in specialized roles,

including sentry, scout and patrol, messenger and mine-detection duties.

If they are no longer able to serve, military dogs are often adopted by their handlers or by a member of the general public.

In addition to military dogs, K-9 Veterans Day also pays tribute to other working dogs serving our country in different capacities, including police K-9s, U.S. Customs K-9s, FBI K-9s and Secret Service K-9s.



Above and Beyond



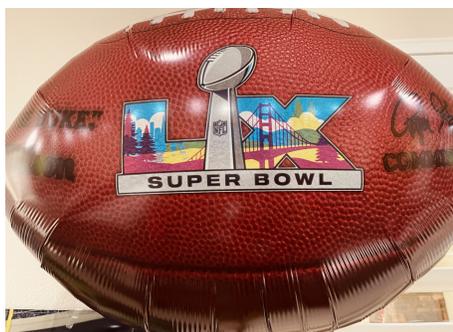
Our Housekeeping Team

Three cheers for our housekeeping team and supervisor Emily! We can always count on them to help us keep our homes clean. Thank you for all you do. We appreciate you!

Popcorn Pick: 'Leap Year'

This St. Patrick's Day, race across the Irish countryside with Anna (Amy Adams) on a bumpy mission to get hitched. According to Irish tradition, if a woman proposes to a man on Feb. 29, he must accept—so Anna hops on a plane to pop the question to her longtime boyfriend, Jeremy (Adam Scott). But when Anna's travels go awry and she is forced to hitchhike with stranger Declan (Matthew Goode), will her big plans change? Fall in love with the charming characters and the soothing scenery of the Emerald Isle in this feel-good rom-com from 2010.

Super Bowl 2026



Employee Spotlight



Mike the Med Tech

Name: Mike

Department: Assisted Living

How long have you worked at Ponté Palmero? 4.5 years.

A fun fact others might not know about you: I make custom cornhole boards.

What do you like most about your job? I love working 3 days then getting 3 days off.

Favorite type of music: rock & punk.

Favorite color: green & blue.

Favorite TV show: *It's Always Sunny in Philadelphia*.

Coffee or tea? Coffee.

A life goal or something you would like to accomplish in the future: My life goal is to be the best human being I can be. Kindness, consideration and empathy are values we should all strive toward.

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
 Assisted Living Director.....Jennifer Hinch
 Business Office Director.....Kelli Riley
 Maintenance Director.....Kevin Hallmeyer
 Marketing Director.....Rachel Amador
 Marketing Director.....Amy Elias
 Food Services Director.....Alex Winters



Ponté Palmero Resort-Style Living

“This Month In History” MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Airmen is activated for service in World War II.

1959: Barbie makes her debut at the American International Toy Fair in New York City.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It’s still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication’s first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women’s History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world’s first tweet is posted. The social networking platform went live to the public later that summer.