

*Everyone Deserves  
a Great Life*

**April 2017**



**SUNLIT GARDENS**  
ASSISTED LIVING

9428 19TH STREET • ALTA LOMA, CA 91701 • (909) 481-2600

Cheryl Stevenson

Executive Director

sgal.adm@meridiansenior.com

Marina Klempner

Wellness Director

sgal.rcc@meridiansenior.com

Monique del Junco

Memory Care Program Director

sgal.scc@meridiansenior.com

Christina Lutz

Life Enrichment Director

sgal.act@meridiansenior.com

Michael Stevenson

Director of Environmental Services

sgal.maint@meridiansenior.com

Cherie Keith

Business Office Manager

sgal.bom@meridiansenior.com

Tirso del Junco

Director of Dining Services

sgal.dit@meridiansenior.com

Oscar Garcia

Community Relations Manager

sgal.mkt@meridiansenior.com

Jennifer Solorio

Director of Human Resources

sgal.dhr@meridiansenior.com

### **Executive Director**

#### **Remember When: Gloves and Hats**

Ladies, young and old, once considered even the nicest ensemble to be incomplete without a pair of gloves and a hat, especially in springtime. Gloves were often short and white, but sometimes matched the color of a coordinating hat. Ranging from simple to showstoppers, hats were made of materials like fabric, felt, straw or velvet, and were frequently embellished with feathers, ribbons, flowers and netting.



#### **Flourish of Flowers**

Whether it's tulips, daffodils or azaleas, each April, from coast to coast, folks celebrate the flowers of spring. In some places, multi-day festivals have blossomed around their arrival. Washington's Skagit Valley is famous for its 300 acres of brightly colored tulip fields. More than half a million yellow daffodils are the center of attention in Meriden, Conn., and Wilmington, N.C., showcases its lush gardens of azaleas.

#### **A Little Rain Must Fall**

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

#### **Fragrant Forecast**

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

#### **Sleep on It**

Whenever you have writer's block or get stuck doing a word game, a snooze might give you some fresh insight. Research shows that there is a link between sleep and creativity, as long as you doze long enough to reach the dream cycle.

Sunlit Gardens Meridian

## Who Am I?

I was born in Scotland on the 14th of August in 1948. I married my husband who grew up only one block away. We had three sons. I worked for my sister-in-law at her bakery, making doughnuts at night. We decided to move with our boys to America. First we went to New York then to California. My husband was a carpenter and had made all of our furniture but we had to leave it behind in Scotland. Once here in America my husband worked on the Queen Mary. I never had to work and stayed home and raised our children.

My name is Sarah Crumlish.



## Medical Transportation Guidelines

Due to the new weekly scheduled outings and the community bus not being available, we will no longer be scheduling medical transportation on Wednesdays, 8am-1:30pm, and Thursdays, 1pm-3pm. To schedule appointments, please contact Lauren at (909) 481-2600. We will do our best to accommodate your needs. If the community bus is not available during your appointment hours, the community staff can help you schedule alternative transportation. The community will not assume responsibility for any charges incurred. We thank you in advance for understanding.

## Thank a Tree

Breathe easy on National Arbor Day, the last Friday in April: One large tree provides a day's supply of oxygen for up to four people.



## A Rose for Peace

Distinguished by luscious, creamy yellow petals edged with pink, it's a flower that symbolizes the end of a war and hope for the future—the Peace rose, introduced to the world on April 29, 1945.

The beautiful blossom's story begins in France, where it was developed by



## Happy Birthday to You, Happy Birthday to You, Happy Birthday Dear...!

04/05	Robert Lyon
04/14	Joan Ingram
04/25	Paul Brogaard
04/27	Patricia Courtney

## Cookie Creatures

Lions, tigers, bears and more than a dozen other animals are what you'll find in one of those nostalgic boxes of animal crackers. Since 1902, Nabisco has been baking up the bite-sized beasts and selling them in its circus wagon-themed packages of Barnum's Animals, named for showman P.T. Barnum. Today's 2-ounce box holds a zoo of 19 different cookie creatures.

third-generation rose breeder Francis Meiland between 1935 and 1939. With World War II looming, Meiland sent cuttings of the hybrid tea rose to friends in Germany, Italy and the U.S., who were able to grow the roses with great success. Marked by hardiness and large, long-lasting blooms, the new variety was destined to be a favorite in the gardening world.

Days before Germany's surrender, a ceremony for the new rose was held. As two doves were released, it was announced that the variety would be "named for the world's greatest desire: peace."

The Peace rose has been called the most popular rose in the world, with an estimated 40 to 50 million plants grown around the globe.



## The Shoeshine Tradition

In years past, it was a regular habit for a man to make a stop at his local barbershop for a haircut, shave, and the finishing touch: a shoeshine.

In addition to barbershops, shoeshine stands were a fixture at train stations, where businessmen and other travelers could stop for a polish, ensuring they reached their destination looking their best. "Shoeshine boys" would also patrol busy city streets, carrying their supplies in a box and offering a shine to passersby.

Shiners are still around today, and they continue to have a deep pride in their work, viewing their profession as an art and devoting years to perfecting their polishing techniques. Many people choose to have their shoes shined while they are wearing them, resulting in a personal, relaxing experience that shiners are honored to provide.

Due to workplace and everyday fashions becoming increasingly more casual, today's shoeshine stands are a little harder to come by, and are typically found in airports and specialty shops.

## Appealing Apricots

Tasty, versatile and loaded with nutrients, apricots are a standout selection for those who crave nature's sweet treats.

With yellow-orange skin tinted red on one side, apricots resemble peaches but are more closely related to plums. Classified as stone fruits—meaning a large "stone" or pit surrounds the seed—they are in season from April through July.

Originating in Asia about 4,000 years ago, apricots were later introduced to Europe, where they soared in popularity. The Greeks called them "golden eggs of the sun." Spanish and French explorers brought the fruit to the Americas in the 1700s.

Apricots are good sources of vitamins A and C, and are loaded with potassium, fiber and antioxidants. Kernel oils and other extracts from the crop are often used in skin and hair care products.

In addition to the fresh seasonal offerings at stores and farmers' markets, apricots are available frozen, canned and dried year-round. Their sweet flavor makes them an ideal ingredient in jams, sauces and baked goods. They are also found in many savory dishes and are used to complement chicken and pork.

California grows nearly all of the apricots in the U.S.; Turkey and Iran are the largest producers worldwide.



## Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."  
—Babe Ruth

"There are only two seasons—winter and baseball."  
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."  
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."  
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."  
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."  
—George Will

# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						April Fools' Day 1
2	3	4	5 Happy Birthday Robert Lyon!	6	7	8
Palm Sunday 9		11	12	13	Good Friday 14 Happy Birthday Joan Ingram!	15 Family Easter Egg Hunt
Easter 16	17	18	19	20		Earth Day 22
23/30	24	25 Happy Birthday Paul Brogaard!	26	Babe Ruth Day 27 Happy Birthday Patricia Courtney!	28	29

## "This Month In History"

### APRIL

**1789:** George Washington is inaugurated as the first president of the United States.

**1792:** Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

**1805:** Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

**1817:** Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

**1822:** Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

**1925:** "The Great Gatsby" by F. Scott Fitzgerald is published.

**1949:** The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

**1970:** Earth Day is observed for the first time.

**1974:** Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

**1976:** Steve Jobs and Steve Wozniak form Apple Computer Inc.

**1981:** The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

**1990:** The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.