



Golden Highlights

Amador Residential Care

Volume 4 Issue 1

We Were "Hopping" at the Annual Easter Party

On Saturday, March 23rd, Amador Residential Care celebrated its Annual Easter Party. Once again, the party was a great success despite the rainy day. The adults gathered inside to visit while the children played games. Easter eggs were hidden outside, but were soon brought in because of the weather. This did not deter the kids from having a wonderful time hunting for eggs. Afterward, guests enjoyed a picnic lunch prepared by the kitchen crew. The lavish fare included cold cuts, assorted cheeses and a variety of breads and rolls to make hearty sandwiches. Also included were a myriad of salads and a table full of desserts. Mary worked hard the day before carefully decorat-

ing her Easter cakes for the party. One especially cute cake was her coconut Easter Bunny decked out in marzipan ribbons.

After lunch the Easter Bunnies arrived to hand out eggs filled with candy and toys.

Door prizes and a cake walk put the final touch on an almost perfect day.

Special thanks to those of you who attended and donated prizes for the raffle on this very special day.



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Department Heads

Administration

Fleta Herndon

Nancy Shaw

Accounting

Eldean Hensley

Activities

Dorothy Mechling

Care Coordinator

Patricia Bowles

Dietary

Mary Dewitt

Maintenance

Scott Gloeckner

Marketing

Sharon McVicker



Our “Special” Employee—Sharon McVicker

Sharon was born in Elgin, Illinois on March 28th to parents Margaret and Donald McVicker. She was a “surprise” baby, as her parents were 40 at the time. Her older sister, Pat, and brother Bob were delighted by her birth and spoiled her at every turn. Bob used to read to her every night and by age 4 she remembers sitting on the public library steps crying because she could read, but was too young for a library card. Her joy of reading continued throughout her childhood and into adulthood. She remembers being a “book worm,” devouring everything she could get her hands on. The librarian was skeptical if she was reading all the books she checked out each week, but when asked for a brief book report on each, she was reassured that Sharon was indeed reading them.

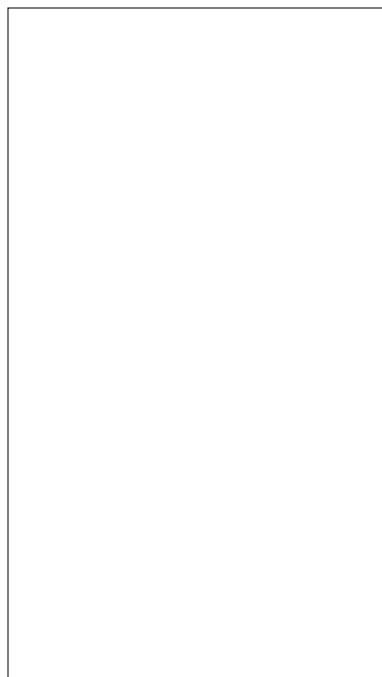
Sharon remembers a pleasant childhood, growing up in a small Chicago suburb by the name of Crystal Lake. “It was probably the best place I could have ever grown up,” she says. It had a beautiful blue lake for us to swim and water ski, a magnificent park where we would ice skate and snowmobile during the winter, and play softball, hike or hang out watching the ducks on the pond in the summer. Her mother came from a family of 11 children, so she always had an abun-

dance of cousins to play with. Sharon graduated from Crystal Lake Community High School in 1970 and commuted to Chicago to work as an administrative assistant for a while. In 1972, she and boyfriend, Neil, loaded up a step van with a few belongings and their 200 lb. St.

Bernard, Alexander, and set off for Sunny California. They lived in the coastal town of El Granada for 6 months, but decided they needed more excitement so they moved inland to Los Altos. There she worked as an Administrative Associate/Research Assistant at American Institutes for Research, a behavioral science institute. Nine years

later, Sharon was laid off from her job due to lack of research funding and took a two-year break from work. Neil, now her husband, became heavily involved in art and architectural photography, often trading fine art for his work. A significant art collection was accumulated over a ten-year period. “Our house looked like an art gallery, with original watercolors, lithographs and sculptures from some of the top artists of the time, “ related

“I seem to do big things in the years ending in 2’s, so I’m interested to see what I’ll do in 2002!” she said.

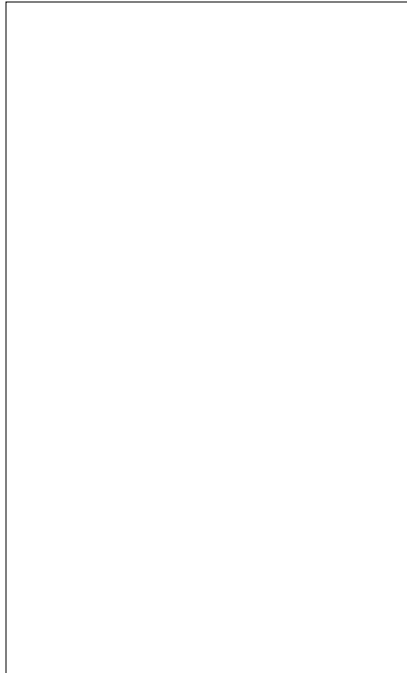


Sharon & Friend Dave

Continued on page 7.

Our “Special” Resident—Lena Malatesta

Lena was born in Mokelumne Hill, California on June 2, 1908 to Vic and Palmera Galino. She has one sister, Velma, who visits often and a brother, Bob. Her parents ran a boarding house and bar for the gold miners on Main Street in Sutter Creek, which is now a historical landmark known as the Galino Building. Lena attended grammar school and high school in Sutter Creek and on September 30, 1931, she married Ernest “Ernie” Malatesta. They lived in the family home on Fiefield Street, where they entertained their family and friends. Lena and Ernie also enjoyed camping, fishing and dancing and were known as the most popular couple in Sutter Creek. Ernie worked for his cousin in the Malatesta



Lena Malatesta at 90+ Club

store. They had one daughter, Marcea, who lives in Sacramento and is a teacher for Sacramento Unified Schools. After 65 years of a wonderful marriage, Ernie passed away in June of 1997, and Lena moved into Amador Residential in September of that year. She still enjoys the company of old friends, as some also reside at Amador Residential and sit at the same dining room table.

Marcea, who visits often, says her mom is a great cook, is sweet and kind, and has kept her sense of humor. I don't think anyone can argue this. Best of all she can still read the newspaper without glasses! **Congratulations Lena on being our special resident. You earned it!**

Just a quick note to my wonderful staff. Thank you for your devotion and teamwork. You are what gives ARC its great reputation. Keep up the good work! I would also like to thank our friends, families and community co-workers. You too make Amador Residential what it is today. Your support and visits keep us all smiling. Sharing our days with your loved ones and seeing their beautiful smiles is our greatest reward. Thank you for the opportunity to know each of you. Remember, anytime

you need to share thoughts, concerns or just a cute little tale, we're here.

As most of you know, I have been at ARC 6+ years, most of which I have spent as your Assistant Administrator. As of January 2002, the Board of Directors promoted me to the position of Administrator. I look forward to many years with all of you. Call me anytime for anything.



*Fleta Herndon
Administrator*

Comings & Goings



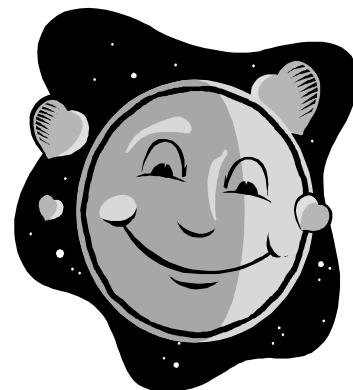
Happy Birthday!

Residents

Vera Mitchell	3/03
Vera Welch	3/16
Joe West	3/19
Genevieve Warren	3/27
Margaret Hilton	3/30
Mae Simmons	4/05
Ruby Terebessy	4/13
Dale Emerick	4/16
Robert Ballard	5/03
John Heberd	5/11
Ted Rusconi	5/22
Rose Hoffman	5/27

Welcome New Residents

Dorothy Busi
 Vera Mitchell
 William "Lloyd" Shepherd
 Ruby Terebessy
 John Vukovich
 Joe West & Arthur Lucot



& A Sad Good-Bye To:

Elnora Newman & Opal Richards

In Loving Memory

Eleanor Ricci

Thank You!

Bob Barfoot
 Geneva & Kyle Smith
 West Point VFW
 Auxiliary #3322
 Charles & Jean
 Roberts & Church
 Group



Folk Dancers
 Swing n' Sway Band
 7th Day Adventist
 Church
 Leona Hales
 Noah Turney
 Judy Collins

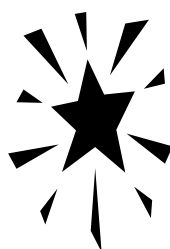


& Staff

Ron Regan	3/01
Dona Swanson	3/13
Donna Kersh	3/15
Patricia Bowles	3/21
Cindy Tavares	3/23
Sharon McVicker	3/28
Laura Ann Hewitt	3/29
Ciji Creason	4/28
Nancy Shaw	5/05

And a Special thank You

To Dorothy Mechling, Acitivity Director from Sharon McVicker, Marketing Director for graciously accepting the position of Assistant Coordinator for our newsletters from Jackson Gardens, Amador Residential Care and Gold Quartz Inn Senior Retirement Home. Your input makes our newsletters a bit brighter and more interesting! Thanks Dorothy. Thank you Nancy Shaw as well for all your input and help mailing them. And thank you David Beshears from The ARC program for all your help on maintenance projects at both Amador Residential and Jackson Gardens. Sharon



“Snoop Scoops”



In each of our facilities, the staff members are an extremely important part of everyday life. Not only do the residents depend on them, but families often build strong bonds with them as well. So that families and friends can get to know the staff at Amador Residential Care a bit better, our “Snoop Scoops” column was born. This is the first of the new year. In our **Administrative Office**, Nancy Shaw, Corporate Office Manager has just finished her in-class training for certification as a Medical Assistant. She now needs to complete a 160 hour internship in front office management to receive her actual certificate.

The **Dietary Department** will hear wedding bells in May when Dietary Aide, Ciji Creason gets married. Bonnie Digman, Head Cook will be out for a few weeks having surgery on her hand. She has a nasty case of Carpal Tunnel. We welcome new staff members Dave Smith and Kenny Herndon to the department. They will both be off for a week in June for a vacation in Sunny Mexico. Mary Dewitt, Supervisor, is presently taking home study classes in “creative cooking” and “cake decorating”. She plans to use residents and staff as her guinea pigs for new recipes. Mary is also looking forward to a much needed vacation in June. She just wants to go camping and fishing, or “whatever I decide to do!” she says.

Liz Webb who is one of our **Caregivers**, is now working part time at Jackson Gardens to supplement her hours at Amador Residential.

She has a few favorite residents who moved to Jackson Gardens when it opened in February, so she enjoys being able to see and work with them again.

Dorothy Mechling, **Activities Director**, is back on the Concourse Car circuit with best friend Al. They spend the entire summer attending car shows around California and Nevada. Al has his own classic 1929 Model A Ford, which will appear in our Italian Picnic Parade entry June 2nd. As mentioned in our “Comings and Goings” section, Dorothy has taken on the responsibility for helping Sharon with the newsletters for all three facilities. Laura Ann Hewitt, our **Transportation Coordinator**, had a recent scare with husband, Chuck, who had to have major surgery. Chuck is recovering nicely, and will be back at his post as “Greeter” at Walmart in about a month. Laura Ann is also providing transportation services at Jackson Gardens.

We have a new hairdresser in our **Beauty Shop**. Sara Reyes now does hair and nails for both men and women at ARC and Jackson Gardens. Sara is the mother of a young son and daughter, who keep her very busy when she is not at work.

And last but not least, our **New Grandmother/ Great Grandmother News**: Bonnie Digman, Dietary, and Elsie Martin, Caregiver, both became great grandmothers recently. Bonnie has a baby girl; Elsie a baby boy. We also have three new grandmothers again. Dee King, Patricia Bowles, and Joyce Larsen all with new granddaughters. Congratulations to all of you on your ever-growing families!

Old-Time Baseball Quiz

By Ross Pinciotta

You will find the answers to several of these questions in the lines of the previous three stories by Mario DeMarco. A few “wild card” questions have been included to spice up this old-time baseball quiz.

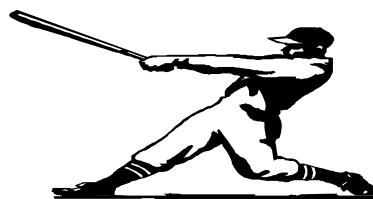
Babe Ruth
Larry Doby
Bob Feller
Johnny VanderMeer
Ted Williams

Joe DiMaggio
Jackie Robinson
Stan Musial
Satchel Paige
Hand Aaron

From the list above, choose the name that best completes each of the following paragraphs. Use only the names above.

1. No, I'm not the person the famous candy bar is named after; Ruth was a former president's daughter. I love kids. I love to hit home runs. I was a pitcher when I started out in baseball, but became an outfielder for the New York Yankees. I am _____
2. I am the first African-American to don a baseball uniform thanks to Branch Rickey, baseball magnate. I played for the Brooklyn Dodgers. I am _____
3. They called me “Rapid Robert.” At the age of 18, I was pitching in the big leagues, for the Cleveland Indians. I am a farmboy. I have an opening-day no-hitter to my credit. I am _____
4. I was “the Splendid Splinter” and often a .400 hitter. I was an outstanding outfielder for the Boston Red Sox and an excellent fisherman, too. I am _____

5. Babe Ruth set the record way back when, but I finally eclipsed his home run mark with the Atlanta Braves. I am _____
6. While playing for the Cincinnati Reds, I was the first pitcher to hurl back-to-back no-hitters. I am _____
7. Jackie and I had it tough at the beginning. I was the first African-American player in the American League. Early on I played center field for the Cleveland Indians. I am _____
8. I was always a gentleman, they tell me, on and off the field. I played outfield for the St. Louis Cardinals in the glory days of baseball. I am _____
9. My brothers Vince and Dominic played the game, too. I am known as “the Yankee Clipper,” and was the center fielder for the New York Yankees under the aegis of manager Joe McCarthy. I am _____
10. I became a regular relief pitcher for Bill Veeck's Cleveland Indians. I started my career in the big leagues in the September of my years. My hesitation pitch was hard to hit, it is said. I am _____



Answers
1. Babe Ruth; 2. Jackie Robinson; 3. Bob Feller; 4. Ted Williams; 5. Hank Aaron; 6. Johnny VanderMeer; 7. Larry Doby; 8. Stan Musial; 9. Joe DiMaggio; 10. Satchel

Upcoming Events at Amador Residential Care

It's Spring, and time to start thinking about our summer activities. The residents will soon be going on outings and picnics, on drives to the fruit stands and strolls through the flower farms. The staff will be coming in sore from working in their yards and excited when the first vegetables of the season ripen in their home gardens. For some of us, it's the time to start thinking of events, like the Italian Picnic Parade. This year, the parade will be held on June 2nd at 10:30am down the main street of Sutter Creek. Many of our residents will participate by riding on the float, or cheering us on, on the side lines. This year's theme will be the 1920's. If you have any special articles

of clothing, strings of pearls or cloche hats you would like to let us use, please let us know. When we pick our residents for the float, we'll also ask the family if they might be willing to help create a costume for Mom or Dad. And, if you know a lot about that period, we would greatly appreciate your input. Anything that will help us create a winning entry will be graciously accepted. If you can, please come and support us at the parade. It seems to get larger each year and provides a good time for all ages.

This year will be our first time in the Lumberjack Days Parade in West Point. This event is in October, so we have some time to plan. We also have our Annual Family Barbeque that month for the residents and families giving us a lot of things to look forward to throughout the summer and into fall.

Our Special Employee—Sharon McVicker (Cont.)

Sharon. "We didn't have a lot of money, but our home was full of beautiful art!"

In 1982, Sharon and Neil moved to Pioneer where she lived until her divorce in 1992. "I seem to do big things in the years ending in 2," she said, "so I'm interested to see what I'll do in 2002!"

In 1993, Sharon met the love of her life, Kurt, and they have lived together in their home in West Point for almost 7 years. They have a cat, Zu Zu, who runs the house. Sharon came to Amador Residential Care and Gold Quartz in December of 1998 as the Marketing Director. With the opening of the new Jackson Garden's Alzheimer's facility,

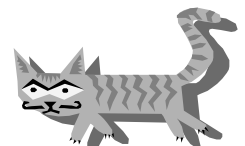
her responsibilities have broadened.

"It's often hard to keep track of new residents going into one of three facilities." "I've always been good at remembering names, and still do, but keeping those names connected to the proper facility is keeping me on my toes." Sharon does enjoy her job, and especially being with the residents at all three places.

"The residents keep me going each day. I can sit and think about them when I'm down, and they instantly brighten me up!" she says with a big smile.

Congratulations Sharon, for being our special employee.

Keep up the good work!



Look for us on the web at
assistcare.com

"Caring for Others"

From Dorothy's Archives



Teddy Bears. The best selling toy of all time was inspired by a couple of minor politicians who wanted to play up to the president. In 1902, president Theodore Roosevelt was on a rather unsuccessful hunting trip when his hosts decided to be heroes and get him a suitable target. Unfortunately, the only thing they could find was a bear cub. But waste not, want not, they presented the small bear anyway and suggested the president kill it. He quite rightly refused and instead gave them a typical (and much deserved) Teddy Roosevelt chewing out. *Washington Star* cartoonist Clifford Berryman heard about the incident and drew a cartoon featuring Roosevelt confronting the tiny bear, with the caption "Teddy's Bear." Toy shop owner Morris Michton saw the cartoon, and after he quit laughing he made a fluffy little bear and put it in his window, along with Berryman's cartoon. Pretty soon, everyone wanted their own version of "Teddy's Bear" and Michton was swamped with orders. Since then, teddy bears have outsold every other toy on the market and all because some not-so-smart politicians wanted to score points with the boss.

That All-Important Smile. A simple smile is the best way to win friends and influence people," reports the *Times* of London. A national survey conducted for the Royal Mall reveals that the first thing most people notice about someone is his or her smile. Nearly half of those surveyed said that they would not do business with anyone who looked unfriendly. Women managers in particular are more likely to promote employees who smile. Says Brian Bates, coauthor of *The Human Face*: "This research shows how important smiling is in society. We would often rather share our confidences, hopes and money with smilers." Smiling increases the body's production of pain-killing endorphins, he adds, and people who smile spontaneously "have a more successful life in personal and career terms."

