

# The Vineyards



CALIFORNIA ARMENIAN HOME

(559) 835-0801 • RCFE#10040070 • PCOA #319

## Set Up Your Life

"It really is never too late, it really is never too early to figure out your goals and dreams and what you love." —Garrett McNamara

## Hugs and Kisses

Etched on candy hearts and signed at the bottom of love letters, the letters "xoxo" symbolize a sweet sentiment of "hugs and kisses." Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

## Memorable Melody: 'I Love'

Little baby ducks. Coffee in a cup. Tomatoes on the vine. These are just some of life's simple pleasures outlined by country singer Tom T. Hall in this song from 1973. The most successful hit for the artist, known as "The Storyteller" for his way with words, "I Love" spent two weeks atop the country charts and crossed over to the top 40, where it peaked at No. 12. With a gentle melody, sweet lyrics and reassurance that "I love you too," Hall's song reminds listeners to embrace everyday beauty.

## Journal Prompt: Gratitude

Being thankful can improve your mood and allow you to think more positively in your day-to-day life. Use this journal prompt to reflect on the good stuff: Make a list of seven things you are thankful for, then expand on a different one every day for a week.

## February 2023

### Upcoming Events

01/06	Armenian Christmas
01/10	Resident Council Meeting
01/17	Resident Forums
01/18	Vineyard Residents' Dining Forum
01/22	Chinese New Year

### Popcorn Pick: 'Jurassic Park'

The "Jurassic Park" franchise hit it big 30 years ago when Michael Crichton's popular sci-fi novel was made into a movie featuring groundbreaking computer-generated imagery and iconic performances. A theme park full of dinosaur clones revived from extinction sure sounds like a fun idea, but when things go infinitely wrong and the dangerous creatures start escaping, then what? Luckily, paleontologist Alan Grant (Sam Neill), botanist Ellie Sattler (Laura Dern) and chaos theorist Ian Malcolm (Jeff Goldblum) are there to save the day. The original 1993 film was followed by five more movies, comprising two full trilogies—sounds like it's time for a movie-marathon weekend!

### Red Barber's Ballgames

With down-home, Southern charm and a knack for vivid play-by-plays, Walter Lanier "Red" Barber was a pioneer of sports broadcasting. From 1934 to 1966, he announced MLB and NFL games on the radio, mostly for New York teams. In an era before watching sports on TV was the norm, fans felt like they were in the stands thanks to Barber's keen descriptions and regular score updates prompted by an egg timer placed on the corner of his desk—a habit adopted by countless future announcers. Tip your ball cap to Barber on his birth anniversary, Feb. 17.

## Resident Council Members

Dennis Becker  
Mary Stegall  
Erma Martens  
Jan Schmidt  
Diana Shirin  
Luetta Reimer  
Marilyn Weaver  
Bob Wilson

### Lifestyles Drawing

Please clip this ticket and bring it to the Lifestyles office for your chance to win a Sweet Valentine's Basket!

Name:

Apartment Number:

### Four Chaplains Day

Four military heroes are honored every year on Feb. 3, Four Chaplains Day. On that date in 1943, four Army chaplains of varying religious backgrounds were aboard the SS Dorchester when a German U-boat torpedoed the ship. Amidst the aftermath of the attack, the chaplains helped the frightened passengers stay calm, handed out life jackets—including the ones they were wearing—and assisted men into lifeboats. Linking arms as they recited prayers, the chaplains went down with the ship. Numerous memorials, along with ceremonies on Four Chaplains Day, ensure that the men's courage and sacrifice are never forgotten.



### Flying Daredevil: 'Queen Bess'

When it came to high achievements, Elizabeth "Bessie" Coleman reached for the sky. She was the first African American woman, and the first Native American, to receive a pilot's license.

Born in 1892, Coleman grew up in Texas. At 23, she moved to Chicago, where her brothers lived, to attend beauty school. When her brothers returned home from World War I, they spoke of the women overseas who could fly planes. These stories helped Coleman realize she wanted to become a pilot, too. She took a second job and began taking French classes at night so she could apply to a flight school in France.

Supported by sponsors and money she'd saved, Coleman enrolled in the Caudron Brothers' School of Aviation in Le Crotoy, France. She earned her international pilot's license on June 15, 1921.

Back on American soil, Coleman inspired others with both her daredevil stunts and strong beliefs. She became known for tricks that included figure eights, near-ground dips, loop-the-loops, and even walking on the wings and parachuting out of her plane.

### Pack Up Some Care

A fun way to help others, whether they live nearby or across the world, is putting together a donation kit. A kit can be a bag, box or bucket of supplies that fit a specific need. Shopping for these kits and assembling them with a group is a meaningful way to socialize and give back. Start by picking a category that speaks to you, then grab some pals and get packing!

*Hygiene.* These kits can contain general toiletries or be catered to specific groups, such as babies, children or women. Hygiene kits usually include things like a bar of soap, body wash, shampoo, lotion, washcloths and deodorant.

*Activity.* Usually age-specific, this type of kit includes toys and leisure items. Some things you may pack in an activity kit include crayons, coloring books, crossword puzzles, card games, books and sensory toys.

*Cleanup.* A typical cleanup kit is a five-gallon bucket packed with products to aid after a disaster such as a tornado, hurricane or earthquake. Paper towels, bleach, trash bags, work gloves and scrub brushes are helpful items to include.



## Culinary Corner

### Christmas Bread

#### Ingredients:

- 1 package (1/4 ounce) active dry yeast
- 3/4 cup warm water (110° to 115°)
- 3/4 cup evaporated milk
- 1/3 cup sugar
- 1/3 cup shortening
- 1/2 teaspoon salt
- 2 eggs
- 4 to 4-1/2 cups all-purpose flour, divided
- 1 cup chopped mixed candied fruit
- 1 cup confectioners' sugar
- 1/4 teaspoon vanilla extract
- 1 to 2 tablespoons milk

#### Instructions:

- In a large bowl, dissolve yeast in water. Add the evaporated milk, sugar, shortening, salt, eggs and 2 cups of flour; beat until smooth. Stir in mixed candied fruit and enough remaining flour to form a soft dough (do not knead).
- Place in a greased bowl, turning once to grease the top. Cover and let rise for about 1-1/4 hours.

## Super Bowl LVII

Scheduled for Feb. 12 in Glendale, Ariz., Super Bowl Sunday is sure to be loads of fun this year! Prepare your favorite snacks, clear your schedule and safely enjoy the big game.

## The Karaoke Connection

No musical talent? No worries! You can still feel the rush from singing on stage. The popular activity of karaoke has been bringing people together for decades.

Karaoke was born in Japan during the 1960s and '70s. Meaning "empty orchestra," it referred to instrumental recordings that were used at events when a live band was unavailable. Several karaoke machines, each consisting of a tape deck, microphone and lyric sheet, were invented during this time, so both professional and amateur singers could seamlessly provide entertainment. Musician

Daisuke Inoue is credited with perfecting the karaoke business model, creating a coin-operated karaoke machine and producing tracks in keys that were easy to sing along to.

The popularity of karaoke spread quickly across the globe, especially as new video technology emerged, allowing for on-screen lyrics and at-home karaoke collections that could be played on a VCR. Nowadays, the internet and computers have made karaoke even more versatile.



## Directory

### Executive Director

Paul Rocha (559)835-0802  
paulr@vineyardslife.org

### Business Office Manager

Valerie Flores (559)835-0803  
valerie@vineyardslife.org

### Assisted Living Director

Trina Luna (559)835-0813  
Trinal@vineyardslife.org

### Memory Care Director

Ashley Mendoza (559)835-0818  
amendoza@armenianhome.net

### Lifestyles Director

George Juarez (559)835-0801  
georgej@vineyardslife.org

### Lifestyles Coordinator

Maribel Villegas (559)835-0807  
maribelv@armenianhome.net

### Executive Chef

Brian Kesanen (559)835-0814  
briank@vineyardslife.org

### Hospitality Director

Estella Cano (559)835-0801  
estellac@armenianhome.net

### Maintenance Supervisor

Ed Smith (559)835-0801  
edsmith@armenianhome.net

### Sales & Marketing Director

Ren Ramshaw (559)835-0805  
renr@vineyardslife.org

### Transportation Director

Rick Petree (559)981-9699  
Rick@armenianhome.net

### Concierge Coordinator

Yvette Abrahamian  
(559)835-0801  
yvettea@vineyardslife.org

## 'Karate' Is One

How many words can you come up with using the letters in "quarterback"?



## A Rose by Any Other Name

The rose, the flower of love, is a shining star in bouquets and gardens. Rose growers often name new hybrids and varieties after celebrities. Which of these roses with a famous name is your pick?

Rose Name	Description	Debut
Amelia Earhart	Pink-tipped cream blooms	1929
Queen Elizabeth	Pink upright petals	1954
Christian Dior	Crimson double blooms	1958
Mr. Lincoln (Abraham Lincoln)	Velvety red flowers	1965
Pelé	Apricot and white blend	1979
Dolly Parton	Orange-red blossoms	1984
Elizabeth Taylor	Deep pink with darker edges	1985
Whoopi Goldberg	Red and white miniature	1991
Freddie Mercury	Pink-tipped yellow blooms	1994
George Burns	Red and yellow striped petals	1998
Dame Judi Dench	Ruffled apricot blooms	2017

"Then & Now"

# "This Month In History"

## FEBRUARY

**1903:** The first teddy bear, named after President Theodore Roosevelt, goes on sale.

**1913:** New York City's newly renovated Grand Central Terminal opens. More than 150,000 people visited the train station on opening day.

**1935:** In a secret demonstration, engineer Robert Watson-Watt uses radio waves to determine the location of nearby aircraft. The experiment led to the development of radar, from the words "radio detection and ranging."

**1942:** The first-ever gold record is presented to Glenn Miller for his song "Chattanooga Choo-Choo," which had sold 1.2 million copies.

**1959:** Commonly known as a microchip, the integrated circuit is patented, allowing electronics to become smaller, faster and less expensive.

**1964:** The Beatles perform in the U.S. for the first time.

**1971:** Apollo 14 lands on the moon, becoming the third crewed mission to do so, as well as the first to visit the lunar highlands.

**1990:** In South Africa, Nelson Mandela is released from prison at age 71. He served 27 years for his activism against the government-sanctioned segregation known as apartheid.

**2001:** Disney's California Adventure Park, a 72-acre attraction next door to Disneyland, opens.

**2018:** Paul Simon announces his farewell tour. His singing and songwriting career spanned six decades as both a solo artist and as part of the duo Simon & Garfunkel.