

*Ponté Palmero*  
A RETIREMENT VILLAGE  
Weekly Newsletter

Volume I, VI

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## A Note from Greg



Not surprisingly this COVID event that resulted in hitting the “Pause Button” on many aspects of our lives can make for periods of rest-

lessness. Thank goodness we are creatures that have the intellectual and spiritual ability to work through these emotions and even turn them into opportunities to recognize our blessings. With discipline, we can make ourselves aware that this very moment in time, the one we are living at this very instant, is the most amazing gift we could ever hope to receive. The restrictions we are enduring really require an extra bit of effort right now to be successful in this endeavor. And the discipline part can be the challenge, at least for me. I find myself hitting the “reset” button 10 to 20 times a day. During this COVID adventure, it’s mostly in the 20 range. ☺ It also gives us an opportunity to recognize one of the aspects of our lives we might take for granted but value most which is the interaction we have with others-- family, friends, and neighbors. We will get through this and return to a “new normal”, which will surely include protective measures but will resume a life that includes this interaction. In the meantime, we are here to facilitate FaceTime and Skype video calls if you desire. The gift

that we can hope to receive from this time is to re-instill the patience and compassion we have for one another, to appreciate the unique qualities in others. Back to that concept that keeps emerging as we travel this path, **KEEP PERSPECTIVE**.

We have worked together as a community to reduce the risk. We have worked together to provide the necessities and to do it in a positive, even fun way. “LET’S KEEP IT UP”! We acknowledge that as hard as we try, the eggs you receive might be a little cold and rubbery. And that “Greg’s Secret Word” phone calls can get a bit obnoxious. But you can be confident that we are doing our best, and we will work to solve issues and to improve. And if these are our biggest problems, we are doing OK. The Ponte team is here for you. As I have mentioned previously, we can help with those “everyday” challenges that come up. We can take a walk with you. Or we can take a few minutes for a conversation. Please do not hesitate to reach out! Together, as a community family, we stay positive and **KEEP PERSPECTIVE**.

Lastly, I want to acknowledge the letter that was addressed to me on the front of the last newsletter. Thanks to all of you! That said, I need to quickly emphasize that the “one in-sync” Ponte Family reference in this letter is insightful and where your positive thoughts resound. This is a great team, and we are a sum of the parts.

*Greg*

## Wanted: Creative Writers



You may know we are on the search for creative writers to share their talent with us here at Ponté. We would prefer positive stories but you are free to share the story you would like to write. We will publish these stories and distribute them to share with our Ponté Family. We look forward to reading your creative, fun, and inspirational essay or long story.

## The Farmer's Prayer

Submitted by Vergie

A visiting priest was attending a men's breakfast in Ohio farm country. He asked one of the impressive older farmers in attendance to say grace that morning. After all, were seated, the older farmer began—"Lord, I hate butter-milk." The priest opened one eye and wondered to himself where this was going. Then the farmer loudly proclaimed, "Lord, I hate lard." Now the priest was overly worried.

However without missing a beat, the farmer prayed on, "And Lord, you know I don't care much for raw white flour." Just as the Priest was ready to stand and stop everything, the farmer continued, "But Lord, when you mix 'em all together and bake 'em up, I do love fresh biscuits. So Lord, when things come up we don't like, when life gets hard, when we just don't understand what you are sayin' to us, we just need to relax and wait 'til you are done mixin', and probably it will be something' even better than biscuits. Amen



## Welcome to Ponté

Pat moved here from Camino, California to be closer to her family. She is a native Californian. She was born in San Mateo and has lived in cities throughout California.

Pat was married to her beloved Jim for thirty-four years. They have two daughters and one son. She is a grandmother seven times over and has two great-grandchildren that complete her family for now.

As a homemaker, Pat enjoyed the responsibilities of being a parent. One of her greatest joys was sewing; she always enjoyed making her own clothes. Gardening was also one of her favorite activities. She is looking forward to meeting new people in our community.



Pat

# The Benefits of Practicing Gratitude

It is easy to fall into the trap of complaining about our situations, especially when we don't have control. However, studies have revealed that mentally strong people practice gratitude over self-pity or complaining.

Don't get me wrong, it is okay to not be okay sometimes and to be honest about our feel-

ings, but when we are intentional about looking for reasons to be grateful we can reduce anxiety, improve our physical and psychological health—giving you control over your thoughts. You can do this by having a gratitude journal, writing thank you notes to your friends and loved ones, or

simply by meditating on what you are grateful for. If you are one who prays you can thank God. The benefits you will reap from this simple exercise will not only help you improve your mood and perspective but there are many more benefits that may surprise you.

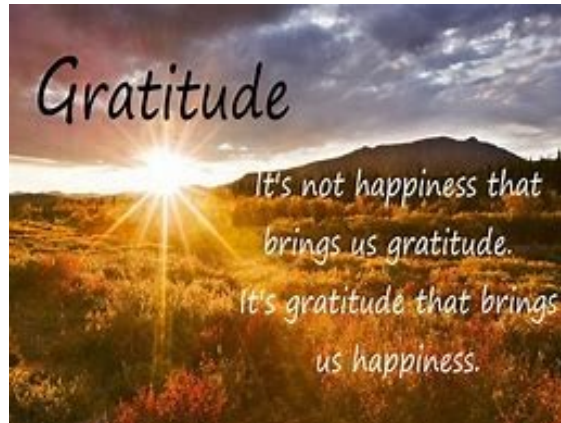
In 2018, researchers Robert Emmons and Martin Seligman published a paper called *The Science of Gratitude*. The benefits:

- More satisfaction with life
- Helps you be less materialistic
- Your less likely to experience burnout
- Better physical health
- Better sleep
- Less fatigue
- Reduced levels of cellular

inflammation

- Helps us develop greater resiliency
- Encourages the development of patience, humility, and wisdom

Another study showed that expressing appreciation and being thankful can reduce depression, lower blood pressure, increase energy, and even prolong your life! This study also revealed that gratitude helps produce the feel-good neurotransmitters dopamine and serotonin and helps you rewire your brain to deflect negative thoughts.



So if you are feeling that you could benefit from being intentional in this area here are a few tips:

- Every night write 5 things that you are grateful for. Some days that will be easy. Others will be a stretch but look for a minimum of 5. You can use a journal or a notepad.
- Take time to write a thank you note to a family member or friend. Write it to the hairdresser you miss so much and can't wait to see.
- Not one who journals? That is okay. Just take time to mediate and pray about what you are grateful for.

We'd love to hear if this is something you practice and how it helps you. E-mail us at [bsepulveda@pontepalmero.com](mailto:bsepulveda@pontepalmero.com).

## Hydration Tips

As we approach warmer days, let's stay hydrated. For most of us, drinking plenty of fluids and eating foods with high water content is a great way to keep our bodies hydrated. Most of us need 64 ounces of fluid every day, but as it gets warmer our fluids should increase. Keep in mind juices, teas, and fruit-infused water can count as part of your daily intake. How you serve your beverage can affect your willingness to drink it. Serve at a temperature that allows you to enjoy it, you are more likely to consume more this way.





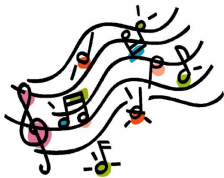
## Connect with Us

Share with us the creative and positive ways that you are spending your time. We'd love to hear from you.



## Music Trivia Winner

Congratulations to Vergie. We had 5 participants that took the "Name that Song" challenge. Those 5 names were put into a drawing. Our winner Vergie will be receiving a \$25 reward for naming the correct song titles that corresponded to the lyrics we provided. Thank you to everyone that participated in a little music trivia.



## Funny Things Kids Say

A 6-year old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and whenever we want to see her, we just go get her. Then when we are done having her visit, we just take her back to the airport."

A grandmother was telling her granddaughter what her own childhood was like. " We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last, she said, "I sure wish I'd gotten to know you sooner!"



## Hydration Trivia



1. About how much water comes from food?
2. Is it necessary to drink 8 glasses of water a day?
3. While drink is the most dehydrating?
4. How much water does the average adult lose every day naturally?
5. You should avoid drinks and snacks with sodium when you're trying to rehydrate. True or False.
6. Is it possible to drink too much water ?

## Flip for Answers

1. 20% - Apples are 65% water, bananas are 70% and broccoli 90%
2. No. Food have water too but in the heat we may need to increase our intake.
3. Alcohol
4. 10 cups. Wow that is a lot.
5. No your body needs sodium to rehydrate
6. Yes. You can overload healthy kidneys.