



Vienna Vine

August  2018

# Are You Smarter Than a 5th Grader?

School is back in session so it's time to test yourself and find out how much you remember from your school days! Time for are you smarter than a 5th grader!

Q1: Which of the following is a homophone for the word "won"

- A) One
- B) Lost
- C) Now

Q2. The majority of Navajo tribes are located in what state?

- A) Oklahoma
- B) Arizona
- C) Mississippi

Q3. What does your cardiovascular system do?

- A) Deliver calcium to your bones
- B) Digest food
- C) Circulate blood and oxygen around your body

Q4. The moon casts a shadow on earth during the....

- A) Lunar eclipse
- B) Half moon
- C) Solar Eclipse

Q5. Which number completes the following sequence: 6, 7, 9, 12, 16, 21....

- A) 25
- B) 26
- C) 27

Q6. What attaches muscles to bone?

- A) Tendons
- B) Nerves
- C) Tissue

Q7. Which US state borders Kansas to the East

- A) Missouri
- B) Colorado
- C) Nebraska

Q8. In the 1950s, Dr. Jonas Salk discovered a vaccine that would protect people from what disease?

- A) Lupus
- B) Measles
- C) Polio

Q9. In which US state did the war of Gettysburg take place?

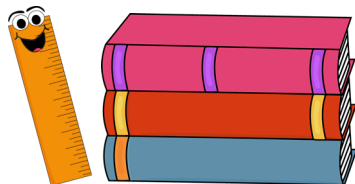
- A) Virginia
- B) Pennsylvania
- C) New York

Q10. Which fractions, when added together, will give you  $\frac{7}{8}$ ?

- A)  $\frac{1}{8} + \frac{5}{8}$
- B)  $\frac{1}{8} + \frac{7}{8}$
- C)  $\frac{1}{8} + \frac{6}{8}$

Q.11 In the sun's core, hydrogen atoms fuse together to form what other element?

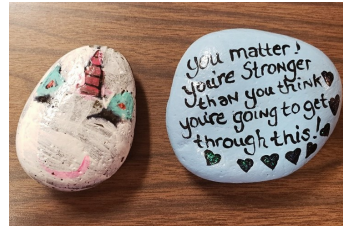
- A) Helium
- B) Carbon
- C) Oxygen



Answers: 1A, 2B, 3C, 4C, 5C, 6A, 7A, 8C, 9B, 10C, 11A

# July Recap

## Vienna's life & news last month!



### Lodi Rocks

July 14

Community leaders were in to share their creations and share new ones with our residents.

### Cooking Class

July 19

We tried a new recipe for shrimp cocktail during the month of July



### Pet Therapy

This day is always special. Residents and families enjoyed Mondays this month visiting with pet therapy dogs.

# Arnold Palmer

August is national golf month, and there's no one more well known in the golf community than Arnold Palmer. Well, maybe Tiger Woods, but he doesn't have a drink named after him yet so we're going to give it to Arnold. In 2014 his wife put together a list of 18 top facts to know about Arnold Palmer for the PGA, and here they are below.

1. He loves to watch westerns on TV.
2. He occasionally wins when playing dominos with me.
3. Arnold can pack away four dozen oysters at a sitting.
4. He would much rather be too hot than too cold.
5. After buying sweatpants he cuts the elastic off the leg bottoms.
6. Arnold often takes power naps at his desk.
7. He often cries during the National Anthem.
8. His pet peeve: men wearing hats indoors.
9. He considers a drive more than 5 miles a major journey.
10. Arnold loves country western music.
11. He frets a lot before public speaking.
12. Bologna alone could sustain him.
13. He WILL NOT have a cat as a pet.
14. He prefers men to be clean shaven.
15. He often wears loafers without socks.
16. When writing longhand, only his signature is legible.
17. He does not care for "designer" food (and loves comfort food).



# Apple Strudel



## Ingredients

- 1 Granny Smith apple, peeled, cored and sliced
- 1 cup brown sugar
- 1 cup golden raisins
- 1 sheet frozen puff pastry, thawed
- 1 egg
- 1/4 cup milk

## Directions

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Place apples in a large bowl. Stir in brown sugar and golden raisins; set aside.
3. Place puff pastry on baking sheet. Roll lightly with a rolling pin. Arrange apple filling down the middle of the pastry lengthwise.
4. Fold the pastry lengthwise around the mixture. Seal edges of pastry by using a bit of water on your fingers, and rubbing the pastry edges together.
5. Whisk egg and milk together, brush onto top of pastry.
6. Bake in preheated oven for 35 to 40 minutes, or until golden brown.

*Recipe courtesy of [www.AllRecipes.com](http://www.AllRecipes.com)*

## ABOUT STRUDELS

Each month, residents have the opportunity to explore the culture of different countries through the "Passport Program." This August we're exploring the country of our namesake, Austria.

A strudel is a type of layered pastry with a usually sweet filling. They became popular in the 18th century throughout Austria, and is common in other Central and Eastern European cuisines. The most popular strudels are Apfelstrudel (German for apple strudel) and Topfenstrudel (a strudel with a sweet, soft cheese).





# According to Jim

Can Trees talk? I've known some people who've said they can speak with trees, but I was a little skeptical about that. Still, trees are living things, and I've long felt that they have a consciousness of their own. Then I saw several articles about this very thing.

In one, scientists studied Canadian forests. They found that there's an intricate web of life under the forest floor. The tree roots have a symbolic relationship with the fungus that grows there. Older, taller trees have more access to sunlight, so they produce more sugar than they need. Masses of fungal threads grow around the tips of their roots, feeding the trees with nutrients from the soil in exchange for the sugar the fungus lacks.

Amazing enough to me, but the studies show that trees use the underground network to communicate with each other. Mature trees can identify and support related seedlings. The Douglas Fir, and Evergreen, even share resources with other species like the birch. In spring and fall the Fir's share sugar with the leafless birch trees and in summer, when the birch's are in full leaf, they return the favor.

In another study, Acacia trees in Africa are favorite food of Giraffes. Observers found that when giraffes are munching in its leaves, the trees release pheromones to warn others acacias, so they can add a chemical to their leaves to make them bitter. Giraffes, though, seem to have adapted to this. They tried to do their browsing upwind.

It's hardly likely that trees think like us, but they're certainly aware. Those articles have made me see them in a different way. We went to Lodi Lake in June. As always, being near the water with it's sights and smells brings a flood of good memories. The nature walk, through, felt new to me. As we went along the trail, I saw the trees as more than an interesting woods to look at. I saw the way their trunks formed as they grew, always reaching for sunlight. Some were twisted and bent. Others were straight and erect. I wondered if they tried to help owe another like the trees in the studies. I'd like to think so.

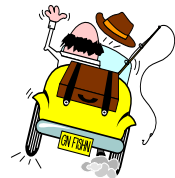
I've been following the reports on the nutria on the Stockton Record. The picture of it looks like a big rat. Evidently, nutria have be-

come a major problem in Louisiana. An invasive species, they have no natural enemies. They reproduce quickly, and they eat just about anything. They also like to burrow in the ground, and their tunnels can be disastrous for Delta levels. Who knows how they got here. There's been spottings at different locations, and the State is going to great lengths to control them.

There's probably no hope of complete eradication, long ago, when I used to go fishing on the Delta. I saw occasional clumps of water hyacinths floating by, they were just a nuisance to me. Over the years, though, I've read how they keep growing despite all efforts, threatening to clog waterways. If only nutria ate one water hyacinths...

Until next time,

*Jim*



## LOCAL LODI FACTS: WATERMELON CAPITAL

That's right! Long before Lodi became a popular wine region, another fruit entirely dominated the fields. In the 1880s, Lodi's watermelon reputation was so great that it became the unofficial "Watermelon Capital of the Country." Photos show a four-horse team pulling a wagon filled to the brim with fresh watermelon and families enjoying the locally grown crop. In 1886, 3,000 carloads of watermelons were exported from Lodi to neighboring regions. Even more impressive is that they were grown without irrigation. -

[www.VisitLodi.com](http://www.VisitLodi.com)

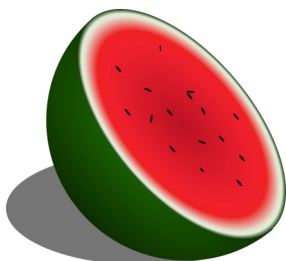


## New Residents

Barbara Zehner	July	3
Louise Ruiz	July	7
Eleanor Bender	July	8
Eva Richert	July	9
Juan Caballero	July	10
Michael Meek	July	10
Beverly Saunders	July	11
Richard Babka	July	15
Kathleen Kollars	July	18
John Guilfoyle	July	19
Virginia Wolf	July	24
Vaughnita Twitty	July	25
Gloria Stephenson	July	28

## New Employees

Chico Sharkey	July	24
Lisa Reich	July	30



## Resident Birthdays

Marlene Prudhel	August	11
Carmen Molina	August	16
Michael Arthur	August	17
Barbara Cleland	August	19
Anna Depaul	August	19
Imogene Graddy	August	20
Jeanne Kretzer	August	22
Ruth Motz	August	22
Shirley Orr	August	25
Judy Martinez	August	29
David Gray	August	30
Beverly Fisher	August	30

## Employee Birthdays

Mylene Lubell	August	2
Jamie Diaz	August	4
Av Mao	August	4
Rita Ingraham	August	6
Norma Lazo	August	8
Lydia Camagay	August	12
Arceli Manguiat	August	12
Tammy Nguyen	August	12
Melvina Aquino	August	13
Ariel Buenflor	August	14
Joana Kintanar	August	17
Mary Scott	August	19
Melody Scheible	August	20
Brittany Ortegell	August	21
Edrian Alcantara	August	29
Bessie Sapasap	August	29

## Beauty Shop Info



**Manicures & Haircuts on Mondays**  
**Perms/Color on Tuesday Mornings**  
**Perms on Tuesday Afternoons**

~Sets on Wed. Thurs. & Fridays.  
 As a Reminder, please contact  
 Beauty Shop if an appointment  
 can not be kept.

Thank you,  
*Dianne & Kristine*

# Administrative Staff

<b>Administrator</b>	<b>Corey Wright</b>
<b>Director of Nurses</b>	<b>Roxan Vincent</b>
<b>Office Manager</b>	<b>Alison Plines</b>
<b>Medical Records</b>	<b>Brittany Ortegell</b>
<b>Social Services</b>	<b>Emily Denham &amp; Lisa Reich</b>
<b>Director of Staff Development</b>	<b>Ida Ventura</b>
<b>Dietary Supervisor</b>	<b>Al Loza</b>
<b>Accounting</b>	<b>Teresa Stocker</b>
<b>Laundry/Housekeeping Supervisor</b>	<b>Linda Araiza</b>
<b>Maintenance</b>	<b>Roger Perez</b>
<b>Activity Director</b>	<b>Ester De Santiago</b>
<b>Quality Assurance Nurse/Case Manager</b>	<b>Mary Scott</b>
<b>MDS Coordinators</b>	<b>Alfie Donato, Doris Talens &amp; Hazel</b>
<b>Rehabilitation Director</b>	<b>Kristi Passey</b>
<b>Marketing Director &amp; Business Development</b>	<b>Jamie Henderson Vilinskas</b>
<b>Admissions Coordinator</b>	<b>Juanita Riberal</b>
<b>Beauty Operators</b>	<b>Kristine Meissner &amp; Dianne Landon</b>
<b>Receptionists</b>	<b>Julia Chacon &amp; Estefani Mejia</b>

The "Vienna Vine" is written, compiled, edited and designed by Jamie Vilinskas & Ester De Santiago

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