

TIMELESS

AN EDITORIAL BY ANSEL PARK

JUNE 2024

Sizzlin' Summer STAYCATION

Sun's out, guns out?!

Well, let's start with a sizzling summer staycation
and see what fun we can cook up!

ANSEL PARK | ASSISTED LIVING

Brain Health

Walnut Rosemary Crusted Salmon

Salmon and walnuts are both great sources of omega-3 fatty acids. Pair this easy walnut-crusted salmon recipe with a simple salad and a side of roasted potatoes for dinner.

Ingredients

- | | |
|-----------------------------------|---|
| 2 teaspoons Dijon mustard | 3 tablespoons panko bread crumbs |
| 1 clove garlic, minced | 3 tablespoons finely-chopped walnuts |
| ¼ teaspoon lemon zest | 1 teaspoon extra-virgin olive oil |
| 1 teaspoon lemon juice | 1 (1 pound) skinless salmon fillet, fresh or frozen |
| 1 teaspoon chopped fresh rosemary | Olive oil cooking spray |
| ½ teaspoon honey | Chopped fresh parsley and lemon wedges for garnish |
| ½ teaspoon kosher salt | |
| ¼ teaspoon crushed red pepper | |

Directions

1. Preheat oven to 425 degrees F. Line a large-srimmed baking sheet with parchment paper.
2. Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl.
3. Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray.
4. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.
5. Sprinkle with parsley and serve with lemon wedges, if desired.



Resident Spotlight

Val is a delight to be around. She likes to have fun and play games. She loves helping out her fellow neighbor and bringing a smile to residents throughout our community. Thank you for all you do to help our community feel like home!



Happy Birthday!

Residents

Lillian.....	6/7	Bonnie M.....	6/22
Dorothy H.....	6/9	Judy Hub.....	6/24
Leonard.....	6/10	Roy.....	6/24
Jackie.....	6/16	June M.....	6/25

Associates

Quian.....	6/1	Yer.....	6/14
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June 2024

DATES TO CELEBRATE

Hurricane Season Begins.....	6/1
National Cancer Survivors' Day.....	6/2
Anniversary of D-Day.....	6/6
Flag Day.....	6/14
Nursing Assistants' Week.....	6/13-19
Father's Day.....	6/16
Juneteenth.....	6/19
Summer Begins.....	6/20

Birthstone: Pearl | Flower: Rose
Zodiac: Gemini/Cancer



Sizzlin' Summer STAYCATION

We were so excited to see so many families join us for our Mother's Day celebration last month and can't wait to see more of you for our Father's Day celebration this month!

As we bask in the warmth of summer at Ansel Park Senior Living, it's the perfect time to embrace the theme of "Sizzlin' Summer Staycation." This month's newsletter is all about enjoying the season to its fullest right here in our own backyard. From fun activities to relaxation, there's something for everyone to savor during this staycation season.

Summer is a time for relaxation, exploration and indulging in the simple pleasures of life. While travel may not be on the agenda for everyone this year, we can still create unforgettable memories right here at Ansel Park. Whether it's enjoying an afternoon in the pool, organizing a movie night under the stars or hosting a barbecue with friends and neighbors, there are endless opportunities for summer fun without having to go far.

Here's to a sizzling summer staycation filled with laughter, joy and unforgettable experiences at Ansel Park Senior Living. Let's make this summer one to remember as we celebrate the beauty of staying close to home and creating lasting connections with those around us.



June 2024

Key Leadership

Deborah Taylor

Executive Director

Eleonor Garcia

Business Office Director

Nicki Hodges-Tyler

Resident Services Director

Serina Holly

Culinary Director

Tammy Bryant

Memory Care Programming Director

Tiffany Waggoner

Lifestyles Director

Amanda Farley

Human Resources Coordinator

Josie Mukuriah

Resident Services Coordinator



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Rocklin, CA 95765
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Ansel Park - Assisted Living

June 2024



Table with 7 columns (days of the week) and 6 rows of activities. Each cell contains a list of activities with times and room abbreviations, followed by a circled number indicating the day of the month. Includes special events like Father's Day and National Flag Day.



Sizzlin Summer STAYCATION

KEY table with 6 rows: Living Room (LR), Sitting Room (SR), Dining Room (DR), Exercise Room (EX), Pool (P), Activity Room (AR). Includes a note: 'Activities are subject to change. Please see the weekly schedule for updates.'



Tasty Corner

Lemon Blueberry Icebox Cake



Ingredients

- | | |
|-------------------------------------|--------------------------------|
| For the Blueberry Filling: | For the Icebox Cake: |
| 1 pint blueberries, fresh or frozen | 2 ½ cups heavy cream |
| 2 lemons, juiced and zested | 6 tablespoons granulated sugar |
| ½ cup granulated sugar | 1 teaspoon vanilla extract |
| 1 teaspoon cornstarch | 30 graham cracker squares |
| 1 pinch salt | |

Notes

Don't like blueberries? You can use this exact same recipe substituting strawberries, cherries or raspberries. If well wrapped, this cake can last in the freezer for months.

Nutrition

Serving: 1 piece | Calories: 319kcal | Carbohydrates: 33g
 Protein: 2g | Fat: 20g | Saturated Fat: 11g | Cholesterol: 67mg
 Sodium: 138mg | Potassium: 123mg | Fiber: 2g | Sugar: 20g
 Vitamin A: 750IU | Vitamin C: 13.7mg | Calcium: 53mg | Iron: 0.9mg



Instructions

For the Blueberry Filling:

1. In a small sauce pot, combine the blueberries, lemon juice, sugar, cornstarch and salt, reserving the lemon zest for later use. Set the pot over medium-high heat and bring to a boil. Simmer for 4-5 minutes to allow the berries to burst open, stirring regularly. Then cool completely. (You can place the pot in the refrigerator or freezer to speed this up.)
2. Meanwhile, lay two long pieces of plastic wrap out on the counter, one overlapping the edge of the other, to create a large square. Line an 8x8-inch baking dish with the plastic wrap, letting the extra plastic hang over the edges.

For the Whipping Cream:

- Pour the heavy cream in the bowl of an electric mixer. Add the sugar and vanilla. Use a whip attachment to whip the cream into firm peaks. Scrape the bowl and add the lemon zest. Whip again to make sure the whipped cream is thick and smooth.

To Assemble:

1. Once the blueberry filling is no warmer than room temperature, start layering the cake. Spread 1/2-inch whipped cream over the bottom of the pan. Carefully spread 1/3 of the blueberries over the cream. Then press nine square graham crackers evenly into the cream. Repeat in this order two more times, creating 3 layers each of cream, blueberries and graham crackers.
2. Wrap the excess plastic up over the top of the cake. Let it sit on the counter for 15 minutes so the moisture can soften the graham crackers, then freeze for 2 hours or until solid. Keep the remaining whipped cream in the refrigerator for later use.
3. Once frozen, unwrap the top of the cake and flip it out onto a flat platter. Peel off the plastic wrap. Spread the rest of the whipped cream evenly over the top and sides of the cake. Crumble the last three graham crackers and sprinkle over the cake. Then freeze to harden. After the outer layer is hard, either cut and serve or wrap well so it does not get freezer burn.



RESIDENT PHOTO MEMORIES

We had so much fun seeing the beautiful and interesting art at the Crocker Art Museum. We always enjoy fellowship and conversation with one another.

Doting Dads

On June 16 this year we'll honor the monumental males in our lives – those who raised us and offered paternal guidance, served as father figures, encouraged us to follow our dreams and inspired us to make a difference in the world. On Father's Day, a holiday observed annually on the third Sunday in June since the early 1900s, we celebrate the bonds we share with those special men and much more.

If you polled a room of 100 people asking what traits make a good father, you'll receive responses akin to "good listener," "honest," "responsible," "reliable," "affectionate," "supportive," "funny," "compassionate" and the like. Historically, there have been a number of famous father figures who embody such traits. These doting dads, regardless of circumstance, exemplify the best kind of paternal instincts. Here are a few:

- Puppeteer, "Muppet" maker and "Sesame Street" creator Jim Henson raised five children and impacted the lives of countless more with his creative and

educational children's programming. He held close relationships with his kids, who joined the family business to spend more time with him and affect more change in children's lives.

- Naturalist Charles Darwin wasn't just the father of evolutionary science, he was also a father to 10 children. During a period where society believed women should do the child-rearing, Darwin took a notable, active interest in his children's lives and education, alongside wife Emma. His children regarded him as a "loving storyteller."

- Father of two, former President Barack Obama often shared his adoration for his daughters publicly and used

his platform to honor the fathers among us: "Whether biological, foster or adoptive, they teach us through the encouragement they give, the questions they answer, the limits they set and the strength they show in the face of difficulty and hardship." (Presidential Father's Day Proclamation 2012)



LIFE IN PICTURES

Photos can tell a story from a distinct perspective. They convey meaning and emotion in ways that are unparalleled. The saying, “A picture is worth a thousand words,” exists for a reason. Words simply are inadequate on their own sometimes.

You might remember viewing photographic images with your family, friends and neighbors during the 1970s in a way that’s no longer commonplace. Hosting a “slide night” is the perfect reason to invite loved ones and neighbors over for a few hours. A gathering where you share memories from the past and make new memories together is a win-win. There was often

something special to be shared—a trip out West in the family station wagon, a visit from out-of-town cousins, a high school graduation or a once-in-a-lifetime family Christmas that had to be captured somehow, in some way—and it warranted a watch party.

Slide show events took quite a bit of planning. The slides had to be placed in the correct order to ensure the picture story was shared in the way the visionary intended. The slides were loaded into the projector and displayed on a large screen, usually in someone’s living room or back yard. There were so many ways the slideshow could go awry, including how and which way they were



rotated and loaded. Regardless, the gathering was worth it.

Laughs were shared, bonds strengthened and new relationships forged – all while checking out a few still images. If you have the capability of sharing a slideshow, please consider it. You never know how your images might speak to another person.

EVENTS



Family Sip & Paint

June 22nd at 2:00 p.m.



\$10.00

Supplies Provided

2 Drinks & Take home Canvas Per Person

Please RSVP by June 6th