

Spring into Summer

HCC Newsletter | 5480 Marengo Ave. | La Mesa, CA | 619-463-0281



The Story Behind the Plate

On April 25, 1901, New York became the first state to require license plates on vehicles. At that time, the state didn't provide the plates. Rather, individuals created their own license plates out of leather, brass, or whatever was available. When people began to create unlawful plates, state governments stepped in and began making their own.



In 1903, Massachusetts became the first state to issue plates. The very first license plate was number 1, issued to a man named Frederick Tudor. Amazingly, his family still maintains an active registration, which gives them the right to use the number 1 on a modern plate.

The first plates were made of iron covered in porcelain enamel. The background was a dark blue with the numbers in white. There were no standard sizes back in the early days of license plates. The more numbers on the plate, the larger the plate got. Motorcycles, too, needed license plates. The first looked identical to car plates, but started with the letter Z.

As if letters and numbers weren't enough, many plates have had slogans touting a state's fame or history. In our quiz below, try to connect each state with one of its license plate slogans.

- | | |
|--------------------|------------------------|
| 1. Idaho | A. Sunshine State |
| 2. Missouri | B. Vacationland |
| 3. New Hampshire | C. Land of Lincoln |
| 4. Washington | D. Garden State |
| 5. Illinois | E. Stars Fell On |
| 6. New Jersey | F. America's Dairyland |
| 7. Pennsylvania | G. Live Free or Die |
| 8. Wisconsin | H. Show-Me State |
| 9. Florida | I. Keystone State |
| 10. Alabama | J. First in Flight |
| 11. Maine | K. Evergreen State |
| 12. North Carolina | L. Famous Potatoes |

Having trouble? Perhaps a road trip is in order....

Answers: 1. L; 2. H; 3. G; 4. K; 5. C; 6. D; 7. I; 8. F; 9. A; 10. E; 11. B; 12. J

Resident Birthdays:

Jane Woodall – April 7

Rozanne Weiss – May 3

Hisa Koike – May 15

Gerry Snowden – May 31

Dorothy Clifford – June 13

Cheryl Edwards – June 14

Ed Skinner – June 19



Golden Rule Week

April 1–7

Passover

April 12–20

International Moment of Laughter Day

April 14

Easter

April 20

Earth Day

April 22

Meet your

HCC team members:

Lane Hermosillo – Administrator

Ext: 1102

Georgette – Director of Nursing

Ext: 6102

Irma Sterling – Director of Staff Development

Ext: 6103

Brittani O'Leary – Activity & Social Services Director

Ext: 3106

Niles Hernandez - Central Supply & Medical Records

Ext: 2120

Nick Martinez - Infection Preventionist

Ext: 2119

Raining Cats and Dogs

Cats and dogs have long held the title of “humans’ best friends,” but April shines a special spotlight on their roles in our lives. From cuddly companions to tireless helpers, these animals bring joy and purpose to millions. This month, three events highlight their importance and the incredible humans who support them.

World Stray Animal Day on April 4 reminds us of the countless cats and dogs in need of loving homes. Globally, millions of stray dogs and cats live on the streets or in shelters. Organizations worldwide work to rescue and rehome these animals, giving them a second chance at life. If you've been considering adopting but can't, donating time, money, pet food, or gently used blankets and towels can make a world of difference.

Later in the month, Therapy Animal Day on April 30 celebrates the unique bond between people and therapy animals. Did you know therapy dogs and cats can lower blood pressure and reduce stress levels? These specially trained animals provide comfort and emotional support in hospitals, schools, libraries, and nursing homes. Their calming presence has even been shown to improve recovery times in patients.

Let's not forget Volunteer Appreciation Week, running April 20–26. Behind every happy adoption are volunteers who give their time and hearts to help animals. Whether it's walking dogs, cleaning kennels, or fostering kittens, these heroes make a significant impact. Many shelters report that volunteers contribute thousands of hours each year, saving lives and creating happier futures. This week is a great opportunity to thank them, or even join their ranks!

This April, whether you're celebrating a beloved pet, supporting therapy animals, or helping stray cats and dogs find homes, take a moment to appreciate the furry friends that make life brighter. And remember, even small acts of kindness can have a major impact.

Laugh It Off

You may be laughing until it hurts, but that laughter is doing some powerful healing. Pull up a chair next to the class clown or the office cutup because April is Humor Month.



Humor may be one of the oldest and most effective methods of social bonding. No matter what your culture or background, all laughter sounds the same. Better yet, studies show that the more you laugh, the more attractive you become to the opposite sex... or perhaps that's just a joke?

Most laughter doesn't come from listening to jokes. Most laughter comes from spending time with friends and family. Furthermore, people tend to laugh more when they're in groups. Laughter truly is contagious. In fact, laughter strengthens immune systems by increasing infection-fighting antibodies.

Notable Quotable

"The only achievement I am really proud of is the friends I have made in this community."

~ Gary Cooper

Celebrating May & June:

May Day/

Lei Day

May 1

Kentucky Derby

May 3

Mother's Day

May 11

Receptionist's Day

May 14

Father's Day

June 15

Resident Spotlight:

Cheryl Edwards

In this edition of our Health Care Center Resident Spotlight, we are excited to recognize a resident who has been with us for several years. Not only is she our Resident Ambassador, but she is also the President of our Resident Council—Mrs. Cheryl Edwards.

Cheryl was born on June 14, 1954, at Mercy Hospital in San Diego, where she has lived her entire life. She and her husband Ed will celebrate 47 years of marriage this June. Together, they have two children, three grandchildren, and a cat named Tommy. Ed is a frequent visitor, always stopping by to spend time with Cheryl.

Cheryl dedicated 25 years of her life to teaching preschool and continues to have a passion for helping to lead various activity programs here at the center. Some of her favorite activities include genealogy and Bingo.

It is truly an honor to celebrate you, Cheryl!



Breathe Into Balance

Sometimes, contrary to our best interests, the mind has a mind of its own. It is constantly wandering off, distracted, fixated on things that don't calm or soothe us. But, like so many things—playing an instrument, passing a football, doing your taxes—a calm and clear mind is easier to achieve with practice. Just how does one train the mind to remain calm and focused? One way is meditation.

For some, meditation is an important part of spirituality. A calm and open mind creates a space for divine influence, prayer, and worship. For others, meditation reduces stress, builds confidence, and even supports success of personal goals. Still others use meditation for pain relief. There are a variety of meditation techniques. One method is to repeat a mantra or sound. Some chant the Sanskrit syllable *om*, while others choose to repeat another meaningful phrase. The goal is to be comfortable, focus on the sound, and shut off the intellectual side of the brain.

Other varieties, such as Zen Buddhist meditation, focus on the breath. Practitioners may practice in a seated position or lie flat on their backs, breathing deeply and focusing on individual body parts. Yoga blends breathing with stretching, gentle movement, and sometimes visualization. With "guided visualization," participants concentrate on a peaceful environment, such as a grassy field or a waterfall.

These are just a few of the many forms of meditation. Luckily, there are 30 days in June to explore all the options.



Treat Yourself Head to Toe

Looking for an excuse to treat yourself to a little TLC? Look no further than April 25, Mani-Pedi Day. Manicures and pedicures involve an entire host of hand and foot treatments, including filing and clipping nails, massages, and softening and moisturizing the hands and feet in hot paraffin wax, lotions, or oils. Some even choose to decorate their nails with tiny jewels, dried flowers, or glitter. Make sure to book appointments for manicures and massages with Brittani on Mondays or pretty Nails on Wednesdays.



Papel picado, colorful cut-paper banners, are a hallmark of Mexican celebrations like Cinco de Mayo

More than Margaritas

El Cinco de Mayo—Spanish for "The Fifth of May"—has become known as the day of Mexico's independence. But it actually celebrates the Mexican army's 1862 victory over the French at the Battle of Puebla, led by General Ignacio S. Zaragoza. In 1862, Mexico had just gained its independence from Spain. France seized this as an opportunity to expand its empire and launched an assault at Veracruz, a 600-mile march from Mexico City. An underwhelming Mexican militia of 4,500 led by Zaragoza met the 8,000 well-armed French troops at Puebla. Though the French army was considered the greatest fighting force in the world, the Mexicans defeated them in this battle. Six years later, France withdrew its claim on the country. It was this May 5th David-versus-Goliath moment that instilled a new sense of national pride in the young country of Mexico.