

A publication of Palm Village Retirement Community

PALM VILLAGER

November 2023 | palmvillage.com



PALM VILLAGE
RETIREMENT COMMUNITY

SPECIAL FEATURES

Resident Spotlight – Al Cook

Not Just BINGO - Activities at Palm Village

What's Happening on Campus



PALM VILLAGE RETIREMENT COMMUNITY

703 W. Herbert Avenue
Reedley, CA 93654

Please call for more information
or to schedule a tour
(559) 638-6933
palmvillage.com

If you would like to be added or removed
from the Palm Village Retirement
Community mailing list, please email your
request to: jeanettetena@palmvillage.com
or call 559.638.6933

Copyright 2023 by Palm Village
Retirement Community. Reproduction
in whole or in part without written
permission prohibited.

ADVISORS

Jim Higbee, *President & CEO*
Jim Dueck, *Director of Marketing*

EDITOR

Laurie Diamant
Marketing Over Time, Inc

PHOTOGRAPHY

Laurie Diamant
Palm Village Staff

GRAPHIC DESIGN

Robert Jesus



COA #170 Lic.#100404809

We do Business in Accordance with
the Federal Fair Housing Law

PALM VILLAGER

November 2023 | palmvillage.com

Table of Contents

- 2** A Letter from Our President
- 3** Resident Spotlight - Al Cook
- 5** Not Just BINGO - Activities at Palm Village
- 7** What's Happening on Campus
- 9** Our Donors

Palm Village Chapel Services



Enjoy Chapel every Thursday night.

Service begins at 6:00 pm with Old-Fashioned Hymns
with our speaker beginning at 6:35 pm.

Donations Living Legacy Fund



Many of our residents outlive their resources. To
prepare for the future of all residents, your donation
to our Living Legacy Fund will be greatly appreciated.

Secure Online Donations

Visit our **DONATIONS** page on our website to setup
your one time or better still, recurring donations.

www.palmvillage.com

or Mail your check to:

Palm Village Retirement Community
703 West Herbert Avenue
Reedley, CA 93654



A Letter from our President



PALM VILLAGE
RETIREMENT COMMUNITY

Thankfulness

*Enter His gates with thanksgiving
And His courts with praise.
Give thanks to Him, bless His name.
For the Lord is good:
His lovingkindness is everlasting
And His faithfulness continues to all generations.
Psalm 100:4-5*

Since our last magazine, I was officially offered and accepted the position as President & Chief Executive Officer for Palm Village Retirement Community. I appreciate the Board's willingness to put their trust in my abilities to lead this wonderful organization. One of my important roles at Palm Village is to make sure that I update the residents with the details that happen with new regulations and laws. This past week, with the Governor's passing of Senate Bill 525, we are now looking at increasing payroll costs over the next few years. This unfortunately has the trickle-down effect of rising costs to our residents. We are ever diligent in looking at the ways that we still provide the quality care that we are known for, while staying focused on our goals for maintaining financial stability.

Our non-profit status and donations received from our supporters, families, and friends help us to continue providing care to those who have run low on resources. We hope that in this season of giving, that you will remember us in our efforts to care for seniors in our care.

As always, I am amazed at the interesting careers and lives of our residents. This issue highlights Al Cook and his career as an aeronautical engineer working during the space race with Russia. Al and his team were responsible for design and testing of engines that would propel astronauts to space and bring them back. How cool is that!

As we move towards this holiday season, there are so many things that I am thankful for; my lovely wife Lorie, my mother who is living at Palm Village, friends, my position here, and the wonderful staff and residents that are a part of my daily life.

I send holiday blessings to you and your family.

Very truly yours,

Jim Higbee
President & CEO

Palm Village Living Legacy

Palm Village Retirement Community honors its commitment to care for seniors in their retirement and advancing age, even if they have lived beyond their assets. To assist in our mission, we receive tax-deductible donations through our Palm Village Living Legacy fund.

The Living Legacy fund helps residents continue to live in our community with all resources available to them. A promise that we made to never discharge any resident for a lack of funds. It is made good on the biblical commandment in James 1:27 ..."true and pure religion...is to

Our Mission Promise

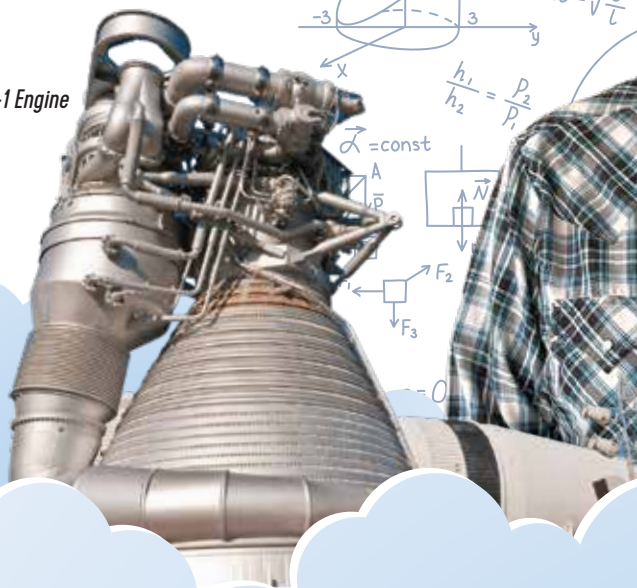
take care of orphans and widows in their affliction." The "widows" have been joined by plenty of people whose affliction is simply a lack of funds.

Would you please join us in helping to keep our promise to provide continuing care for our senior residents? Our Living Legacy donation envelope is enclosed with each magazine, or you can visit www.palmvillage.com and click on the secure DONATIONS button at the top of our website. Thank you to all who continue to donate towards our mission.



by Laurie Diamant

F-1 Engine



$$z = y + 3$$

$$\frac{\sin A}{\sin a} = \frac{\sin B}{\sin b}$$

$$\omega = \sqrt{\frac{g}{L}}$$

$$\frac{h_1}{h_2} = \frac{p_2}{p_1}$$

$$\alpha = \text{const}$$

$$\vec{A} = \vec{p}$$

$$\vec{F}_2$$

$$\vec{F}_3$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$= 0$$

$$\vec{F}_{TP} \quad \vec{N} \quad m = pV \quad F_{TP} = \mu mg$$

$$F_n = qvB \sin \alpha \quad P = mg$$

$$a = \frac{g \cos \varphi}{1 + \frac{m}{M} \cos^2 \varphi}$$



Aiming For The Moon

XX
XX
XX
XX

Palm Village resident Al Cook was raised on a working ranch in Twin Oaks Valley, approximately ten miles north of Escondido, California, with his parents, Clinton and Mildred, older sister Carolyn, and younger brother Gordon. The 160-acre ranch included 10,000 turkeys, lemons, and avocados sold to support their family. Their land and their hard-working efforts provided a sustainable household with cows for milk and butter, chickens for meat and eggs, steers and hogs, and a large vegetable and fruit garden. Oak trees were cut and processed for heating their home, as well as his maternal grandparents who lived on the ranch.

Al's family attended Emmanuel Faith Community Church in Escondido, where at the age of ten he accepted the Lord Jesus Christ as his personal savior. In 1948, when he was 13 years of age, he saw a beautiful, freckled-faced, red-haired young girl who was destined to become his lifetime partner, Shirley Nordahl, who was two years younger. They had a storybook relationship as they grew up together and were married seven years later.

Before marriage, Al attended Cal Poly San Luis Obispo, pursuing an education in engineering. He stopped his education for a year and a half to save money to marry Shirley. After they married, they worked another two years, saving the funds necessary to continue Al's education at Northrup Institute of Technology, where he received his degree in aeronautical engineering and a minor in aircraft maintenance. During that time, he received his private pilot's license and other licenses necessary to work on aircraft.

Al is a renaissance man of broad talents and expertise. He and his team's highly classified successes and failures in aeronautic engineering were followed by Presidents, Astronauts, and Congress. The space race with Russia was pressuring the advancement of unimagined technologies, that at its very core was a life and death endeavor for the men who were chosen to be space pioneers to the moon.



Al and Shirley Cook

In 1961, Al started working as a junior engineer for General Dynamics Astronautics at Sycamore Canyon Atlas ballistic missile test facility in Poway, California, where he entered the world of rockets and space exploration. For the next six years, Al worked on materials, mechanisms, and forces unknown to most of mankind. In 1962, during a test firing, an Atlas missile on his assigned "test site" experienced an engine failure, resulting in a massive explosion and the complete destruction of the missile, test stand, and site, including broken windows in the town of Santee, 15 miles away.



In July 1962, Al went to work for North American Aviation, Rocketdyne Division as a test engineer. Rocketdyne had a large test facility in the mountains west of the San Fernando Valley. Now a family of three with the birth of their daughter Holly, they moved to an area of Simi Valley. While living there, their son Stuart was born in 1964. Al's initial duties were to conduct "hot fire" calibration testing of the Mercury and Gemini earth orbiting capsule "positioning" rocket engines for function and propellants. After completing those projects, he was responsible for designing, testing, modifying, and maintaining the test stands for the testing of components for the F-1 engines for the Apollo rocket's first stage. After a couple of years, Al transferred to another large test site as the "engineer in charge" that would test liquid oxygen and liquid hydrogen propellant fuel pumps for the Apollo and Nerva projects. He was then transferred as the primary engineer, where he and his team tested and developed the J-2 rocket engines that were used to propel the second and third stages of the Apollo rocket into Earth's orbit, and then escape Earth's gravitational field. After completing Apollo engine testing, Al was assigned testing responsibilities of the liquid propellant rocket engines for the Space Shuttles and other large rocket engines.

Al Cook Engine - circa 1962

Al became acquainted with many of the Apollo and Shuttle Astronauts who became friends, as they visited the facilities to observe the testing of engines that would take them on their missions around the earth, moon, and back. The success of the mission and their lives depended on the reliability of the engines and associated systems.

In the spring of 1967, lay-offs had begun in earnest when the liquid rocket engines for the Apollo and Shuttle programs had been tested and delivered to NASA. Al looked for less stressful employment opportunities and secured a job at the New Holland division of Sperry Rand Corporation in Fowler, California. Al, Shirley and their children Holly and Stuart moved to Kingsburg. Al was hired to design several models of automatic "bale wagons" used for picking up baled hay from the fields and stacking them for storage as well as the engineering prototype shop manager, where all new designs became functioning equipment for field-testing prior to manufacturing. In 1982, Sperry moved all manufacturing to Nebraska and New Holland, Pennsylvania. Deciding as a family not to move, Al began working at Klippenstein Manufacturing and Salwasser Manufacturing companies in Reedley, designing high speed, automated packaging equipment.

Upon retirement in 1999, Shirley and Al moved to Central Colorado to start a two-plus year project of building a home on a ridge of 28 acres of beautiful virgin mountain forest. In 2017, due to Shirley's health, they decided that they needed to be closer to family and medical assistance and moved back to Kingsburg. Shirley passed away in January, 2022 into the arms of her Lord and Savior, Jesus Christ



Al is still working on his daughter Holly and son-in-law Walt Lehrman's ranch, a large tree fruit operation near Reedley. He spends his days on a tractor or whatever else needs tending on the ranch, while living in his patio home at Palm Village near friends and family.



Barbara, Alexandra,
Director Sonja Duffy, and Amalia

The activities staff provide daily activities, crafts, documentaries, parties, travel, and provide friendship for the residents who live in our community and so much more. These friendly teams of people are active on and off campus with our residents. The Independent Living, Assisted Living, and Memory Care activity staff is coordinated by Sonja Duffy, a six-year employee of Palm Village, and Gonzo Huaracho, a 28-year employee in the Health Care Center.

What Sonja labels as the Department of Happiness, she views that the most important part of the job is to connect with the residents. And this she does with the help of Amalia, Barbara, Jocelyn, and Alexandra. The team provides daily activities, crafts, and socialization for residents to choose from, and most days start with an exercise class in the lower level.

Residents have a great interest in learning new things. Active seniors enjoy a wide range of exercise and hobbies to stay mentally and physically fit. The best

Residents have a great interest in learning new things. Active seniors enjoy a wide range of exercise and hobbies to stay mentally and physically fit. The best



Independent Living Resident,
Barbara Roberts on Cambria Trip

way to exercise the brain is to learn new things. And consistent physical activity is essential for maintaining good health and one of the benefits is that it can delay health issues that come along with age. Sonja has noticed that those who participate in regular exercise tend to be more involved with activities and socialization. A Harvard Study on broader social interactions in seniors noted a strong social life beyond a senior's usual social circle of family and close friends were more likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings. Seniors who have more variety in their social interactions spend less time sedentary.



Not Just Bingo!

by Laurie Diamant

Director Gonzo Huracho and
assistants Letty, Liz, and Vanessa

Although there are many things to love about Palm Village Retirement, I think most would agree that the best thing about living here is the community itself. Making new friends is easy, and the staff encourages camaraderie through a variety of group activities and events. Palm Village offers activities and outings designed for seniors to make the most out of every day. The activities calendar is diverse and includes varied interests for anyone looking for something to do or learn.

One of the bonuses to retirement is the time to have hobbies and travel. Crafts provide enrichment and when you're crafting, you are creating! Besides keeping busy, crafting brings residents together and form friendships.

Palm Village provides leisure activities which include physical, cognitive, and social activities. The offerings vary based on resident input, as well as the research provided by the teams on new activities, hobbies, and games. After many years, Sonja was able to reconnect with her love of painting and hosts a monthly painting party for residents. It brings her much joy to see the talent that resides on campus. And while some are new to painting, each person brings their own talents and abilities. There are also monthly lunches out, day trips around California, card-making crafts, chapel services, movies, and documentaries, just to name a few. Each week the team bakes something special to serve at Barbara's as a treat for Assisted Living residents, which also provides for additional opportunities to connect with the residents.



Artist Maurice Sendak Museum Trip

by their generous nature and spirit. The activities team assists during meals and are purpose driven to provide positive connections during the day with activities, social interaction, and games. The residents love watching the staff play games, especially cornhole as this brings much joy to the room! If residents chose not to participate and only spectate, Gonzo sees this as positive since they are out of their rooms and interacting. Gonzo arranges music groups for special occasions, and he and his team create a



Pat Gobel at Craft Corner



Patriotic Program



Pampered Hands for Darlene Huebert and Alma Elrich by Activities Assistants Alexandra and Barbara.

Gonzo and his team of four assistants Maria, Letty, Vanessa, and Liz are all CNA's an important designation since they also can assist in providing care for the health care residents when necessary. The team starts each morning with greetings and reading to the residents in the Health Care Center. The staff updates the residents on current events and opportunities for activities during the day. They also offer group exercise a few days a week along with the RNA's which helps those that are recovering from illness or injury and is a bonus opportunity for those receiving care in the rehabilitation department. Gonzo and his team deeply care for the residents and show it

home environment for holidays and parties. The staff really come together with costumes and a joyful spirit to make the events and holidays fun.

These teams are extremely busy during their days and evenings on campus and provide such a positive environment for residents and staff. The calendar of events for each department is hosted on our website under Events. If you'd like more information about living at Palm Village, please contact Jim Dueck at 559-638-6933 or visit our website www.palmvillage.com.

Citations: Harvard Health Publishing. (2019). Broader social interaction keeps older adults more active.

Residents & Staff

What's Happening



Barn Party



Operation Christmas Shoe Box are filled by Assisted Living residents.



Independent Living at the Zoo



Independent Living residents enjoy the Cricket Hollow BBQ



Lorie and Jim Higbee



Veteran's Day Program



Truck owned by Richard Klippenstein



Independent Living resident Lola Penner at the Western Jam



Benti Dueck and Ruth Pauls enjoy the sun, Rods, and dogs!

May 1, 2023 to October 31, 2023

Palm Village Donors

Living Legacy Fund Donors

Verne and Linda Anderson
Don Beckenhauer
Bethany Mennonite Brethren
Church
Ron and Judy Brown
Reed and Diane Decker
Kenneth and Priscilla Elrich
Calvin and Marjorie Elrich
Jim and Donna Enns
Robert and Elaine Falk
Philip and Donna Grunau
Helen Harvin
Lyndon and Patti Heinrichs

Robert and Raenetta Isaak
Glenda Johnston
Marcella Jones
Mary Jane Lepp
Bob and Marilyn Lewis
Thomas and Karen Marshall
Rocky McClintock
Eddie and Verona Neufeld
New Life Community Dinuba
Mennonite Brethren Church
Raymond and Bonnie O'Neil
Pacific District Conference
Eldoris Peak

Reedley Mennonite Brethren
Church
Vernon and JoElla Reimer
Karen Reimer
Richert Family Trust
Verna Roberts
Bill and Darla Scharbach
Malkit Singh and Surinder Kaur
Jesus and Elaine Tapia
Aldene Vogt
Joyce Warkentin

Memorial Donors

Tributes for:

Betty Lane
Ken and Patty Thiesen
Dan and Wanda Doerksen
Eileen Johnson
Jane Pattee
Elvera Schmidt
Peggy McAlister Davis
Helena Voss

Erma Ratzlaff
Howard and Penny Ayers
Gertrude Wolford
Leanne Martens
Loree Jost
Byron and Juanita Hirata
Marvin Kroeker
Menno and Jane Harms
Ed and Bonnie Nachtigall

Sam Bergen
Lucille Kliewer
Delbert Wiest
Edwin and Sandra Greene

Chapel Fund Donors

Don Beckenhauer
Calvin and Marjorie Elrich
Jim and Donna Enns
Katherine Enns
Marie Faul

Janet Flanagan
Gary Gerbrandt
Glenda Johnston
Eddie and Verona Neufeld
Grace Reimer

Verna Roberts
Helena Voss
Joyce Warkentin
Carl Wohlgemuth

Restricted Donations

Leo Balakian

Staff Appreciation

Laura Roberts

Misc

Jim and Benti Dueck



The Gift of
Love

LOVE 
Where You Live

5

Levels of Residential
Retirement Living

Independent Living



Assisted Living | Assisted Living Memory Care | Skilled Nursing & Rehabilitation | Memory Care



PALM VILLAGE
RETIREMENT COMMUNITY

PalmVillage.com

Palm Village Retirement Community is designed to allow each resident the opportunity to enjoy their retirement living. Enjoy all of the comforts of home with the peace of mind that you are part of a multi-level care community.

Safe, Supported, & Social

