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DECEMBER 2020

A SOCIAL PUBLICATION FOR THE RESIDENTS OF SERRANO



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FROM **THE PATEL FAMILY!**

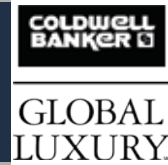
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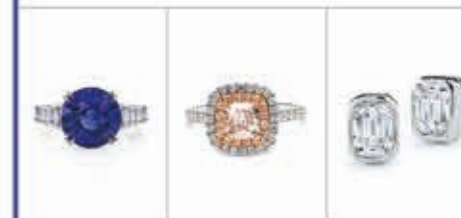


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publisher's note...



meet the team...

TEAM THL SAYS...

HOORAY FOR HOLIDAYS!

Dearest Serrano friends and neighbors,

Merry Christmas, Happy Hanukkah, Wicked Winter Solstice, Loco Las Posadas, Dope Diwali, Crushin' Chinese New Year and Killer Kwanzaa to you! (If I left your holiday out, I apologize!)

I'm not gonna even tell you what to expect in the December issue of THL. It's Christmas, read on and be surprised...every page of the way! And, as always...enjoy! (Preferably with a glass of wine or a festive holiday cocktail in your hand!)

In this extremely unprecedented time my friends, please take a few moments every day to reflect upon what is truly important to you...now go and enjoy your blessings. Oh, and don't forget to grab the DECEMBER issue of THL to take along with you! Be safe and spread kindness, love and joy everywhere you go! That is MY Christmas wish...



Jenny

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Many, many thanks to every team member this holiday season. It is a HUGE team effort every single month!

This month, I would like to recognize Laine Weis for always going above and beyond for THL. She has helped to bring on two additional junior writers, Shivanshi and Isha. Laine is always willing to step up and do additional tasks...even at the last minute! I appreciate you, girl!

This holiday season, more than ever before, I realize how important family and close friends really are. Serrano, Advertising Sponsors and Team THL, may God bless you and your families this holiday season with unexpected COVID-joy and Jesus-sized miracles!

Jenny



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Junior Writer

the colorful **PATEL FAMILY...** holiday greetings from our family to yours!



this is us...

Meenu Patel...Resident

HI THERE!! WE ARE THE PATELS (KAMLESH AND MEENU). WE ARE A FAMILY HERE IN SERRANO AND HERE IS OUR STORY...

Exactly 20 years ago we fell in love after we met at the "Millennium New Years" party in India. We got married in 2002 and I moved to California. Kamlesh is a Security Program Director for Oracle in the valley and has ties to Sacramento since 1998. I am a preschool teacher and work in Folsom. Our son Tanuj is 11 and just started middle school this year. Our Daughter Taara is 7 and is a second grader. I am also their personal Uber driver for Coding, Tennis, Karate and Swim classes.

We are a big extended family of 11 members. My In-laws, who have immigrated here, currently live with us. Kamlesh's one sister lives in the Bay area and the other one lives in Serrano...just walking distance from our home. She has two kids similar in age to Tanuj and Taara. We strongly believe in family bonds and hence our move from Bay Area to Serrano in 2016. We wanted the cousins to grow up together and the grandparents to enjoy both sets of grandkids.

...



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As our family is multi-generational, we have a blend of both western and Indian cultures. We celebrate Indian Festivals like Diwali as well as American traditions such as Halloween, Thanksgiving and Christmas. The Patel family is big on food, especially vegetarian food. We love to cook and experiment with many cuisines from around the world, such as a Chinese, Thai, Italian, Mexican and obviously many Indian dishes. We have a mini thanksgiving feast every weekend. Our little home garden provides many of the fresh vegetables that end up on our table. Besides loving food we like to travel and take family vacations to exotic places around the world. We are eagerly waiting for the next adventure once things get back to normal.

Here in El Dorado Hills, we love the community and neighbors. Apart from family time we socialize with friends in the neighborhood whom we call the “EDH Family.”



Serrano is beautiful and has many trails that start right at your front door. We are still exploring them after all these years. We look at the amazing views from the Goat Trail and feel as if we are at the top of the world. When our Bay Area friends visit us they are amazed by this

hidden gem of a town which they had previously driven past on their way to Tahoe. They all wish they could move here, too.

This pandemic has been crazy, but having family (and good food) has kept us sane and healthy. The kids are



now learning from home...be it school or gardening with grandparents. Here in Serrano we've created our mini bubble with immediate family and our new EDH family. Our move from the Bay Area has been a blessing. We are looking forward to making many more memories here in Serrano.

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CHEF KEVIN O'CONNOR



SERRANO COUNTRY CLUB AND BEYOND!

Growing up with a family who loves food, Kevin O'Connor knew he wanted to be a chef when he was only 9 years old. By the time Kevin was 14 years old, he got his first job at Snooty Frog in El Dorado Hills as a dishwasher and prep cook. By 16, Kevin landed a cook position at Serrano Country Club. Working this position when he was so young really changed his life...Kevin fell in love with fine dining. Before graduating high school, Kevin also helped open Bistro 33 in Town Center as a lead line cook. By the time Kevin was 19, he helped open up another restaurant known as Mix as a sous chef.

After graduating high school, Kevin moved to Downtown Sacramento, securing a job in a restaurant called Masons which helped him further pursue fine dining. Additionally, Kevin used to be the designated driver for many local wineries, which helped build a strong foundation to carry him into the culinary career he launched for himself.

It wasn't long before he decided to move to France on a one-way ticket where he stayed for the next four to five months. He worked at different restaurants and as a private chef on a yacht in Nice.



He also spent some time in Monaco and a few wineries in the south of France. Kevin was inspired in France where they had communal tables and long, drawn-out evening dinners.

After returning home, Kevin was living with his parents when he

decided to open a pop up restaurant, operating it out of their home. When he moved out, he continued the pop up in downtown Sacramento and was highlighted in *Sacramento Magazine*.

Next, Kevin got a job at *Ella*, one of the finest restaurants in Sacramento, as a Line Cook at the fish station. He left *Ella* to work at *The Kitchen* for a time. At *The Kitchen*, he fell in love with food again. He really enjoyed the fun and laid-back vibe working at *The Kitchen*, especially the casual interaction with clients and theatrical style of cooking.



Eventually, Kevin went to work as an executive chef at *Blackbird*. He was 23. There, he helped design the kitchen and was involved in construction of the original restaurant. This job also solidified Kevin as one of the BEST chefs in Sacramento. However,

he was young, and it didn't take long for him to burn out. This is when Kevin decided to move to Montana where he rode horses, hiked, worked at a ranch and hung out with different native locals. While he was there, Kevin had an epiphany. He became re-inspired to start cooking again, with a greater respect for where food comes from.

When Kevin returned to California from Montana, he worked for *Coi* and *Saison*...two of the best restaurants in San Francisco. And, even though this was one of his biggest dreams, Kevin once again grew restless and decided it was time to come back home. Kevin saved some money and started doing pop up restaurants again.



Then Kevin got an offer to work as an executive chef and help open a restaurant called *Saddle Rock* with Chris Yaro. While being

in the conceptual stages of *Saddle Rock*, Kevin was contacted by an Olive Oil Company called *Cobram Estate*. *Cobram Estate* was expanding to the US market with olive oil production in California and he was asked to cater a lunch at the olive grove. The catered event was a knockout so Kevin did a couple more events with the company. He also did a photoshoot for their website and filmed a food show for them. Not long after, *Cobram* offered Kevin a position in Australia. Kevin moved there and dove deeper into olive oil and its history. He became involved with the Olive Oil Council of California, *The Olive Oil Times*, and he completed The New York International Olive Oil Sommelier certification course. Now, he is a certified olive oil sommelier and also sits on a panel to certify extra virgin oils. Although Kevin does not work for *Cobram* anymore, he is still an ambassador for the *Cobram Estate*.

During quarantine, Kevin took two months to camp and hike in the woods. Now, he is getting ready to launch a brand new cookbook that has been a two-year project. *Chasing Harvest* will be released in November 2020.





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The title 'Student Athlete' isn't given lightly as it takes an incredibly dedicated young person to perform well academically while excelling at a sport. Balancing these two demanding activities is no small feat. Teagan Brown, a junior at Oak Ridge High School, has earned this title as she not only makes honor roll each semester, but excels on the basketball court, playing on the Varsity Women's Basketball team since freshman year.

Teagan began playing basketball in sixth grade and has since been coached by Danielle Viglione, a former WNBA basketball player. She's also had the chance to meet Ruthie Bolton, Olympic Gold Medalist and former WNBA player as well. Teagan enjoys the sport because of its competitive aspect, where there is never a dull moment. Her favorite memory thus far was playing in the Golden 1 Center in Sacramento for the section championship game. Although she was nervous to play in such a large arena, her teammates made it an exciting and memorable experience. In the many tournaments she's played with her high school team and her competitive team, Golden City UAA, she has multiple honors, such as MVP of the Sierra Foothill League (SFL) and MVP of a game for Jr. NBA.

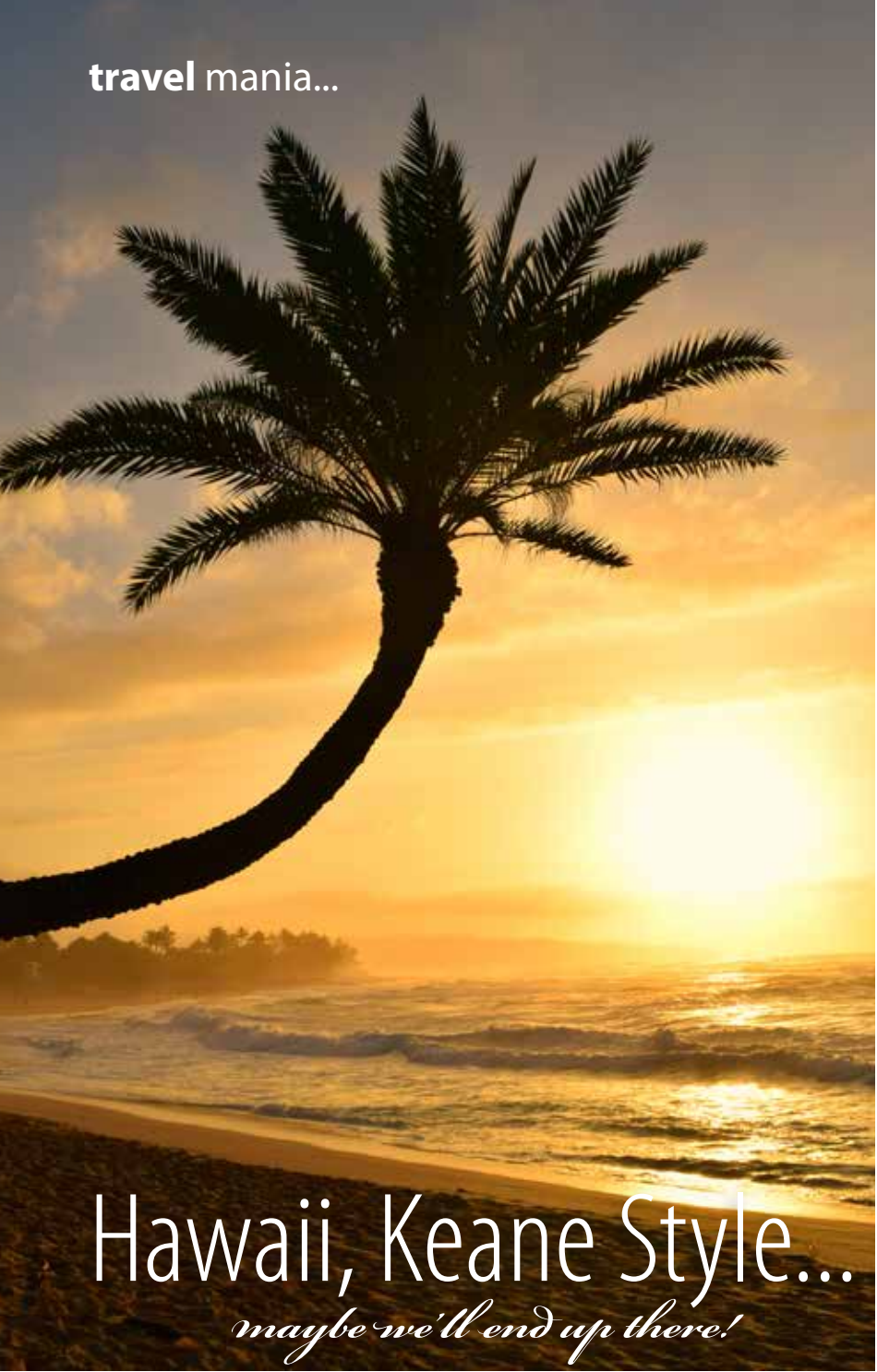
Along with being recognized for basketball, Teagan is also an honor student and notes that through playing basketball she has learned how to balance multiple activities such as school, basketball and spending time with friends and family.

Teagan hopes to continue playing basketball at a college that fits her athletic and academic goals. She has already received a scholarship offer from the University of Idaho, and in the future would be excited by the opportunity to continue playing basketball at the professional level. Teagan's advice to anyone looking to excel in the sport would be this,

*'Enjoy the process of
growing as a player
with your teammates,
including every practice
and every game.'*



Photo Credit...Kimberly K Photography



Resident...**Kelly Keane**

Aloha! We are Kelly and Jim Keane, and if you ask anyone who knows us, they will tell you, as much as we appreciate our home state of California, we LOVE Hawaii. Our first visit was our honeymoon in 2005. When we landed on Maui, it was love at first sight! Since then, between work trips and family vacations, we have enjoyed splitting our travels between Maui and Oahu. Maui may be beautiful, but Oahu has stolen our hearts! As proof, I flew to Oahu for a day and a half to be an extra

on *Hawaii Five-0*...I figured it was a once in a lifetime opportunity!

Some think Oahu is just one big city, but the thing I love most about the island is that you can be in Waikiki with everything at your fingertips or you can drive the island and find the most beautiful deserted beaches!

The most amazing sunrise on Oahu is at Lanikai Beach where you can see the sun rise over the Mokes, which are



two twin islands not far offshore that you can actually kayak out to! If you're feeling especially energetic, be sure to hike the Lanikai Pillbox, a moderate hike that rewards you with amazing views.

One of our favorite things to do is a circle island tour. We usually drive to the north shore first, sometimes stopping at the Dole Pineapple Plantation along the way. Then, we head over to Haleiwa, which is a surf town with art galleries, shops and a relaxed vibe. Looking for sea turtles? Drive a bit further and you will hit Laniakea Beach, where resident sea turtles (Honu) sun themselves on the sand. A bit further and you hit Sunset Beach where the surfers are amazing and the winter waves are huge! Next, we like to stop at Waimea Bay for some beach time. There is a rock there that locals and tourists alike seem to love to jump off of. The next time I'm there I'm determined to conquer my fear and do it!

We like to finish up our day by heading down to Kailua on the windward side of the island and back into Waikiki in time for the sunset and maybe some Friday night fireworks.

We consider Hawaii *Paradise on Earth*. Who knows? Maybe one day we will end up there. We can't wait to enjoy the beautiful beaches, hikes, waterfalls and food again! Hawaii is a magical place that I hope everyone gets to experience at least once in their lifetime. Aloha!





pet prodigies...

What can we say about Rio? Oh my Goodness, that boy! We adopted him just about a year ago from a rescue in southern Cal. The story goes something like this...

Rio, who used to be named Rocky for about six months, was found wandering the streets of Las Vegas. After the rescue took him in, they found a lady in Southern Cal to adopt him. The problem was, Rio, I mean Rocky, bullied her other cat, so she kept him locked in her bedroom. Fast forward six months. Scott and I are looking into adopting a Bengal after our last cat, Oakley, got hit by a car. He had near-fatal injuries, so we had to put him down. We were very sad! We still miss Oakley.

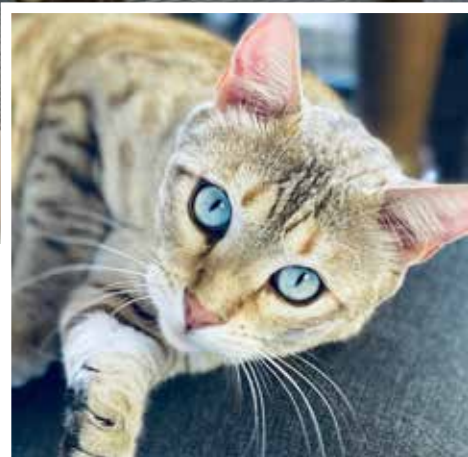
After a few months without Oakley, we really missed the love, companionship and entertainment of having a kitty in our lives. So, we started researching breeds. We fell in love with the Bengal breed and laughed at how smart they can be. So, we set out to find ourselves a Bengal! I contacted a few California rescues and striking out on

Publisher...**Jenny Thurman** & Hubby, **Scott Trojanowski**

a few, we finally found 'Rocky.' Scott and I both wanted to rescue, not only because it's the right thing to do...it was also the cheapest! To buy a decent Bengal, they are around \$2,500 and up. Crazy!

When we adopted Rocky, I felt like the name just didn't fit him, so we re-named him Rio. We soon found out that Rio is TROUBLE! We joke and say we should have named him Rebel instead of Rio! So now, we just say his full name is Rio Rebel Trojanowski!

Rio is VERY vocal...that's what they call a cat that meows super, annoyingly loud. He definitely lets you know when he wants his fresh cut chicken meat, a cat treat, in or out. He can open our lever doors...even the storm door to the garage that pulls inward. He has been known to open cupboards and climb up inside. We found him a few times with our water glasses in the kitchen cupboard. He used to get up into the treat cupboard and throw all the dog treats onto the floor, open his cat treats, and eat them all. Now, we keep Rio's treats in the garage!



Rio is a lover! When Scott or I put his chicken out (about 6 times a day), he always has to get his love session in before he will eat. It's really sweet! He loves to lay on the couch and sleep with Scott. He tried to sleep with me at first. But when he realized I'm up and down and tossing and turning all night long, he got mad and took off! He's become a bit of a hunter and will line his trophies up in a perfect row in the back yard. Rio loves people and children. He is comfortable fairly quickly around new people and has adopted my daughter and her tribe two doors down. However, he has started to bully her two cats. We are currently looking into humane ways to hinder his territorial vibe...It's not going over too well in the neighborhood! Haha!

We adore you, Rio, even though you can be a little naughty sometimes! I mean hey, can't we all?



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rockin' recipes...
Isha Menon...Junior Writer

PUMPKIN CHEESECAKE BARS...

The PERFECT Holiday Treat!

Ingredients

- 7 tablespoons melted unsalted butter
- 10 crushed graham crackers
- 32 oz room temperature cream cheese
- 4 eggs
- 1 teaspoon vanilla
- 1 1/4 cups granulated sugar
- 1 15 oz can of pumpkin puree
- 1 teaspoon Pumpkin pie spice

Directions

Use 1 tablespoon of the melted butter to grease a pan. Add the rest of the butter and graham crackers to a bowl and stir until the mixture has a wet sand texture. Evenly cover the bottom of a greased baking dish with the graham cracker mixture and place into the refrigerator. Next, combine the cream cheese, vanilla, eggs and sugar in a large bowl until the mixture is smooth. Spread half of the cheesecake batter on top of the chilled crust and freeze. Preheat the oven to 325° F (160° C). Add the pumpkin puree and pumpkin pie spice to the remaining cheesecake batter and mix until it is incorporated. Spread the pumpkin cheesecake mixture over frozen cheesecake mixture and bake for 30 minutes. Allow the cheesecake to cool at room temperature. Optionally, refrigerate it overnight to allow the flavors to meld together. Once it is completely cooled, slice and serve. Enjoy with loved ones!

This recipe is one of my favorites as it fuses two of the best deserts together...pumpkin pie and cheesecake! I love to bake this to give to my friends and family around the holiday season! Feel free to play around with a little and make it your own. Happy Holidays!

Isha



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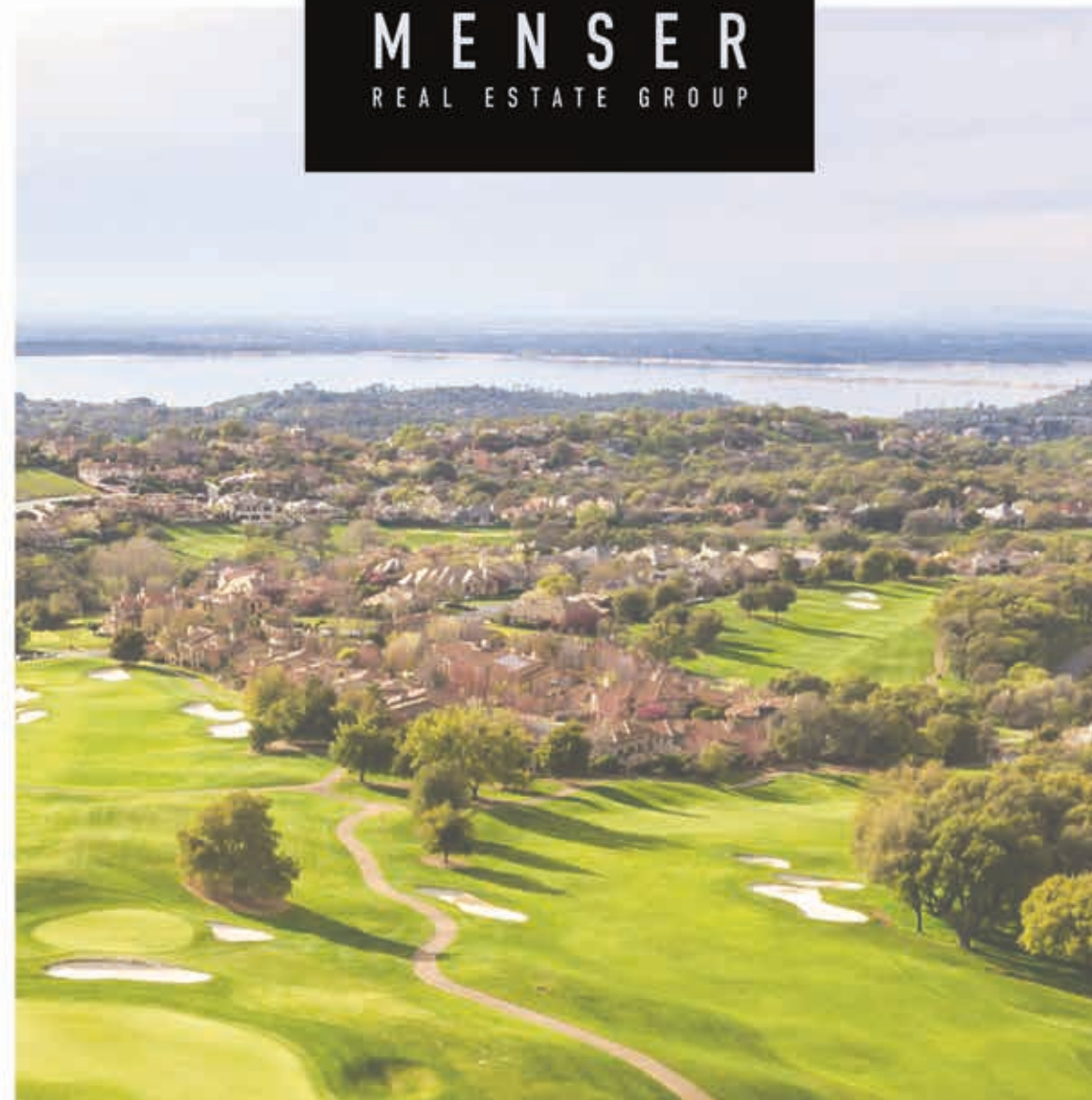
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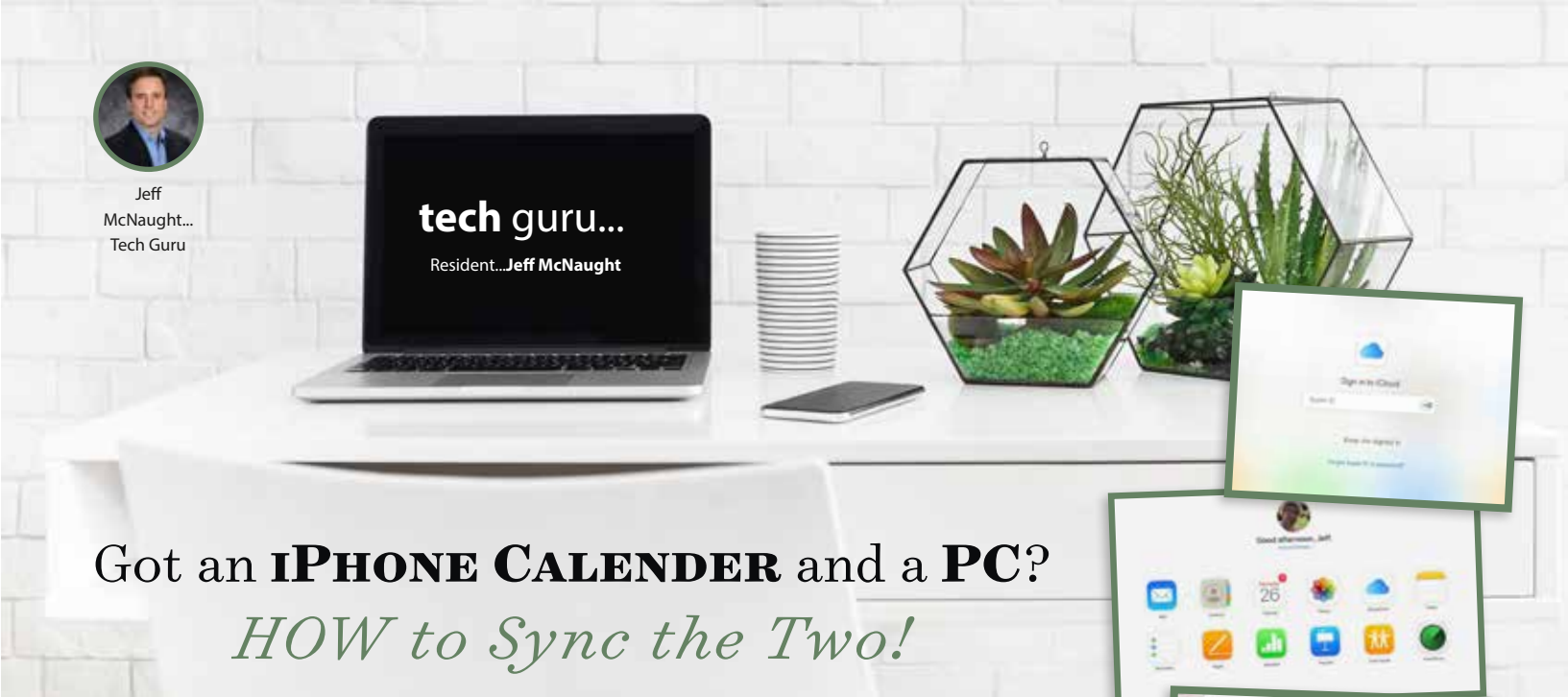


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Jeff
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Got an **iPHONE CALENDER** and a **PC**? *HOW to Sync the Two!*

If you use an iPhone and an Apple Mac computer, it's fairly straightforward to see your up-to-date synchronized calendar using the Apple Mail app on the Mac, but what do you do if you use a Windows 10 PC (or any other device with a web-browser)?

Apple sometimes gets a bad rap for developing a closed ecosystem, meaning it all works well together if you choose only Apple products, but often not so much if you stray from the Apple brand and use, say, a Windows PC for your personal computing tasks (as I do). There is an easy option to be able to view an up-to-date version of your iPhone calendar (and a whole lot more) from a Windows PC.

The easiest way to see your latest iPhone information is to use Apple's **iCloud Web** app.

- 1: Enter "icloud.com" into your web browser (Edge, Chrome, etc.). **See Figure 1 - Sign in.**
- 2: Enter your Apple ID account email and password, and you'll be presented with a screen like this (with *your* name and picture): **See figure 2 - Main Menu**
- 3: From this menu, you have access to a wide variety of the information stored in your iPhone (or more accurately, stored in Apple's "cloud").
- 4: Select "Calendar" from the menu, and a nicely formatted up-to-date calendar page will appear. Here's mine for January 7th: **See figure 3 - Calendar page.**

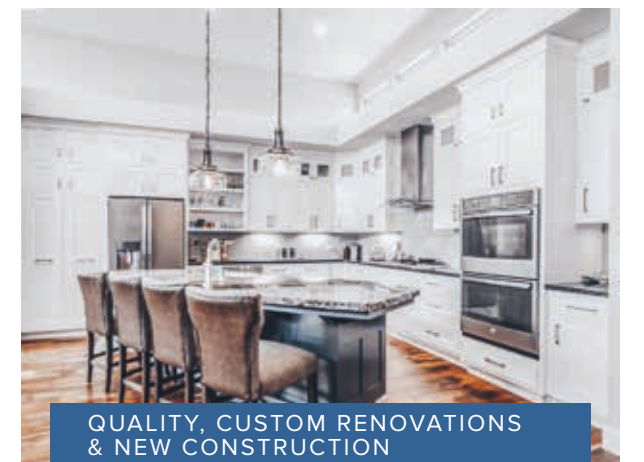
From this page you can add, edit and update nearly anything in your iPhone calendar. Hitting the back arrow will take you back to the menu with your face on it, where you can access Contacts, Photos, Notes, Etc., and even find your iPhone on a map!

You can make it easier to get to this page by adding "icloud.com" to your browser favorites, or: using your mouse, drag the www.

icloud.com/calendar/ from your browser window to your desktop, and it will create a "short-cut" to that webpage for you.

Got a techy question? Send it to me at **JeffSMcNaught@GMail.com**. I'll answer it in an upcoming issue.

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Eskaton has been a trusted advisor and provider of senior living and services throughout Northern California for over 50 years. As a regional nonprofit, we are committed to meeting the needs of older adults and their families with compassion, honesty and innovative solutions that support their health and well-being. The Eskaton Difference lies in our life-enriching signature programs and comprehensive spectrum of services. With a national reputation for innovation, Eskaton remains focused on creating a culture of purposeful living and being a catalyst for change.

Eskaton's Diverse Spectrum of Services

Our unique family of services is what truly sets Eskaton apart. Our communities provide a wide range of senior living options, including independent and assisted living, pre-memory and memory care, and skilled nursing and rehabilitation services. Older adults can remain in their own homes as long as possible with our Home Support Services, and Care Navigators with Live Well at Home are available 24/7 to help families find solutions. For older adults on limited incomes, Eskaton offers affordable housing options in 13 locations across Northern California.

The Power of Partnerships

As a catalyst for transformative change, Eskaton invests in people and local organizations to re-imagine the aging experience. Recently, Eskaton joint-ventured with InnovAge and Adventist Health to bring a new 37,000 square foot PACE Center to North Sacramento. This InnovAge PACE (Program for All-inclusive Care for the Elderly) center provides older adults who live on limited incomes and are at-risk for institutionalized care access to a full wrap-around program that provides healthcare, socialization and nutritional support.

Eskaton's Commitment to Innovation

Eskaton believes in empowering residents by developing living environments that provide them with the highest levels of control and adaptability. To achieve this goal, Eskaton partnered with K4Connect and Amazon Alexa to integrate voice-activated and smart sensor technology into residential living apartments using every day devices such as lights and thermostats. The integration of voice-control is transforming the way residents, regardless of age or physical ability, interact with and personalize their homes. Nearly 80% of residents use Alexa every day, whether asking to



hear a favorite song, setting reminders or turning on the lights when entering the restroom. For residents with mobility or vision issues, these features are exceptionally useful and easy to use. Social connection with family and friends continues to be a primary focus. The corresponding K4Connect app provides residents with easy access to community information and their peers, linking them to family, friends and community life. The K4Connect family app makes it simple for family members to contact loved ones living at Eskaton, check the menu and view the community announcements themselves.

Beyond our integration of smart home technology, Eskaton has also partnered with **SafelyYou** to assist care partners in identifying and mitigating fall risk among residents. **SafelyYou** is an innovative artificial technology (AI) system designed to detect and reduce fall risk for older adults. During the pilot program, this technology **reduced the number of unnecessary ER visits for residents by 93%** and continues to assist care partners in identifying risk factors that contribute to falls.

Eskaton Believes Age is Beautiful

Through photography, filmed interviews and written narrative, Eskaton's *Age is Beautiful* public awareness campaign captures the life experiences and wisdom of older adults who still have so much to share. In the words of our CEO, Todd Murch, *Age is Beautiful* is simply "the retelling of life histories that showcase the resiliency, creativity and authenticity that only life experience can teach." In addition to Eskaton's website and social media channels (Facebook, YouTube, Twitter), our *Age is Beautiful* profiles can be found in various regional publications like *SacTown*, *Sacramento* and *Style* Magazines. You can also locate these extraordinary stories at **ageisbeautiful.org** or by visiting the Eskaton website.

Eskaton's Health Initiatives and Community Outreach Services

Promoting the health and well-being of older adults throughout the Sacramento region is an important part of Eskaton's vision of *Transforming the Aging Experience*. Eskaton's Community Outreach Services provide valuable support and information regarding senior living and services to support older adults. These programs are offered completely free of charge to all.

If you or a loved one have been considering moving to a senior living community or believe you are in need of senior services, call or visit our website at **eskaton.org** to *Discover The Eskaton Difference*.

Real Estate RESOURCE

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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Parking	\$/Sq Ft
4509 Cordero Dr	El Dorado Hills	\$1,175,000	\$1,150,000	09/21/20	8	4	4	4,241	4	\$271.16
3619 Greenview Dr	El Dorado Hills	\$1,297,306	\$1,205,000	09/03/20	32	4	4	3,809	4	\$316.36
5496 Sur Mer Dr	El Dorado Hills	\$1,239,000	\$1,239,000	10/23/20	3	4	5	3,688	4	\$335.95
5260 Breese Cir	El Dorado Hills	\$1,489,000	\$1,380,000	09/11/20	34	4	4	4,071	4	\$338.98
3796 Greenview Dr	El Dorado Hills	\$1,397,000	\$1,400,000	08/17/20	76	6	4	4,354	3	\$321.54
4893 Breese Cir	El Dorado Hills	\$1,425,000	\$1,410,000	08/28/20	58	6	4	4,066	3	\$346.78
4512 Echo Springs Cir	El Dorado Hills	\$1,498,000	\$1,437,000	09/29/20	34	5	5	4,883	3	\$294.29
5139 Greyson Creek Dr	El Dorado Hills	\$1,450,000	\$1,455,000	08/18/20	5	5	4	4,342	4	\$335.10
3663 Greenview Dr	El Dorado Hills	\$1,460,000	\$1,460,000	10/19/20	71	4	5	4,789	4	\$304.87
6016 Aldea Dr	El Dorado Hills	\$1,600,000	\$1,490,000	09/17/20	2	5	5	4,193	4	\$355.35
4438 Cordero Dr	El Dorado Hills	\$1,649,000	\$1,520,888	09/28/20	197	4	5	5,006	4	\$303.81
4035 Errante Dr	El Dorado Hills	\$1,550,000	\$1,550,000	10/02/20	3	4	5	4,698	4	\$329.93
4012 Errante Dr	El Dorado Hills	\$1,675,000	\$1,585,000	09/22/20	159	5	4	5,376	3	\$294.83
4372 Gresham Dr	El Dorado Hills	\$1,594,850	\$1,594,850	09/30/20	38	4	5	5,626	4	\$283.48
5153 Greyson Creek Dr	El Dorado Hills	\$1,649,000	\$1,629,000	10/05/20	346	4	5	6,365	3	\$255.93
3835 Greenview Dr	El Dorado Hills	\$1,649,000	\$1,649,000	09/28/20	7	5	4	3,540	4	\$465.82
3840 Greenview	El Dorado Hills	\$1,749,000	\$1,720,000	08/21/20	298	4	4	4,085	3	\$421.05
5242 Da Vinci	El Dorado Hills	\$1,899,000	\$1,880,000	08/24/20	57	4	5	4,514	4	\$416.48
5251 Da Vinci Dr	El Dorado Hills	\$2,199,000	\$2,075,000	08/27/20	28	4	5	4,254	4	\$487.78
312 Kissela Ct	El Dorado Hills	\$2,199,000	\$2,199,000	09/25/20	16	4	5	4,451	4	\$494.05



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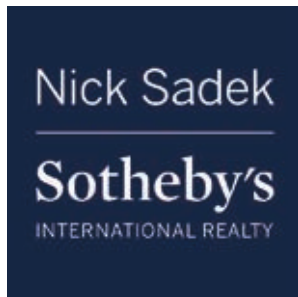
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Nick's business success is mirrored in his personal life with a marriage of 23 years to his wife, Dina, who is also a licensed real estate agent. They have two children, Danya and Adam.

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