

## 'Godmother of Wellness' Deborah Szekely to Celebrate 100th Birthday

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Deborah Szekely, the legendary spa and wellness pioneer, and healthful-living advocate will soon reach another milestone in her prolific and storied life: she celebrates her 100th birthday on May 3, 2022. Deborah, who pronounces her last name say-kay, co-founded [Rancho La Puerta Fitness Resort and Spa](#) in Tecate, Baja California, Mexico, 82 years ago when she was but 18 years of age.

Birthday plans include a fiesta grande on Sunday, May 1, in a city park to celebrate not only the new centenarian but the community of Tecate. "The Ranch would not exist without the people of Tecate, who welcomed us 82 years ago!" says Deborah.

Instead of gifts, [Our Green Umbrella](#), a tree-planting campaign in Tecate, will reflect Deborah's life of philanthropy and community action by accepting donations via the San Diego Foundation. The campaign focuses on schools, churches, parks, city streets, and homes in under-served neighborhoods — wherever trees are needed in the drought-stricken mountain town — because "Everyone needs a tree in their life," says Deborah,



“not only for its shade and beauty but to help cool the earth and cleanse the air.”

Deborah’s latest book, ‘[100 Lessons from a Grasshopper](#)’, also debuts on her birthday. The artful, tree-green book contains various aphorisms, epigrams, and humorous sayings gathered from her many talks with Rancho La Puerta guests. The title springs from her late-husband Edmond’s habit of telling Deborah that she has a “grasshopper mind”—one that springs from one idea to the next without stopping. The book will be available starting May 3 at Rancho La Puerta’s online [gift store](#). All profits will go to Our Green Umbrella in Tecate.

For more information on Deborah Szekely please visit [www.rancholapuerta.com](http://www.rancholapuerta.com).