

GOOD Life News

at Katella Senior Living

JANUARY 2019

www.katellaseniorliving.com



Executive Director

Dear Residents, Families and Friends,

Happy January to all! It is hard to believe 2018 is already behind us.

As we start off the New Year, I would like to take some time to introduce a very important initiative our team has been working on. I have been keeping a close eye on the natural disasters



California has faced in 2018 and have been reading how the senior care facilities who took a direct hit have responded. It is incredible to hear the survival stories of assisted living and skilled nursing facilities that were impacted by the fires and how all the staff and families came together to protect their residents and loved ones.

As of Jan. 1, a new bill for California RCFE facilities requires us to have a comprehensive Emergency Operations Plan in place. We have been working on our policies and procedures throughout last year as a team to prepare for these new requirements.

These policies are based on an "All-Hazards Risk Assessment" we completed with guidance from the Orange County Fire Department. The purpose of the Risk Assessment is to determine all possible internal and external threats to our residents and helps rank the threats to determine how we prepare.

The staff was all educated on the Emergency Plan in November 2018, and all new employees will be trained. We will be completing several disaster drills throughout the year and will be training throughout the year as well. Starting in January, the binder of emergency procedures can be found at the front desk if you wish to read it.

If you have any questions or comments, please feel free to reach me at 562-596-2773 or at Claire.carpenter@katellaseniorliving.com. I'd love to hear your feedback on the plan.

Best Wishes,
Claire Carpenter
Executive Director

**Our Talk.
Our Walk.
Every Day!**

**Platinum Service®
Standard #6**

"I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work."

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

Dine and Be Kind

January is Be Kind to Food Servers Month. Show your appreciation to these hardworking individuals by following these tips when dining out:

Be upfront with special requests: If you have food allergies or dietary restrictions, or if your group would like to split the bill, let your server know before you place your order.

Make eye contact: Looking at your waiter shows respect and, along with speaking clearly, can help minimize the chances of a mistaken order.

Learn your server's name: Use your server's name, and avoid whistling or snapping your fingers when you are trying to get his or her attention.

Keep the table clear: Placing your bag, wallet, phone and other personal belongings on the table takes up valuable space needed for plates and beverages.

Remember the golden rule: Treat your server how you would like to be treated. Say "please" and "thank you," and if something isn't right, be polite when voicing a complaint.

Tip with respect: A 15 to 20 percent tip is customary at restaurants. If a coupon or other discount is applied, you should tip according to what the full price of the meal would have been.



Passing Time With Cuckoo Clocks

At the strike of each hour, a tiny toy bird pops through a door and cheerfully delivers its song: "Coo-coo!" This charming feature has made the cuckoo clock a classic timepiece.

Historians say the wall clock's familiar design originated in Germany's Black Forest region in the 1700s. By using a system of bellows, gears and weights, clockmakers there were able to replicate the cuckoo's call and regulate when the bird popped out to announce the hour. During the area's long winters, townspeople carved the clocks using logs from the forest, then sold their creations in the warmer months.



Two distinct styles of cuckoo clocks emerged over the next century. The traditional carved style is decorated with elaborate nature scenes, while the Swiss chalet style is a painted house, often with moving figures of people and animals. Both types feature two or three weights, often shaped like pinecones, which hang from the bottom of the clock and control its functions.

Various styles of cuckoo clocks can now be found, but genuine handcrafted ones from the Black Forest region are still prized favorites.

A cuckoo clock is a typically pendulum-regulated clock that strikes the hours with a sound like a common cuckoo's call and has an automated cuckoo bird that moves with each note. Some move their wings and open/close their beaks while leaning forward, whereas in others, only the bird's body leans forward. The mechanism to produce the cuckoo call has been in use since the middle of the 18th century and has remained almost without variation until the present.

Skiing Through History

From families hitting the slopes for fun to athletes competing in fierce races, snow skiing is enjoyed by millions around the world.

The cold-weather pastime was first used for survival rather than thrills. Dating back to prehistoric times, people in snowy climates skied as a way to travel across frozen terrain. Cave paintings found in Norway and China depict hunters on skis, and fragments of ancient wooden skis have been unearthed in Russia and northern Europe.

A shift toward skiing as a sport began in the 18th century, when the armies of Scandinavian countries trained on skis and staged races down mountain slopes and around obstacles. The first nonmilitary ski competitions were held in the 1840s in Norway. The popularity of the sport spread, and in 1924, skiing events were part of the first Winter Olympics in Chamonix, France.

With improvements in equipment, including the development of metal and fiberglass skis and the invention of the chairlift, skiing became easier and accessible to more people. It took off as a recreational activity, and ski resorts worldwide opened in response.

Skiing can be a means of transport, a recreational activity or a competitive winter sport in which the participant uses skis to glide on snow. Many types of competitive skiing events are recognized by the International Olympic Committee.



Resident Birthdays

Kennith, 7th
Carl M., 10th
Pauline B., 13th
Jean M., 16th
Barbara C., 21st
Christina M., 27th

Employee Birthdays

Kadetra P., 11th
Michael J., 18th
Martha H., 25th

Service Anniversaries

Ligaya, 1/3/2006
India G., 1/12/2018
Ashley S., 1/15/2014
Melissa M., 1/23/2017
Jadiralia C., 1/25/2013

Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:



Relieves stress: Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills: From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression: Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills: Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Encourages socialization: Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people, which helps lessen feelings of loneliness. Making art in a group setting promotes socializing with others.



KATELLA

Senior Living Community

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Locations Alamitos West, AW Cafe 3952, Cafe Courtyard, CY Dining Room, DR Fireside Room, FR		NEW YEAR'S DAY 1 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 5:45 Independent Word Games, L	2 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 6:00 Traveling Game Show/Christina, DR	3 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:00 Resident Council, DR 6:00 Ages Entwined® - Hymns of Praise, DR	4 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Tony, DR 3:45 Mandalas Relaxation Art Class, DR	5 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR	
	6 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	7 8:45 Daily Devotions, FR 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	9 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR	10 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	11 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Just Us, DR 3:45 Mandalas Relaxation Art Class, DR	12 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	13 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	14 8:45 Daily Devotions, FR 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	15 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	16 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR 5:30 Game Show w/Erica, DR	17 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	18 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Bob Houli, DR 3:45 Mandalas Relaxation Art Class, DR	19 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	20 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	MARTIN LUTHER KING JR. DAY 21 8:45 Daily Devotions, FR 9:30 Lexington School Music, DR 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	22 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	23 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR	24 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	25 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/George, DR 3:45 Mandalas Relaxation Art Class, DR	26 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Mind Joggers, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	27 8:45 Daily Devotions, DR 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 FIT to Stretch®, DR 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	28 8:45 Daily Devotions, FR 10:45 Boot Camp Boogie (Fitness), DR 12:30 Movies & Comedy w/Nikki, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	29 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	30 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 1:00 Mah-Jongg, FR 1:30 Volleyball, DR 2:30 Traveling Class w/Hildy, DR	31 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Mini Manicures, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	Calendar events subject to change.	

Trailblazing Book Club

From beauty samples to meal kits, you can get just about anything delivered to your door by way of a monthly subscription service. One of this trend's earliest trailblazers was the Book of the Month Club.

In 1916, adman Harry Scherman and his business partners launched the Little Leather Library Corporation, a mail-order service that offered small leather-bound copies of classic novels to subscribers. When that venture ended, Scherman banked on the same idea and co-founded the Book of the Month Club in 1926.

Since many people did not have easy access to new books, the club provided members the convenience of receiving a hardcover book each month by mail. These Book of the Month selections were often from up-and-coming authors. The first year, Ernest Hemingway's "The Sun Also Rises" was featured.

In time, the Book of the Month Club brand gained literary prestige. Many of its selections went on to become Pulitzer Prize winners, including Margaret Mitchell's 1936 novel "Gone With the Wind." By 1966, the club's membership had grown to 1 million subscribers.

Today, the club is a web-based subscription service, and members have the added perk of discussing their reads with fellow members, the selection committee and authors in the club's online forums.



Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

Steel-cut: Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture and slightly nutty flavor.

Scottish: Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

Old-fashioned: Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods, such as cookies and muffins.

Quick: These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

Instant: Usually sold in single-serve packets with added flavors such as brown sugar, cinnamon and various fruits for sweetness, the oats in instant oatmeal have a soft texture. They have been fully cooked during processing and then dehydrated.



How the World Celebrates the New Year

In the U.S., the New Year is often ushered in with parties, fireworks and a midnight kiss. The rest of the world revels in a variety of traditions.

Spain — At the stroke of midnight, people in Spain eat 12 grapes, one for each month of the year ahead, for good luck.

Russia — In the country's region of Siberia, divers plunge into icy lakes to place a New Year tree, or "yolka," beneath the water's surface, symbolizing a new beginning.

Germany — Germans give a sweet greeting to Jan. 1 by eating the jelly doughnut known as a "Berliner," "Pfannkuchen" or "Krapfen."

Japan — All across this Asian nation, the sound of cities ringing in the New Year can be heard at midnight, when bells chime 108 times as a cleansing ritual.

Colombia — Those hoping for travel adventures in the coming year will carry an empty suitcase with them, a custom in Colombia and other Latin American countries.

Greece — Symbolizing renewal, onions are hung on doorways as a good luck token.

Brazil — To bring prosperity and good luck, Brazilians wear white on New Year's Eve and toss white flowers and candles into the ocean.

Turkey — At midnight, people here sprinkle salt on their doorsteps, which is believed to bring peace and good fortune.

Finland — A crafty custom in Finland is to melt down some tin and then pour it into cold water. When the metal hardens, the shape it forms gives a prediction for the year to come.

Romania — For protection in the new year, many dress up as bears and perform a dance to scare away bad luck.



Word Search Success

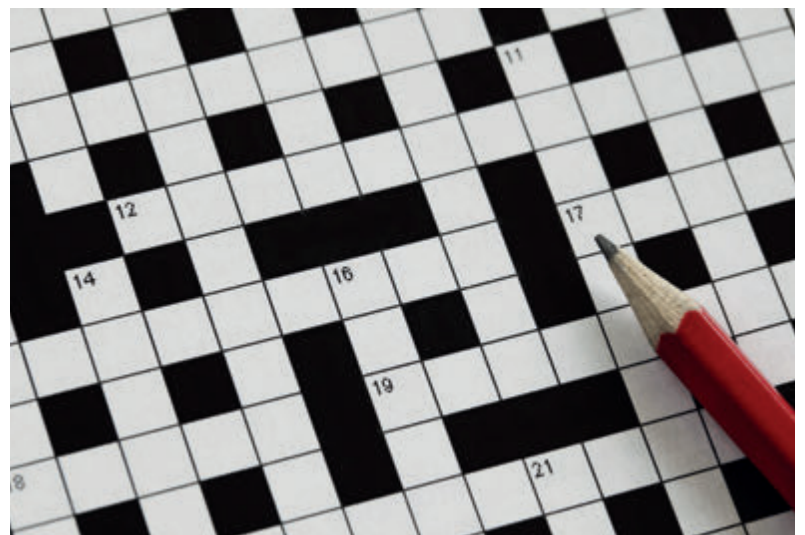
A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Known by various names such as word find, word seek and search-a-word, word searches became a staple in newspapers, magazines, puzzle books and classrooms.

In addition to traditional printed versions, today you can solve the puzzles online or by using a smartphone app.





KATELLA

Senior Living Community

3952 Katella Avenue, Los Alamitos, CA 90720
562-596-2773 | www.katellaseniorliving.com



SNF #300602548

MANAGED BY
 The Goodman Group

Staff

Executive Director

Claire Carpenter

Director of Nursing

Toni Sims

Life Enrichment Director

Erica Powell

Maintenance Director

Jesse Avila

Sales and Marketing Associate

Ashley Schulz

Executive Chef

Cristina Mejia

Payroll

Patty Wilms

Receptionist

Sylvia Davis



Like Us on Facebook

@KatellaSeniorLivingCommunity

Visit facebook.com/KatellaSeniorLivingCommunity to see pictures and catch up on all the fun here at Katella Senior Living. This is a great way for family members and friends to stay connected!