

GOOD Life News

at Katella Senior Living Community

NOVEMBER 2017

www.katellaseniorliving.com

Executive Director

November has arrived and on behalf of all of us at Katella Senior Living Community we would like to say Happy Thanksgiving to all of our residents and families! We are thankful that you chose to come and stay with us this Thanksgiving and wish you all a warm holiday season. Although there is not one specific Platinum Service® to address thanksgiving, it is our pleasure to work with each of you daily and create moments of joy that will last a lifetime. I would like to thank the entire Katella Senior Living Community team for working hard throughout 2017 and building an environment that continues to promote dignity and respect for all. Without our dedicated team, the community would not be filled with so much love! Happy Thanksgiving!



A Sweet Side Dish

Whether they are baked or roasted, topped with marshmallows or served in a pie, sweet potatoes are a staple at many Thanksgiving dinners. But the orange root vegetable is a nutritious, choice year-round.

Historians estimate that sweet potatoes were first cultivated in Central and South America about 5,000 years ago. Despite their name, sweet potatoes are not closely related to white potatoes and belong to the morning glory family of plants. They are often called yams, especially in the South, but true yams are an entirely different plant that is native to Africa and Asia.

When it comes to nutrition, one serving of sweet potatoes contains more than 100 percent of the recommended daily amount of vitamin A, plus plenty of vitamin C, potassium and antioxidants. Though they have a rich flavor, sweet potatoes have fewer calories than white potatoes and cause a smaller spike in blood sugar, making them a good choice for diabetics.

China grows the most sweet potatoes in the world, while North Carolina leads the harvest in the United States.

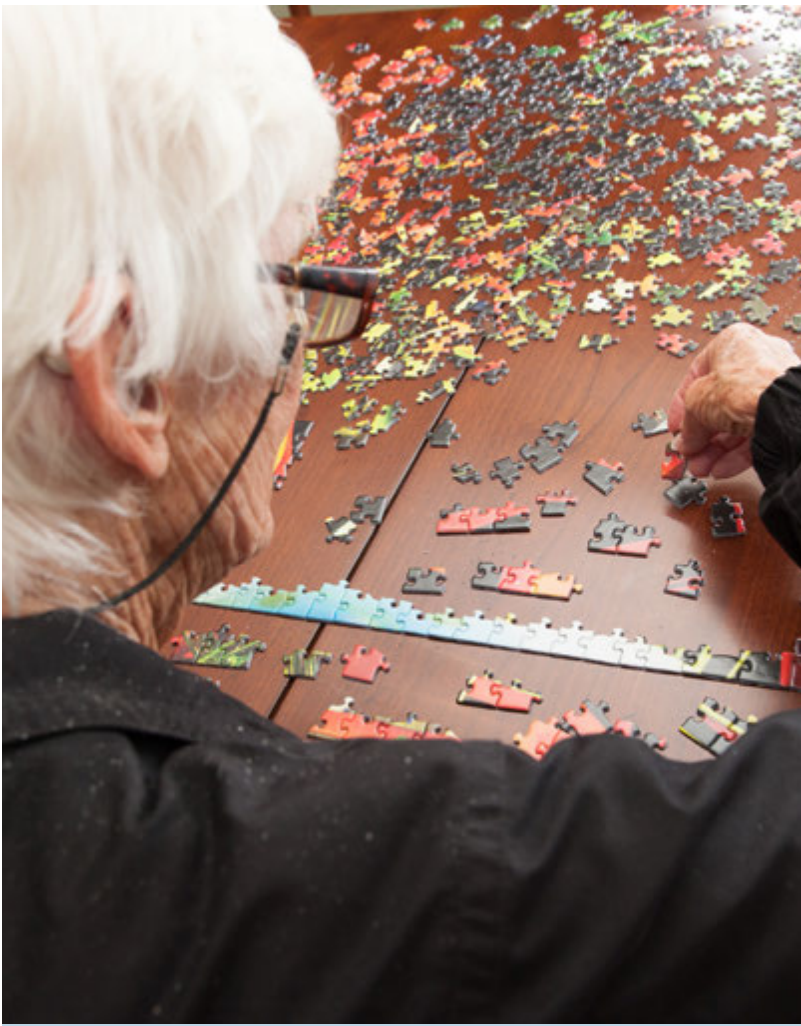
The sweet potato is a dicotyledonous plant that belongs to the bindweed or morning glory family, Convolvulaceae. Its large, starchy, sweet-tasting, tuberous roots are a root vegetable. The young leaves and shoots are sometimes eaten as greens.



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

FIT Functional Fitness®

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.



Piece by Piece

Anyone who has stayed up late to work a jigsaw puzzle knows how easy it is to say “just one more piece.” Both relaxing and a good workout for the brain, puzzles are a favorite pastime of many, from preschoolers to centenarians.

British mapmaker John Spilsbury created the first jigsaw puzzles in 1767 to help children learn geography. He pasted maps onto wood and, using a fine saw, cut them into small pieces for children to assemble, calling his creations “dissected maps.” Throughout the 18th and 19th centuries, these games served as educational tools.

Hobby puzzles for adults evolved around 1900. Made of wood and hand-cut one piece at a time, the intricate creations were expensive and served as entertainment for wealthy.

In the 1930s, die-cut cardboard puzzles began to be mass-produced, reducing the cost and making the games an affordable escape for millions during the Depression. Many drugstores and libraries rented puzzles, and some stores used them as advertising, offering free puzzles with purchases.

Today, jigsaw puzzles come in all shapes and sizes, ranging from a few pieces to 1,000 or more. Three-dimensional structures, pieces with double-sided designs and online jigsaws are recent puzzle trends.

The Fight Against Alzheimer’s

National Alzheimer’s Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer’s. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer’s possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer’s Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer’s. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion, and familiar music from the patient’s past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer’s to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.



Native American Contributions

From the foods we eat to the games we play, the innovations and influences of Native Americans have shaped our everyday lives. November is National American Indian Heritage Month, a time to recognize the countless contributions of North America's native peoples.

Food — Nearly half of the crops grown in the world today were first cultivated by Native Americans, including corn, potatoes, pumpkins, squash, melons and peanuts.

Language — From “barbecue,” “chipmunk” and “hammock” to the names of U.S. cities and states, numerous English words derived from native languages. During World War II, the Navajo language was used as a secret, unbreakable code by the U.S. Marine Corps.

Recreation — Canoes, kayaks, toboggans and snowshoes, often used for leisure today, served as transportation for American Indians. Hockey, lacrosse and relay races also have roots in their culture.

Ecology — Native Americans have always respected the land they lived on and helped early European settlers survive by teaching them what crops to plant and to only hunt and fish for what was needed.

Government — Some historians say the foundation of America's democracy, with individual freedoms and power divided between federal and state governments, was partly based on the Iroquois League, a confederation of tribes that dates to the 17th century.

Youth organizations — Many aspects of Boy Scouts, Girl Scouts and similar youth organizations are based on Native American life.



A Classic Cookbook

In the midst of the Great Depression, a 54-year-old St. Louis widow named Irma Rombauer created a recipe for success in both the kitchens and the hearts of Americans. Her cookbook, “The Joy of Cooking: A Compilation of Reliable Recipes With a Casual Culinary Chat,” was first published on November 30, 1931.

Rombauer's book was revolutionary. Unlike other cookbooks of the era, hers was written in the style of a friend talking to a friend, full of witty anecdotes and helpful advice. The second edition of “The Joy of Cooking” introduced the action method format for recipes, which integrated the ingredients in the directions rather than listing them separately.

Each edition of the cookbook stayed true to its roots while accommodating changing needs and ingredients. The original Depression-era version showcased the innovations of canned soup and frozen vegetables, as well as a section devoted to using leftovers. The 1943 edition featured recipes using substitutes for rationed foods such as meat and butter. In the 1960s, nutrition was a focus. The 1975 version, with more than 4,500 recipes and 1,000 illustrations, became the premier kitchen reference for beginners and experienced cooks alike, and remained in print for over 20 years.

Since the original printing, more than 18 million copies of “The Joy of Cooking” have been sold. Copies are commonly passed down in families and new editions remain a popular gift for newlyweds and graduates.





KATELLA

Senior Living Community

NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Alamitos West, AW Cafe 3952, Cafe Courtyard, CY Dining Room, DR Fireside Room, FR						
	Lobby, L Rose Garden, RG Southern Dining Room Exit, E Upstairs Library, LIBR		8:45 Daily Devotions, FR 1 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Traveling Game Show, DR	8:45 Daily Devotions, FR 2 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:00 Rubber Stamps w/Loren, DR 2:15 Resident Council, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Ages Entwined® Hymns of Praise, DR	8:45 Daily Devotions, FR 3 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Picnic at the Park 2:30 Happy Hour w/Tom Sperry, DR 3:45 Medicare 101 w/Caremore, DR 6:00 Netflix Movie, DR	8:45 Daily Devotions, FR 4 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:15 Women's Craft Time 2:30 FIT to Stretch®, DR
DAYLIGHT SAVING TIME ENDS 5 8:30 Daily Devotions, FR 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 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 6 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at Ralphs & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	ELECTION DAY 7 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	8:45 Daily Devotions, FR 8 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Today in History, DR	8:45 Daily Devotions, FR 9 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Zumba w/Sandra, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR 10 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:15 Lunch at the Road House Grill 2:30 Happy Hour w/Bruce, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Men's Poker, DR	VETERANS DAY 11 8:00 Happy Veterans Day! 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 11:30 Veterans Brunch, DR 12:45 A Time to Remember Veterans, DR 2:30 FIT to Stretch®, DR
8:30 Daily Devotions, FR 12 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 MSSL, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 13 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at 99 Cents Store 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 14 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	8:45 Daily Devotions, FR 15 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Traveling Game Show, DR	8:45 Daily Devotions, FR 16 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Pie Social w/Caremore, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR 17 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:30 Happy Hour w/Justus, DR 4:45 Harvest Celebration Dinner, DR 5:00 Candlelight Birthday Dinner, DR	8:45 Daily Devotions, FR 18 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Zumba w/Sandra, DR 2:30 FIT to Stretch®, DR
8:30 Daily Devotions, FR 19 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 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 20 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at Ralphs & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 21 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	8:45 Daily Devotions, FR 22 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Today in History, DR	THANKSGIVING DAY 23 8:00 Happy Thanksgiving 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:00 Holiday Movie, DR	8:45 Daily Devotions, FR 24 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:15 Lunch at Knotts Chicken, DR 2:30 Happy Hour w/Mario, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Movie Night w/Staff, DR	8:45 Daily Devotions, FR 25 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Craft Corner, DR 2:30 FIT to Stretch®, DR
8:30 Daily Devotions, FR 26 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 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR 27 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at Trader Joe's 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 28 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	8:45 Daily Devotions, FR 29 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR 6:00 Game Night w/Mayra, DR	8:45 Daily Devotions, FR 30 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:15 Women's Craft Corner, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	Calendar events subject to change.	

Bundt Cake Beginnings

Easily identified by its distinct shape, Bundt cake gets its name from the unique pan it's baked in. The Bundt pan was created in 1950 by Nordic Ware, a Minneapolis-based kitchenware manufacturer. A group of local women asked the company's owners to design a metal version of a traditional mold used to bake a dense European cake called a kugelhupf or bundkuchen. They obliged and made a cast aluminum pan that was round and fluted with a center tube, allowing heavier cake batters to bake evenly.

Nordic Ware trademarked its model, naming it a Bundt pan, and put it in its product line. Sales were stale until 1966. That's when Ella Helfrich of Texas entered her Tunnel of Fudge Cake in the Pillsbury Bake-Off. She was the runner-up in the contest, but her recipe, which used a Bundt pan, was a hit. Home cooks wanting to copy Helfrich's cake caused a run on the product. At one point, Nordic Ware was producing 30,000 of the pans each day to keep up with orders.

To date, more than 70 million Bundt pans have been sold.

The Bundt cake derives in part from a European brioche-like cake called Gugelhupf which was particularly popular among Jewish communities in parts of Germany, Austria and Poland. In the north of Germany, Gugelhupf is traditionally known as Bundkuchen, a name formed by joining the two words Bund and Kuchen. Opinions differ as to the significance of the word Bund. One possibility is that it means "bunch" or "bundle," and refers to the way the dough is bundled around the tubed center of the pan. It is interesting to note in this respect that in Dutch, the cake is called "tulband," which is Dutch for "turban." The pronunciation of the second part of this word is very similar to that of "bundt." Another source suggests that it describes the banded appearance given to the cake by the fluted sides of the pan, similar to a tied sheaf or bundle of wheat.



Resident Birthdays

Setsukom P., 1st

Andrew C., 3rd

William S., 7th

Irma P., 8th

Asta L., 8th

Connie Y., 11th

Lucille T., 17th

Employee Birthdays

Taylor N., 3rd

Ligaya W., 9th

Maria L., 13th

Khatera M., 24th

Toni S., 26th

Service Anniversaries

Maria A., 11/7/2007

Yesenia G., 11/14/2016

Heather M., 11/23/2015

Barbara, 11/23/2016

Anita O., 11/23/2015

Jessica G., 11/26/2016

The World's Most Famous Mouse

He's one of the most recognizable faces in the world, and he turns 89 years old this month. Put on a party hat — or better yet, a pair of mouse ears! — and celebrate with these fun facts about Mickey Mouse:

- Mickey's birthday is Nov. 18, 1928, the date when "Steamboat Willie" premiered. It was the first animated short featuring the mouse to be released to the public.
- Originally, creator Walt Disney wanted to name him Mortimer, but his wife, Lillian, convinced him that Mickey was a better choice.
- Some of Mickey's movements and mannerisms were said to be inspired by Charlie Chaplin's character the Tramp.
- In the 1929 short "The Karnival Kid," Mickey spoke his first words: "Hot dogs! Hot dogs!" He was playing a hot dog vendor.
- Disney himself voiced Mickey from 1929 to 1946.
- The first officially licensed Mickey Mouse product was a writing tablet, released in 1930. Today, roughly 40 percent of Disney's merchandise revenue is Mickey-related.
- During World War II, Mickey's image was used to advertise war bonds.
- He was the first cartoon character to receive a star on the Hollywood Walk of Fame.
- Walt Disney received an honorary Oscar in 1932 for creating Mickey.
- Mickey Mouse is the official mascot of all Disney theme parks.



Tell Your Story

Everyone has a story — many stories, in fact! All the pieces of your life weave a unique and interesting narrative, so why not preserve your stories for future generations? Collecting a few tales can be easy and fun, and your loved ones will cherish the precious memories. Here are a few ideas to get you started:

Put pen to paper: Write down some memorable moments, achievements, family traditions or life lessons you have learned. Share a favorite tale or two from each decade, or tell where you were during major world and national events.

Create a scrapbook: Round up photos and mementos and place them in an album or scrapbook. Include notes identifying special memories associated with each item.

Record your stories: What was your life like growing up? Who was your role model? What was your first job? Share these stories and more while someone records you.

Veterans History Project: Veterans can share personal accounts of their military service in an oral history program through the Library of Congress. Details can be found at www.LOC.gov/vets.





KATELLA

Senior Living Community

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