

GOOD Life News

at Katella Senior Living

MAY 2018

www.katellaseniorliving.com

Executive Director

Dear Residents, Family and Friends,

I am so happy to be a part of your fabulous home at Katella Senior Living. I am very much looking forward to working with each of you and have been so blessed by the wonderful reception and good will I have received from each of you as your new Executive Director.

A little bit about me; I was born and raised in Minneapolis, Minn., and this is my first time living in California! Ever since the beginning of my college career, I knew I wanted to work in this industry with older adults and make a positive difference in people's lives. I worked in an assisted living facility as a dietary aid in college and had a year-long internship at a skilled nursing facility in Minneapolis at the end of my college career. After that, I worked with The Goodman Group first as an Administrator in Training and then became the Executive Director at a skilled nursing facility in Minnesota. When The Goodman Group asked me how I felt about California, I jumped at the opportunity! I love what I do and wouldn't change a thing about my journey! When I'm not on the job, I like to spend time with friends, family and my miniature poodle, Brooks. I also like to play tennis, paint and play the piano.

I am located in the Executive Director office down by the front reception desk and would love to meet with you. If you have any questions or concerns, please feel free to contact me either by email, stop by the office or call me.

With Regards,
Claire Carpenter, LNHA
Executive Director



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

**Platinum
Service®
Standard #1**

"I place our residents at the center of everything I do, personalizing my services to meet their preferences."

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.



Burgers Across America

An American classic, the hamburger has countless variations. See how it's served up across the U.S.

California — Burgers with bacon and avocado slices or guacamole are on the menu in the Golden State, where most of the nation's avocados are grown.

Wisconsin — The state known for its dairy products lays claim to the butter burger, invented in the 1930s and named for the pat of butter that's added to the top of a cooked beef patty.

San Antonio — Bean burgers — piled with refried beans, cheese sauce, diced onions and Fritos corn chips — are a specialty in this Texas city.

North Carolina — Hamburgers slathered in chili, coleslaw and mustard are a comfort food in this state and all over the Southeast.

Minneapolis — Order the city's signature Juicy Lucy here, and you'll sink your teeth into a burger with gooey, melted cheese inside the patty rather than on top.

Miami — South Florida serves up fritas cubanas, or "Cuban hamburgers." Thin beef patties are seasoned with paprika and topped with shoestring potatoes, diced onions and spicy ketchup.

New Mexico — Hatch, N.M., calls itself the Chile Capital of the World, and its crop of green chile peppers adds a spicy kick to burgers throughout the Southwest.

Mississippi — Fillers, such as flour and soy meal, were added to stretch a serving of ground beef during the Depression. That's the basic recipe for Slugburgers, named after the slang for a nickel, the original price of the burger.



America's Garden

Nestled near the Capitol Building at the east end of the National Mall in Washington, D.C., the U.S. Botanic Garden proudly stands as the country's living plant museum, dedicated to collecting and cultivating flora from all over the world.

George Washington, Thomas Jefferson and James Madison all shared the dream of a botanical garden in the capital city, and in 1820, their vision was made reality by an act of Congress. The garden is one of the oldest botanical gardens in North America, with specimens that date back to its founding collection.

Maintaining 65,000 living plants from a wide range of habitats, including numerous rare and endangered species, the garden's mission is to emphasize the importance of plants to people and the environment. Its central feature is a domed glass conservatory that houses 29,000 square feet of diverse plants, trees and flowers from across the globe. Outside, the 3-acre National Garden is home to regional plants, as well as a rose garden, butterfly garden, and a water garden honoring America's first ladies.



The Tomb of the Unknowns

Among the nation's many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.



Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute.

On Memorial Day, 1921, four unknown servicemen were exhumed from four World War I American cemeteries in France. U.S. Army Sgt. Edward F. Younger, who was wounded in combat, highly decorated for valor and received the Distinguished Service Cross in "The Great War," selected the Unknown of World War I from four identical caskets at the city hall in Châlons-en-Champagne, France, on Oct. 24, 1921. Younger selected the World War I Unknown by placing a spray of white roses on one of the caskets. He chose the third casket from the left. The chosen Unknown was transported to the United States aboard the USS Olympia. Those remaining were interred in the Meuse Argonne Cemetery, France.

The World War I Unknown lay in state in the Capitol Rotunda from his arrival in the United States until Armistice Day, 1921. On Nov. 11, 1921, President Warren G. Harding officiated at the interment ceremonies at the Memorial Amphitheater at Arlington National Cemetery. During the ceremony, the World War I Unknown was awarded the Victoria Cross by Admiral of the Fleet Lord Beatty, on behalf of King George V of the United Kingdom. (The United Kingdom Victoria Cross was placed with the soldier. Earlier, on March 4, 1921, the British Unknown Warrior was conferred the U.S. Medal of Honor by General of the Armies John Pershing.) In 1928, the Unknown Soldier was presented the Silver Buffalo Award for distinguished service to America's youth by the Boy Scouts of America.

Resident Birthdays

Layton D., 1st

Earl C., 7th

Florette M., 9th

Peggy N., 10th

Myrtle W., 12th

Dolores M., 28th

Martha W., 29th

Employee Birthdays

Jamie M., 5th

Maria A., 7th

Yadira R., 12th

Yesenia G., 20th

Anniversaries

Martha H., 5/6/1996 (Service)

Erica P., 5/12/2014 (Service)

Lisbeth L., 5/29/2017 (Service)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Alamitos West, AW Cafe 3952, Cafe Courtyard, CY Dining Room, DR Fireside Room, FR</p>	<p>Lobby, L Rose Garden, RG Southern Dining Room Exit, E Upstairs Library, LIBR</p>	<p>MAY DAY 1 8:00 Happy Birthday Layton 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</p>	<p>2 8:45 Daily Devotions, FR 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</p>	<p>3 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:00 Resident Council, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Ages Entwined® Hymns of Praise, DR</p>	<p>4 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Cinco De Mayo Lunch, DR 2:30 Happy Hour w/Mary Jane, DR 6:00 Netflix Movie, DR</p>	<p>5 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Cinco De Mayo Facts & Trivia, DR 2:30 Volleyball, DR 3:30 FIT to Stretch®, DR</p>
<p>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</p>	<p>6 8:45 Daily Devotions, FR 10:45 Boot Camp Boogie (Fitness), DR 1:15 Shopping at Ralph's & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR</p>	<p>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</p>	<p>8 8:00 Happy Birthday Florette 8:45 Daily Devotions, FR 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 Mother's Day Craft, DR</p>	<p>9 8:00 Happy Birthday Peggy 8:45 Daily Devotions, FR 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</p>	<p>10 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Mother's Day Lunch, DR 2:30 Happy Hour w/George, DR 6:00 Men's Poker, DR</p>	<p>11 8:00 Happy Birthday Myrtle 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Dominos, DR 2:30 Drama Club, DR 3:30 FIT to Stretch®, DR</p>
<p>MOTHER'S DAY 13 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</p>	<p>14 8:45 Daily Devotions, FR 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 1:15 Shopping at Barnes & Nobles 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR</p>	<p>RAMADAN BEGINS AT SUNDOWN 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</p>	<p>16 8:45 Daily Devotions, FR 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 Today in History, DR</p>	<p>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 5:45 Candlelight Birthday Dinner, DR</p>	<p>18 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:15 Lunch at Black Bear Diner 2:30 Happy Hour w/Tony, DR 6:00 Bean Bag Toss, DR</p>	<p>19 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Monopoly, DR 3:30 FIT to Stretch®, DR</p>
<p>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</p>	<p>20 8:45 Daily Devotions, FR 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 1:15 Shopping at Ralph's & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR</p>	<p>21 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</p>	<p>22 8:45 Daily Devotions, FR 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 Game Show w/Ryan, DR</p>	<p>23 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR</p>	<p>24 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:15 Picnic at the Park 2:30 Happy Hour w/Armando, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Yahtzee, DR</p>	<p>25 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Bocce Ball, DR 2:30 Brain Joggers, DR 3:30 FIT to Stretch®, DR</p>
<p>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</p>	<p>27 8:00 Happy Birthday Dolores 8:45 Daily Devotions, FR 10:45 Boot Camp Boogie (Fitness), DR 11:30 Memorial Day Lunch, DR 1:30 Memorial Day Music, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR</p>	<p>28 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</p>	<p>29 8:45 Daily Devotions, FR 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 Nationals Day, DR</p>	<p>30 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR</p>	<p>31</p>	<p>Calendar events subject to change.</p>

Nursing/Health Care

While everyone in the Northern Hemisphere eagerly anticipates the coming of springtime, some of us also dread the approach of spring and all the growing things that come with it. Spring allergies certainly take the fun out of an otherwise idyllic season, and those who experience the symptoms of allergies know these debilitating health issues are nothing to joke about. While others prance about and enjoy the return of sunshine and good times, those who suffer from spring allergies often have to stay inside and miss out on all the fun.



By becoming aware of the signs and symptoms of spring allergies ahead of time, sufferers and their loved ones can prepare for the coming season and hopefully mitigate the worst problems associated with these allergic reactions. By learning about the common symptoms of springtime allergies, you'll be better equipped to recognize the signs of allergies early on and stand a better chance of heading them off at the pass. Though spring allergies are a pain in the neck for anyone who experiences them, in this case, knowledge is truly the best weapon, and being aware of the difficulties allergies can bring robs them of the element of surprise.

People may experience:

- **Pain areas:** in the ear
- **Nasal:** congestion, loss of smell, redness, runny nose, post-nasal drip, sneezing or stuffy nose
- **Eyes:** itchiness, puffy eyes, redness or watery eyes
- **Respiratory:** breathing through the mouth or wheezing
- **Also common:** coughing, fatigue, headache, itching, phlegm or throat irritation

Minor Leagues, Major Appeal

With a lively atmosphere, seats close to the action and affordable ticket prices, minor league baseball games score big with more than 40 million fans each season.

The teams in Minor League Baseball are usually affiliated with an MLB club and are divided into progressive levels, such as Class A, Double-A and Triple-A, known as the "farm system." Players develop their skills and work their way up through the levels with the goal of getting called up to the big leagues. Nearly every MLB player started in the minors. Major leaguers can also be sent down to the minors temporarily if they are recovering from an injury or need to work on a skill.



Minor league games offer major fun, and admission and concessions are usually a fraction of the cost of an MLB game. The smaller stadiums, on-field entertainment between innings and themed promotions appeal to many fans, and there's the draw of watching potential big-league players, who often sign autographs before and after games.

There are currently 160 teams in Minor League Baseball.

The Teatime Tradition

Small sandwiches, dainty desserts and a spot of tea are the ingredients for the quaint British tradition known as afternoon tea.

Anna Maria Russell, an English duchess, is often credited with creating the custom around 1840. Back then, dinner was eaten as late as 8 p.m. To tide her over, the duchess would have a cup of tea and snacks in the afternoon. She began inviting her friends to join her in this daily practice.

The ritual spread throughout the country's upper class, and it became a social event with invited guests mingling in elegant drawing rooms. Women typically wore gowns, hats and gloves while they lingered over a light meal of finger sandwiches, scones and cakes, along with tea served in fine china cups.

Afternoon tea was sometimes called low tea because the food was served on a low table with people seated in relaxing armchairs or sofas. The term high tea traditionally refers to the hearty evening meal eaten by the working class, who sat at a dinner, or high, table.

Many hotels and tea rooms in England and the U.S. serve afternoon tea, and it has become a meal used to celebrate special occasions with friends and family.



The Salsa Scoop

The word salsa means "sauce" in Spanish, and there are countless recipes and flavor combinations of this popular condiment staple. Dip into this serving of some favorite salsa styles:

Salsa roja — Meaning "red sauce" since it uses cooked tomatoes as a base, this is often simply referred to as salsa, especially in the U.S. It can be thin or chunky, mild or spicy, with chili peppers, onions, garlic and cilantro rounding out the flavor.

Salsa verde — This salsa is similar to salsa roja but instead of tomatoes, uses tomatillos, a tart fruit that looks like an unripe tomato, resulting in its signature green, or verde, color.

Pico de gallo — The name of this salsa means "rooster's beak," referring to the way the diced ingredients can be picked up between the fingers, like a rooster pecking at the ground. Also called salsa fresca, or "fresh sauce," because it is uncooked, pico de gallo is made from raw tomatoes, chili peppers, onions and cilantro, with a splash of lime juice.



The Lovely Lei

The May 1 holiday of May Day is celebrated as Lei Day in Hawaii, where the garland is a cherished tradition and symbol of the state's "aloha spirit."

Early Polynesian people wore lei as ornamentation and to signify social status. As tourism to the islands increased, it became customary to greet visitors with a lei and a hug or kiss on the cheek. During the days of luxury ocean liners in the 1930s to the '50s, tourists tossed their lei in the water as their ships departed, symbolizing the wish to return someday.

The most popular type of lei is strung with fragrant tropical flowers, such as plumeria, tuberose and orchids, but they can also be made with leaves, nuts, seeds, shells, feathers and other materials.

Lei can be worn by anyone at any time, and they are almost always given as gifts at birthdays, weddings and graduations, and to mark an anniversary or promotion. They're also a common fixture at memorial services.

A lei should be worn draped on the shoulders with part of the garland hanging behind the neck as well as in front. It's considered rude to turn down a lei offered to you or to take it off in front of the giver.





KATELLA

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SNF #300602548

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