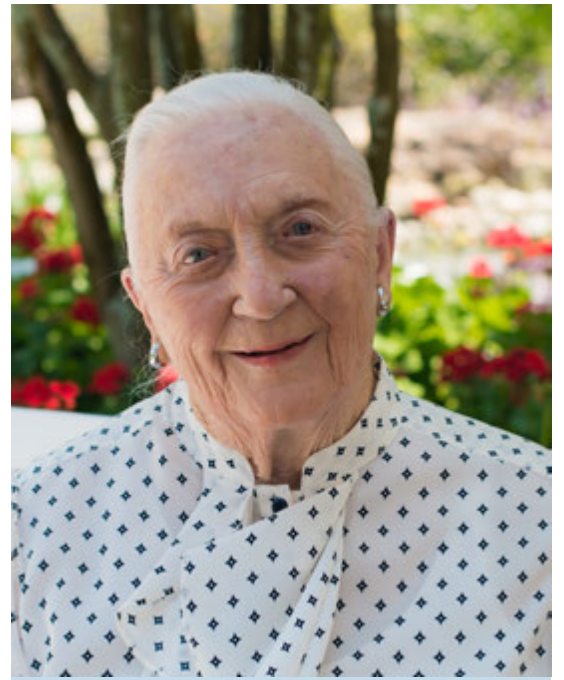


GOOD Life News

at Katella Senior Living Community

SEPTEMBER 2017

www.katellaseniorliving.com



Executive Director

September is the month in which we celebrate National Assisted Living Week! This year, National Assisted Living Week's theme is "Family is Forever" — illustrating to all of us that family goes beyond just our genetics. Platinum Service® Number 2 sums



up this idea well; "I build lifetime relationships with our resident by creating memorable experiences." On a daily basis, the employees of Katella Senior Living Community work hard to not only care for our residents, but to also build relationships that ultimately build upon our family. Often times I hear from potential residents who tour our community that they have a "sense of family" when they are in our building. This is because all of the employees treat our residents with respect and strive to really understand our residents beyond simply providing certain services for them. It is no secret the staff at Katella cares for our residents as if they are their own parents/grandparents/aunts/uncles. Please join us in celebrating Assisted Living Week from Sept. 10-16!

— Michele Ortiz

Resident Birthdays

Emma F., 2nd Betty K., 10th Phyllis S., 23rd Victor F., 28th

Employee Birthdays

Erica P., 4th	Alejandra C., 10th	Jadiralia C., 23rd
Janette N., 9th	Maria D., 10th	Bonnie S., 28th
Ashlee L., 9th	Mayra R., 11th	Rebekah C., 30th

Service Anniversaries

Sharon P., 9/3/2015	Cristina M., 9/8/2014	Maria A., 9/23/2003
Toni S., 9/4/2015	Maria L., 9/12/2012	Bonnie S., 9/27/2011
Nancy R., 9/7/2016	Patsy W., 9/12/2012	Margaret A., 9/30/2015

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

**Healthy
Aging Month**

This month's theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it's never too late to find a new career, sport, passion or hobby. She says, "Use September as the motivation to take stock of where you've been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can't start your own home business later in life, test you're your physical prowess, or do something wildly different from anything you've done before? Only that person you see in the mirror!"

Memory Lane

On Oct. 29, 1929, the stock market crashed. I was 10 years old. All became a scene of disaster for my family. The great depression was upon us. How could this have happened?

However, today, as I approach my 90th birthday, I recall with gratitude a president who brought us great promise and healing, President Franklin Delano

Roosevelt, a man who was confined to a wheelchair because of paralysis. He brought hope to a stricken nation. I lost my father prior to the Depression. Mother was left with five children to care for. There was no other source of outside help, no welfare to lessen her burden. She brought home sewing from a clothing factory and sewed until late evening under gas light, since we did not have electricity. The eastern winters were cold. The only source of heat was a coal stove in the kitchen; the rest of the house was bitterly cold. My siblings and I would go to various neighborhood stores to gather wood boxes to burn when there was insufficient money to buy coal. When Mother would finally scrimp enough to purchase a tin of coal, it soon diminished with neighbors, buckets in hand, asking to borrow. In 1935, when I attended high school with great aspirations of becoming a writer, I was compelled to leave the tenth grade to help our impoverished family. I found work in a laundry working a total of 55 hours a week. My pay was 15 cents per hour. Child labor was prevalent in that era. In 1936, many wonderful changes began to take place under the New Deal. President Roosevelt created many jobs for the countless unemployed under the Work Progress Administration (WPA). My greatest gift of the time was when child labor was abolished. The laundry where I worked was invaded by government agents spelling out verbally the new changes. The workers would now receive \$14.75 for a 40 hour week. The minors would only work a maximum of 32 hours. There would be 15 minutes break twice a day. Suddenly, our perspective of the future was better. President Roosevelt is responsible for Social Security, Medicare and Welfare for the needy. This great president still lives on in my heart. I will never forget standing by my radio and weeping upon hearing the news of his demise.

— Gloria Serafino



Coffee Around the World

Do you like your coffee black or with cream and sugar? Perhaps you enjoy cappuccinos, mochas or lattes. Pour a cup of joe and learn how people in other countries drink coffee.

Finland and Sweden: Cubed cheese — made from cow, goat or reindeer milk — is placed in a cup of coffee or dipped into the java and eaten.

Ethiopia: The coffee plant originated in this country, where its beans are roasted and brewed in a ceremony that can last hours. The drink is served with salt, butter or sugar.

Malaysia: Those who can't decide between coffee and black tea can choose yuangyang, which is a mixture of both beverages and milk.

Mexico: Cinnamon sticks and unrefined cane sugar add comforting warmth to this coffee, which is served in a clay mug to bring out the flavors.

Morocco: Warm spices, such as cinnamon, cardamom, nutmeg and black pepper, are blended with dark coffee to create an aromatic beverage.

Turkey: After it's simmered in a copper or brass pot, coffee here is served strong and unfiltered, so a cup will include settled grounds.

Italy: Espresso is the signature caffeinated drink for Italians, who sip shots of the concentrated coffee while standing at cafes.

France: A favorite among the French, café au lait is brewed coffee with steamed milk. It is served in a wide cup for dunking croissants.

Australia: The velvety drink known as a flat white originated Down Under. Similar to a latte, it is made with a shot of espresso and steamed milk.

Espresso — Espresso is the crux of literally any coffee over the world. It mostly means 'pressed out,' according to some Anglo-American dictionaries, owing to the fact that it is made by passing nearly boiling water under pressure through finely ground coffee beans.



Carol Burnett's Comedy

Millions of viewers spent their Saturday nights laughing out loud because of "The Carol Burnett Show," the first TV variety show to be hosted by a woman. Still ranked as one of television's best, the series premiered 50 years ago this month, on Sept. 11, 1967.

The hourlong program was a mix of comedy sketches, musical numbers and parodies performed by Burnett and cast members Vicki Lawrence, Harvey Korman, Tim Conway and Lyle Waggoner. The group often spoofed movies and TV shows, with "Went With the Wind" and "As the Stomach Turns" among its many memorable segments. Another recurring skit, "The Family," was spun off into a popular sitcom, "Mama's Family."

Each week, a guest star acted alongside the cast. Lucille Ball, Steve Lawrence, Betty White and Sammy Davis Jr. were among the dozens of entertainers who appeared on the show.

Burnett began most shows by saying, "Let's bump up the lights," and then taking questions from the audience. She ended each program by singing her theme song, with the lyrics "I'm so glad we had this time together," then tugging her left ear, which was a loving signal to her grandmother.

"The Carol Burnett Show" aired for 11 seasons and earned 25 Emmy Awards.



The Ship With Sides of Iron

If ships could talk, Old Ironsides would have plenty of proud stories to share. Officially named the USS Constitution, the oldest commissioned American naval vessel has become a symbol of the nation it so fiercely defended.

In 1794, President George Washington ordered the construction of six frigates for the Navy. The USS Constitution was launched from Boston Harbor in 1797, and during the next few years, it protected American merchant ships in the West Indies, among other duties.

During the War of 1812, the U.S. and Great Britain were involved in a number of legendary battles at sea. In one conflict, the Constitution and the British frigate Guerriere

exchanged shots off the coast of Nova Scotia. Cannonballs bounced off the Constitution's oak hull, and an American sailor reportedly shouted, "Huzzah! Her sides are made of iron!" Earning the nickname Old Ironsides, the victorious ship was given a hero's welcome when it returned to Boston.

The vessel was undefeated during its years of service, winning 33 battles in all. In 1830, the Navy considered scrapping Old Ironsides, but the public outcry was so strong that the ship was refurbished instead. The famous frigate was retired from military service in 1855 and was later made a museum ship.

Old Ironsides is docked in Boston, where about 500,000 visitors tour the National Historic Landmark each year. A crew of 85 active duty Navy personnel serves aboard the ship.





SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar events subject to change.						8:45 Daily Devotions, FR 1 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Pizza in the Park 2:30 Happy Hour w/ Tom Sperry, DR 3:45 Today in History, DR 6:00 Netflix Movie, DR
Locations Alamitos West, AW Lobby, L Cafe 3952, Cafe Rose Garden, RG Courtyard, CY Southern Dining Room Exit, E Dining Room, DR Upstairs Library, LIBR Fireside Room, FR						
8:30 Daily Devotions, FR 3 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 2:00 FIT to Stretch®, DR 3:00 Bingo, DR 5:45 Independent/Group Word Games, DR	LABOR DAY 4 8:45 Daily Devotions, FR 10:45 Boot Camp Boogie (Fitness), DR 1:15 Shopping at Ralphps & Rite Aid 3:30 News & Trivia w/ Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 5 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Ages Entwined® Bingo, DR 3:00 Bowling, DR 5:45 Independent Word Games, L	8:45 Daily Devotions, FR 6 9:15 Catholic Communion, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 10:45 Juicing for Wellness, Cafe 1:00 Mah-Jongg, FR 1:30 Veterans' Bocce Ball, DR 3:00 Mini Manicures, DR 6:00 Traveling Game Show, DR	8:45 Daily Devotions, FR 7 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:00 Resident Council, DR 2:30 6 Weeks of Science (Dinosaurs), DR 6:00 Ages Entwined® Hymns of Praise, DR	8:45 Daily Devotions, FR 8 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:15 Lunch at the Pizza Kitchen 2:30 Happy Hour w/Bruce, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Men's Poker, DR	8:45 Daily Devotions, FR 9 9:30 Catholic Church Service, FR 10:15 Bingo, DR 2:30 FIT to Stretch®, DR 6:00 Hollywood Movie Presentation, DR
8:30 Daily Devotions, FR 10 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 11:45 Grandparents Day Brunch, DR 2:00 FIT to Stretch®, DR 3:00 Bingo, DR 5:45 Independent/Group Word Games, DR	PATRIOT DAY 11 8:00 National Assisted Living Week 8:45 Daily Devotions, FR 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 12:00 African Lunch Party 1:00 African Dance Performance, DR 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:00 National Assisted Living Week 12 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:00 USA Patriotic Performance, DR 3:00 Senior Topics w/Mary, DR 5:45 Independent Word Games, L	8:00 National Assisted Living Week 13 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 5:00 Japanese Dinner Party, DR 6:00 Traditional Japanese Music, DR	8:00 National Assisted Living Week, DR 14 8:45 Daily Devotions, FR 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 12:00 Pausenbrot Lunch Celebration, DR 1:00 German Show, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:00 National Assisted Living Week, DR 15 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 12:00 International Lunch Party, DR 1:00 International Show, DR 2:30 Happy Hour w/ Jennifer Watts, DR 6:00 Netflix Movies, DR	8:45 Daily Devotions, FR 16 9:30 Catholic Church Service, FR 10:15 Bingo, DR 2:30 FIT to Stretch®, DR 6:00 Hollywood Movie Presentation, DR
8:30 Daily Devotions, FR 17 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 2:00 FIT to Stretch®, DR 3:00 Bingo, DR 5:45 Independent/Group Word Games, DR	8:45 Daily Devotions, FR 18 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 11:15 Movies at the Long Beach TC 3:30 News & Trivia w/ Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 19 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	ROSH HASHANAH BEGINS AT SUNDOWN 20 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	8:45 Daily Devotions, FR 21 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 6 Weeks of Science (Viruses), DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	FALL BEGINS 22 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Lunch at the Corner Bakery 2:30 Happy Hour w/Mary Jane Prout, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Women's Craft Corner, DR	8:45 Daily Devotions, FR 23 9:30 Catholic Church Service, FR 10:15 Bingo, DR 2:30 FIT to Stretch®, DR 6:00 Hollywood Movie Presentation, DR
8:30 Daily Devotions, FR 24 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 2:00 FIT to Stretch®, DR 3:00 Bingo, DR 5:45 Independent/Group Word Games, DR	8:45 Daily Devotions, FR 25 10:45 Boot Camp Boogie (Fitness), DR 1:00 Comedy of Movies w/Nikki, DR 1:15 Shopping at Ralphps & Rite Aid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 26 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 27 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, DR	8:45 Daily Devotions, FR 28 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 6 Weeks of Science (Evolution), DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	YOM KIPPUR BEGINS AT SUNDOWN 29 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Picnic at the Park 2:30 Happy Hour w/ Hui O Hula, DR 6:00 Netflix Movies, DR	8:45 Daily Devotions, FR 30 9:30 Catholic Church Service, FR 10:15 Bingo, DR 2:30 FIT to Stretch®, DR 6:00 Hollywood Movie Presentation, DR

Advocating for America's Heroes

Since being founded on Sept. 17, 1914, the VFW Auxiliary has taken pride in its mission of providing “unwavering support for uncommon heroes.”

Originally known as the Ladies Auxiliary VFW, the nonprofit group is the renowned

support organization of the Veterans of Foreign Wars of the United States. Since 2015, membership in the auxiliary is open to both men and women related to those who have served in overseas combat. Today, there are nearly 470,000 members in over 4,000 chapters.

From its inception, the auxiliary's primary goal has been a simple one: to help veterans and active-duty service members and their families. This includes assisting the VFW in advocating for veterans' rights, providing community service and fundraising, and promoting patriotism.

Through their decades of service, members have volunteered millions of hours to their communities, especially at veterans hospitals, nursing homes and veterans homes. The auxiliary has also raised millions of dollars for veterans and their families, national disaster relief, cancer research and treatment, veterans memorials, care packages for troops, and youth programs and scholarships.



Mahjong Mania

When you hear the clicking of tiles on a tabletop, that is the distinct sound of a game of mahjong, which has fans all over the globe.

Developed in China in the mid-1800s, the game was brought to the U.S. in the 1920s, and it exploded in popularity because of its exotic appeal and the strategy involved.

Mahjong is similar to gin rummy, but instead of cards, domino-like tiles are used. A standard game has a minimum of 16 hands and can last several hours.

Unique to mahjong is the game's set of 144 tiles, each adorned with various Chinese characters and symbols that determine how the tile is played and scored, similar to suits in a deck of cards. The birdlike chatter created by shuffling the game pieces may have inspired its name, which comes from the Chinese word for sparrow.



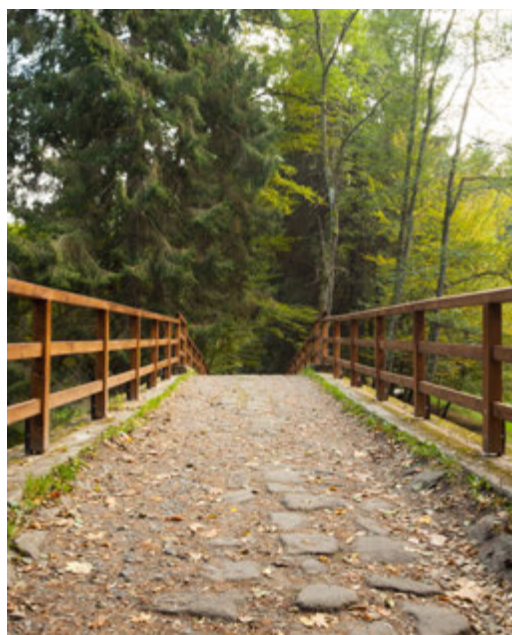
What Is Mindfulness?

The word “mindfulness” is a frequent topic these days, whether on talk shows, in magazine articles and even for adult coloring books. While it may seem like a vague term, mindfulness is a fairly simple concept with many benefits.

Essentially, mindfulness means being aware of your thoughts, feelings, physical sensations and environment in the moment, rather than thinking about the past or worrying about the future.

Practicing mindfulness is credited with helping to reduce stress and anxiety, cultivate compassion and build relationships. Studies reveal physical benefits, too, such as a stronger immune system, improved memory and sharper cognitive skills. As a therapeutic technique, mindfulness has been used to promote healing for hospital patients and veterans with post-traumatic stress disorder as well as a helpful tool in schools.

Observation is the key to mindfulness. Notice the sights, sounds and smells around you, and pay attention to sensations like the warmth of the sunshine on your face or the flavor of your morning coffee. By adding “mindfulness moments” to your daily routine, you may soon feel a deeper connection to both yourself and the world.



America's Beloved Bison

Until a few hundred years ago, the Great Plains of the United States were covered with millions of massive, roaming beasts known as buffaloes. While their numbers dwindled to near-extinction then rose again after conservation efforts in the last century, these majestic mammals have remained a steadfast symbol of America.

Although the animal is commonly called a buffalo, its more accurate name is American bison. It is the largest land mammal in North America. Males can be as tall as 6 feet and weigh as much as 2,000 pounds. Both males and females sport the species' trademark traits: a huge shoulder hump; a shaggy, brown coat; and short, curved horns.

Despite their formidable size, bison are quite agile and are able to run at speeds of up to 35 mph, make abrupt turns, jump impressive heights and even swim. Their eyesight is poor, but they have excellent hearing and a keen sense of smell, which they use to forage for grasses, weeds and leafy plants, a task that takes nine to 11 hours a day. Bison communicate with each other by grunting, growling and bellowing.

To Native Americans, bison have long held importance both as a cultural symbol and as a vital source of food, clothing and tools. In 2016, the American bison was officially named the national mammal of the United States.





KATELLA

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