

GOOD Life News

at Katella Senior Living

JULY 2018

www.katellaseniorliving.com



Executive Director

Dear Residents, Families and Friends,

Happy July! I cannot wait for my first summer here in California. I personally plan on spending my summer weekends taking up surfing and going on some fun weekend trips. If you have any recommendations for weekend destinations or fun activities in our area, I'd love to hear them!

This month I'd like to share with you the customer service standards each employee learns at Katella, called our Platinum Service®

Standards. We follow 20 Platinum Service® Standards each day. It is our responsibility to ensure we are providing unparalleled service committed to following our service philosophy. Here are the first five principles we train our staff:

1. I place our residents at the center of everything I do, personalizing my services to meet their preferences.
2. I build lifetime relationships with our residents by creating memorable experiences.
3. I am proactive in my service approach and focus on anticipating the needs and desires of our residents.
4. I take ownership of service excellence and offer solutions to achieve positive results for our residents and follow employees.
5. I am always considerate and treat residents and fellow employees with dignity and respect.

These are the first five principles, with more to come in our next edition of the newsletter! Should you have any questions or concerns, please feel free to contact me either by email, stop by the office or call me.

Sincerely,

Claire Carpenter, Executive Director



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

**Platinum Service®
Standard #2**

"I build lifetime relationships with our residents by creating memorable experiences."

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

A Crispy Classic

Crunchy, spicy or finger-lickin' good ... no matter how you describe your favorite fried chicken, it's become classic fare for summer picnics and family dinners.

The earliest recipe for fried chicken was published by a British woman, Hannah Glasse, in her 1747 cookbook "The Art of Cookery Made Plain and Easy," which was very popular throughout the Colonies. It instructed cooks to fry battered chicken pieces in hog's lard. In 1824, American Mary Randolph published "The Virginia Housewife" and included a similar recipe. While enjoyed across the nation, fried chicken became strongly associated with Southern cooking.



Through the early 20th century, the meal was mostly reserved for special occasions, since its preparation was time-consuming, and chickens were valued for laying eggs. After World War II, improved poultry farming and cooking methods made fried chicken a staple both at home and in restaurants.

The first dish known to have been deep fried was fritters, which were popular in the Middle Ages. However, it was the Scottish who were the first Europeans to deep fry their chicken in fat (though without seasoning). Meanwhile, a number of West African peoples had traditions of seasoned fried chicken (though battering and cooking the chicken in palm oil). Scottish frying techniques and West African seasoning techniques were combined by enslaved Africans and African-Americans in the American South. Prior to the Second World War, fried chicken was often very expensive and was only enjoyed on special occasions. In the late 1900s and early 2000s, however, fried chicken has been mass-produced and the price of the dish has gone down significantly.

Resident Birthdays

Hilda B., 16th

Patricia D., 20th

Marlyn H., 21st

Lois S., 28th

Jean R., 30th

Employee Birthdays

Derrick C., 16th

Ryan S., 28th

Maria T., 24th

Maria A., 31st

Melissa M., 25th

Gabriela V., 31st

Margaret A., 25th

Anniversaries

Taylor N., 7/10/2017 (Service)

Hermelinda C., 7/12/1994 (Service)

Aljandra L., 7/20/1989 (Service)

Allaina R., 7/20/2016 (Service)

Kaylee A., 7/25/2016 (Service)

Live One Day at a Time

Live one day at a time; you do not need to be in a hurry. Take the time to be with all the people in your life who make you feel special by what they say and what they do. They are the ones who help you and care about you. They are your treasures. Some are old, some are new, some are ones you have been looking for, some are waiting to be found. Celebrate your treasures, celebrate teaching each



other, celebrate learning from each other. The mind is like a parachute; it works best when open. You have many days to live your life, you do not need to be in a hurry. Live each of these days in the best way you can, feeling who you are and what you say is important

Hildy's Class

Journey Back in Time

A Knotted Craft

The word “macramé” may bring to mind the handmade wall hangings and plant holders that adorned many homes in the 1970s. The art of tying thread or rope into decorative knots and patterns dates back many centuries and is making a comeback.

In the 13th century, Arab weavers knotted the excess thread along the edges of handmade fabrics, creating decorative fringe on rugs, blankets and clothing. European sailors picked up on the craft and spent their long hours at sea making ornamental covers for tools as well as practical objects such as nets and hammocks. Some sold their handcrafted pieces in port cities, spreading the art form around the world.

The craft had a resurgence during the Victorian era, when the publication of “Sylvia’s Book of Macramé Lace” showed readers how to create a variety of patterned pieces for garments, bedspreads and tablecloths. Perhaps the biggest revival took place in the 1970s, when macramé wall art, plant hangers and clothing were all the rage in décor and fashion.

Crafters have made macramé popular again, and enthusiasts are tying knots to make everything from jewelry to curtains. Retailers have also picked up on the trend, offering macramé items of all kinds.



Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

Statue of Liberty — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

White House — A highlight of historic sites in Washington, D.C., the home and office of the U.S. president is the only private residence of a head of state that is open to the public free of charge.

Gateway Arch — This 630-foot-tall monument to America’s pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

Mount Rushmore — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

Grand Canyon — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

Golden Gate Bridge — Instantly recognized by its “international orange” paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY										
8:30 Daily Devotions, FR 1 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	8:45 Daily Devotions, FR 2 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR 1:15 Shopping at Ralph's & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 3 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	INDEPENDENCE DAY 4 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR 10:30 4th of July Entertainment, CY 1:30 Volleyball, DR 2:30 History of 4th of July, DR	8:45 Daily Devotions, FR 5 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	8:45 Daily Devotions, FR 6 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Pizza in the Park 2:30 Happy Hour w/Eddie, DR 3:30 Packing for the Homeless, DR 6:00 Netflix Movie, DR	8:45 Daily Devotions, FR 7 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Painting by Numbers, DR 2:30 Brain Games, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR 8 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	8:45 Daily Devotions, FR 9 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR 1:15 Shopping at Target 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 10 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 11 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 5:30 Game Show w/Lisbeth, DR	8:45 Daily Devotions, FR 12 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 13 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Movies at LB Town Center 2:30 Happy Hour w/Justus, DR 5:30 Men's Poker, DR	8:45 Daily Devotions, FR 14 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Bocce Ball, DR 2:30 Guess Who Game, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR 15 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	8:45 Daily Devotions, FR 16 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR 1:15 Shopping at Ralph's & Riteaid 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 17 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 18 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 Stamp Class w/Loren, DR	8:45 Daily Devotions, FR 19 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Bowling, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR 20 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:30 Picnic at the Park 2:30 Happy Hour w/Tony, DR 3:45 Mandalas Relaxation Art Class, DR 5:30 Group Crosswords, DR	8:45 Daily Devotions, FR 21 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR 22 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	8:45 Daily Devotions, FR 23 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR 1:15 Shopping at Goodwill 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR 24 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 25 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 5:30 Craft Corner, DR	8:45 Daily Devotions, FR 26 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 2:45 Journey Back in Time w/Hildy, DR 4:45 Candlelight Dinner, DR	8:45 Daily Devotions, FR 27 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 2:00 Beach Party, DR	8:45 Daily Devotions, FR 28 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Mind Joggers, DR 3:30 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR										
8:30 Daily Devotions, FR 29 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	8:45 Daily Devotions, FR 30 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy 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 31 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>Locations</p> <table border="0"> <tr> <td>Alamitos West, AW</td> <td>Lobby, L</td> </tr> <tr> <td>Cafe 3952, Cafe</td> <td>Rose Garden, RG</td> </tr> <tr> <td>Courtyard, CY</td> <td>Southern Dining</td> </tr> <tr> <td>Dining Room, DR</td> <td>Room Exit, E</td> </tr> <tr> <td>Fireside Room, FR</td> <td>Upstairs Library, LIBR</td> </tr> </table> <p>Calendar events subject to change.</p>				Alamitos West, AW	Lobby, L	Cafe 3952, Cafe	Rose Garden, RG	Courtyard, CY	Southern Dining	Dining Room, DR	Room Exit, E	Fireside Room, FR	Upstairs Library, LIBR
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Soap Box Speedsters

Every July, hundreds of kids zoom down an Ohio track in sleek cars powered only by gravity. The drivers are in a race to win the title of world champion at the annual All-American Soap Box Derby.

A national soap box derby program was the idea of newspaper photographer Myron Scott. In 1933, he spotted a group of boys racing homemade engine-less cars down hill in Dayton, Ohio. The following year, Scott organized an official competition with more than 350 kids steering cars constructed out of items such as wooden crates and baby-buggy wheels.

From the 1940s to the '60s, soap box racing's heyday, youngsters all over the country were building cars for derbies. Today's sport is more high-tech, with fiberglass cars that can reach speeds up to 30 mph, but the goal remains the same: to teach kids construction and engineering skills, sportsmanship and friendly competition.

Drivers ages 7 to 20 compete at the annual championship at Akron's Derby Downs, a three-lane downhill racetrack. This year's derby will take place July 15-21.



Drawn to Coloring Books

Coloring books have grown into a fun, creative outlet for adults to relax and relive a nostalgic childhood activity.

The books originated as an artistic endeavor for adults. Historians have found examples of illustrated books that were meant to be colored in by hand as far back as the 1600s in England. Called painting books, they were used to teach aristocrats how to paint with watercolors.

How did children get drawn into the pastime? Advances in printing made illustrated books more affordable and accessible to more people, including youngsters. At the same time, changes in education, including the establishment of kindergartens, encouraged kids' creativity. In 1879, the American company McLoughlin Brothers began printing the "Little Folks" series of painting books. Considered the first popular coloring books, they helped pioneer the children's genre.

The industry grew with the invention of colorful wax crayons around 1900. Soon, many companies saw an advertising opportunity and offered books that featured their products. By the 1960s, coloring was a familiar part of growing up.

With the recent trend, grown-ups can continue to enjoy this childhood pursuit. Coloring books abound in a multitude of themes, along with a variety of crayons, pencils and markers. There are also digital coloring pages that can be colored online.



An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.



The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw “U.S.” stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the U.S. government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption “I Want You for U.S. Army” on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg’s Uncle Sam were also used as a call to action during World War II.

Cheers for Cherries

One of the tasty stars of summer, cherries shine as a fresh snack, the filling for festive pies and cobblers, and the finishing touch atop ice cream treats.

Cherries are believed to have originated thousands of years ago in the area around the Black Sea near Turkey. European settlers brought the fruit to America in the 1600s. Pioneers and fur traders later introduced cherries to the Pacific Northwest, a prime growing region for the fruit today.

Cherries range in color from various shades of red to yellow to purplish-black. Because they have a hard pit, cherries are classified as stone fruits and are related to peaches and plums. There are two main types of cherries: sweet, which are usually eaten fresh, and tart, used in baked goods, juices and jams.

A 1-cup serving has 90 calories and is a good source of vitamin C and potassium. Cherries are rich in several antioxidants that can ward off heart disease and lower cholesterol. Melatonin in the fruit helps promote a healthy sleep cycle, while its anti-inflammatory properties can ease achy joints and sore muscles.



Books for Soldiers’ Pockets

Just the right size to tuck into a pocket or bag, paperbacks are a go-to choice for readers. The popularity of softcover books is the legacy of a World War II effort to support American troops.

Seeking to boost morale and provide entertainment for soldiers serving overseas, the Army and the American Library Association joined forces in 1942 to organize the Victory Book Campaign, a nationwide book drive. Over 18 million used books were donated, but many titles weren’t a good match for soldiers’ interests, and most were hardbacks, which were too bulky to carry on the battlefield.

There was a need for books that were compact, portable and interesting reads, so in 1943, publishers introduced Armed Services Edition paperbacks. About the size of a postcard, the softcover books could easily fit into a uniform pocket. From classics and Westerns to mysteries and poetry, more than 123 million copies of 1,000 titles were printed.

ASEs were an immediate hit. The books often provided comfort to soldiers, who swapped copies and even wrote thank-you letters to the authors. The program’s success convinced publishers to release paperbacks for civilians, transforming the publishing industry.





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