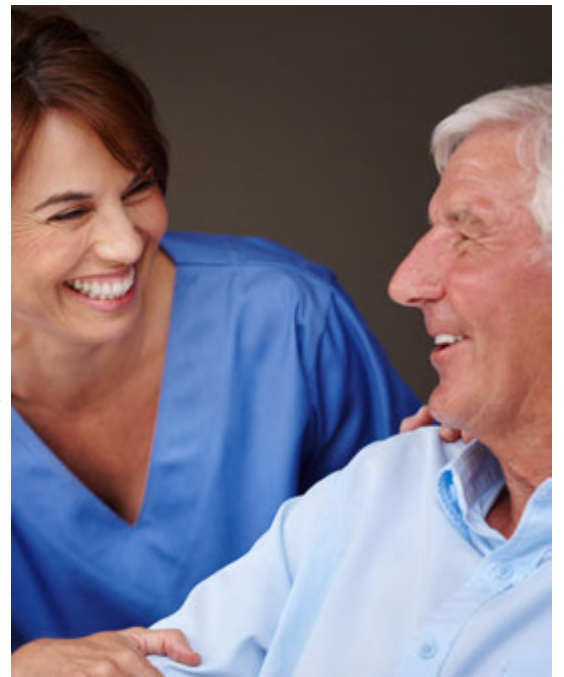


# GOOD Life News

*at Katella Senior Living*

MARCH 2018

[www.katellaseniorliving.com](http://www.katellaseniorliving.com)



## Executive Director

It is with a very heavy heart I write my last article to all of the residents, families and staff at Katella Senior Living. With this in mind, I choose to remember Platinum Service® Standard Number 2 this month: "I build lifetime relationships with our residents by creating memorable experiences." It has truly been an honor to build relationships with all of the residents at Katella Senior Living and share memorable moments throughout the past four years. The exceptional staff have never faltered in showing their dedication and passion to work with our residents, and I will miss everyone dearly. I have no doubt Katella Senior Living will continue to flourish under the guidance of a new Director with the assistance from the current employees who constantly place the residents at the center of everything they do. Please know you will all be on my mind as I move back to Arizona, and I promise to send you updates of my family, as you have been with me through my engagement, wedding and birth of my first baby! Thank you for giving me family away from my family.

Love to you all and best wishes in your future,  
*Michele Ortiz*



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

**Platinum  
Service®  
Standard #20**

*"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."*

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

*"Integrity is what we do, what we say, and what we say we do."  
—Don Galer*

# Irish Heritage in America

March is the month for celebrating all things Irish. According to the U.S. Census Bureau, more than 30 million people in the U.S. can trace their roots to the Emerald Isle. That number is more than seven times the population of Ireland.

The biggest wave of immigrants arrived in the mid-1800s to escape the Irish Potato Famine, which began after a fungus destroyed most of Ireland's potato crop, a staple food, for several years. Large populations settled in New York City, Boston, Chicago and Philadelphia.

The Irish brought with them many traditions that made their way into American culture. Most famously, the St. Patrick's Day holiday has become an annual celebration of their heritage that includes parades, shamrocks and the wearing of green. The day's festivities wouldn't be complete without a meal of corned beef and cabbage, an American version of the Irish dish of bacon and cabbage. Irish stew, soda bread and colcannon are also part of the cuisine brought to America.



# All About Artichokes

Resembling large, green flowers with pointed petals, artichokes are one of the more unique offerings in the produce department.

Artichokes are members of the thistle family, and the part we eat is actually the plant's flower bud. They are one of the world's oldest cultivated foods, dating back to ancient Greece and Rome. French immigrants brought artichokes to America in the 1700s, and Presidents George Washington and Thomas Jefferson grew the vegetable in their gardens.

Spring is peak season for fresh artichokes, which can be baked, boiled, steamed or grilled. The individual petals are usually pulled off and dipped in melted butter and other sauces. The meaty core, called the heart, is considered a delicacy and often served as an ingredient in dips and salads, and as a pizza topping.

The green globes are low-calorie, fat-free and loaded with nutrients. One artichoke contains 10 grams of fiber — about one-third of the recommended daily amount — and is a rich source of antioxidants, including vitamin C, as well as folate and magnesium.

France, Italy and Spain are leading producers of artichokes, while nearly all of the U.S. crop is grown in California.

The artichoke is mentioned as a garden plant in the 8th century BC by Homer and Hesiod. The naturally occurring variant of the artichoke, the cardoon (*Cynara cardunculus*), which is native to the Mediterranean area, also has records of use as a food among the ancient Greeks and Romans. Pliny the Elder mentioned growing of "carduus" in Carthage and Cordoba. In North Africa, where it is still found in the wild state, the seeds of artichokes, probably cultivated, were found during the excavation of Roman-period Mons Claudianus in Egypt. Varieties of artichokes were cultivated in Sicily beginning in the classical period of the ancient Greeks; the Greeks calling them kaktos. In that period, the Greeks ate the leaves and flower heads, which cultivation had already improved from the wild form. The Romans called the vegetable carduus (hence the name cardoon). Further improvement in the cultivated form appears to have taken place in the medieval period in Muslim Spain and the Maghreb, although the evidence is inferential only.





# Remembering the Alamo

James Bowie, William Travis and Davy Crockett are the names that likely come to mind at the mention of the phrase “Remember the Alamo.” The Texas site where these heroic men and many more fought for independence is one of the most well-known landmarks in America.

Built as a mission in 1718 in San Antonio, the Alamo later became a military fort for Spanish and then Mexican troops. They named it El Alamo, meaning “cottonwood,” after the surrounding trees.

As more U.S. citizens settled in Texas, the desire for independence from Mexico grew stronger, and war broke out in 1835. Texan forces took control of San Antonio, but their leader, Gen. Sam Houston, instructed Col. Bowie to abandon the Alamo fort. However, Bowie and his men decided to defend the site.

Led by Gen. Antonio Lopez de Santa Anna, Mexican soldiers began a siege of the Alamo on Feb. 23, 1836. Though severely outnumbered, the Texans held the fort for 13 days until their defeat on March 6. Their sacrifice was not forgotten, as Houston’s men used the battle cry “Remember the Alamo!” weeks later in their victory at the Battle of San Jacinto, gaining Texas’ independence.

The Alamo is now a National Historic Landmark, drawing over 2.5 million visitors every year.



## The Wings of Spring

If you need a signal that spring is just around the corner, look to the skies. Many migrating birds are now making their way to nesting grounds and rest areas, including these feathered favorites:

**Cliff swallows** — One of the most famous symbols of spring is the return of these birds to Mission San Juan Capistrano in Southern California. Flying 6,000 miles from Argentina, the swallows reach the area around March 19, when tourists flock to the city to celebrate Swallows Day.

**Sandhill cranes** — In late February, these cranes begin leaving their winter homes in the Southern U.S. and Mexico to set up camp in Canada, Alaska and Siberia. Throughout March and early April, half a million of the birds will make a pit stop in Nebraska’s Platte River valley to rest and fuel up on food before continuing north.

**Long-billed curlews** — As temperatures turn warmer, these shorebirds — the largest in North America — move from the coastlines and Mexico to the continent’s west-central grasslands. Bird-watchers are in for a spectacular show as male curlews perform looping flight patterns while making their sharp “whit-whit” calls.

**Red knots** — Their 9,300-mile spring migration from South America to the Arctic is one of the longest trips of any bird, and a ready supply of eggs spawned by horseshoe crabs draws thousands of red knots to stop in Delaware Bay. During this feast, it’s estimated that 90 percent of the species’ population can be seen there in a single day.





KATELLA

Senior Living Community

# MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p><b>Locations</b>            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>				<b>Calendar events subject to change.</b>			8:45 Daily Devotions, FR <b>1</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Resident Council, DR 2:45 Journey Back in Time w/Hildy, DR <b>6:00 Ages Entwined® - Hymns of Praise, DR</b>	8:45 Daily Devotions, FR <b>2</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:15 Lunch at Pieology</b> 2:30 Happy Hour w/Boyd & Bogart, DR 3:45 Drama Club, DR 6:00 Netflix Movie, DR	8:45 Daily Devotions, FR <b>3</b> 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
8:30 Daily Devotions, FR <b>4</b> 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 <b>5</b> 10:45 Boot Camp Boogie (Fitness), DR <b>1:15 Shopping at Ralph's &amp; Riteaid</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>6</b> 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 <b>7</b> 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 <b>8</b> 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 <b>9</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:15 Picnic at the Park</b> 2:30 Happy Hour w/George, DR 3:30 Packing for the Homeless, DR 6:00 Men's Poker, DR	8:45 Daily Devotions, FR <b>10</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Monopoly Board Game, DR 3:30 FIT to Stretch®, DR			
<b>DAYLIGHT SAVING TIME BEGINS</b> <b>11</b> 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 <b>12</b> 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR <b>1:15 Shopping at Walmart</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>13</b> 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 <b>14</b> 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 5:45 Men's Dominos, DR	8:45 Daily Devotions, FR <b>15</b> 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	8:45 Daily Devotions, FR <b>16</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR 11:45 Saint Patrick's Day Lunch, DR 1:00 Saint Patrick's Day Games, DR 2:30 Saint Patrick's Day Show, DR 6:00 Yahtzee, DR	<b>ST. PATRICK'S DAY</b> <b>17</b> 8:45 Daily Devotions, FR 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:30 FIT to Stretch®, DR			
8:30 Daily Devotions, FR <b>18</b> 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 <b>19</b> 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR <b>1:15 Shopping at Ralph's &amp; Riteaid</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	<b>SPRING BEGINS</b> <b>20</b> 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 <b>21</b> 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 Women's Craft, DR	8:45 Daily Devotions, FR <b>22</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Stamp Class w/Loren, DR 2:45 Journey Back in Time w/Hildy, DR 4:45 Candlelight Dinner, DR	8:45 Daily Devotions, FR <b>23</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:15 Lunch at Island Burgers</b> 2:30 Happy Hour w/Mary Jane, DR 3:45 Mandalas Relaxation Art Class, DR 5:30 Netflix Movie, DR	8:45 Daily Devotions, FR <b>24</b> 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			
<b>PALM SUNDAY</b> <b>25</b> 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 <b>26</b> 10:45 Boot Camp Boogie (Fitness), DR <b>1:15 Shopping at Ross</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>27</b> 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 <b>28</b> 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 Wii Bowling, DR	8:45 Daily Devotions, FR <b>29</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Cupcake Social, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	<b>GOOD FRIDAY PASSOVER BEGINS AT SUNSET</b> <b>30</b> 8:45 Daily Devotions, FR 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:15 Burgers at the Park</b> 2:30 Happy Hour w/Jill Sargeant, DR 5:30 Netflix Movies, DR	8:45 Daily Devotions, FR <b>31</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Hangman, DR 2:30 New Resident Social, DR 3:30 FIT to Stretch®, DR			



## ‘Favorite Things’ About a Classic Film

From the memorable melodies to the picturesque scenery, “The Sound of Music” is one of the most beloved movie musicals of all time. Climb over this mountain of film facts:

- “The Sound of Music” was released in the U.S. on March 2, 1965. It was so popular, it played in theaters for 4 1/2 years.
- It was the last musical written by Richard Rodgers and Oscar Hammerstein.
- The cast spent nearly three months filming in the city of Salzburg, Austria.
- Stars Julie Andrews and Christopher Plummer both learned guitar for the movie, but Plummer’s singing and guitar-playing were dubbed in the final cut.
- The real Maria von Trapp, along with her daughter and granddaughter, appear as extras in the film. They can be seen in the background as Maria leaves the abbey and sings “I Have Confidence.”
- Many of the child actors experienced growth spurts during filming. To keep their heights consistent, in some scenes the actors had to be barefoot, wear shoe lifts or stand on a box.
- Though she sings the song “Sixteen Going on Seventeen,” the actress who played oldest daughter Liesl, Charmian Carr, was 21 at the time.
- Andrews kept giggling during the romantic ballad “Something Good,” which is why most of the duet is filmed with her and Plummer in silhouette.
- In the wedding scene, the train of Maria’s dress is 14 feet long.
- The movie won five Oscars, including best picture.



## Beneficial Beans

Small but mighty, beans are nutrition superheroes. Low in saturated fat and high in protein and fiber, they are a healthy ingredient in a variety of dishes. Spoon up some facts about the most common types:

**Chickpeas** — Also known as garbanzo beans, these round legumes are the basis for the popular dip hummus and are one of the most consumed beans in the world.

**Black** — Often served in Hispanic dishes and in salads, black beans have a slightly sweet taste.

**Kidney** — A primary ingredient in chili recipes, kidney beans are named for their shape.

**Pinto** — Their creamy texture makes pintos ideal for mashing into refried beans or serving with a side of cornbread.

**Navy** — These small white beans got their name after they became a staple served in the U.S. Navy. They are usually used in soups and to make baked beans.

**Great Northern** — Their ability to absorb other flavors makes Great Northern beans a common addition to soups, stews and recipes for white chili.

**Lima** — Green and oval-shaped, lima beans have a buttery flavor, which is why they are also called butter beans.

**Soybeans** — Native to Asia, this bean is a widely used meat substitute as it is one of the few plant foods that is a complete protein, containing all nine essential amino acids.

**Black-eyed peas** — These spotted legumes are actually beans. They pair well with salty meats such as bacon and ham.





# Tips for Conquering Crosswords

If you've ever had a crossword get you down and out, grab a pencil and take note of these strategies that can help you become a puzzle master:



## Get a good start —

Solve the fill-in-the-blank clues first. They are typically easier, and getting those words in the grid will give you a mental boost. Next, focus on filling in the entries for three-, four- and five-letter words, which tend to be familiar answers used in many puzzles.

**Pencil in endings** — If a trying clue indicates the answer is a plural word or phrase, go ahead and fill in the "S" on the grid. If a clue signals a word in past tense, pencil in the letters "ED." While not always correct, this strategy may help you solve or verify connecting words.

**Watch for wordplay** — A question mark at the end of a clue usually suggests a clever play on words. For example, the clue "Eavesdropper?" would yield the answer "Icicle."

**Take a break** — If you get stumped by a specific clue, move to another area of the puzzle, or put the crossword down for a while. The answer may come to you after you've let your mind rest.

**Use resources** — Consult a good dictionary, almanac or other reference if you're stuck. And don't forget to ask friends and family!

## Resident Birthdays

Earl S., 1st	Michael M., 17th
Sally A., 3rd	Maxine T., 18th
Robert C., 9th	Andras M., 19th
Janice M., 9th	Patricia W., 25th

## Employee Birthdays

Roland C., 1st	Barbara M., 26th
Richard L., 2nd	Ramona P., 30th
Claudio M., 10th	Mercedes R., 31st
Kelly K., 11th	

## Service Anniversaries

Ramona P., 3/3/2014  
Kelly K., 3/9/2015  
Nemessys F., 3/10/2017  
Ryann M., 3/11/2015  
Claudio M., 3/12/2017  
Luz M., 3/16/2017  
Maria T., 3/18/2016  
Janette N., 3/24/2016  
Kadetra P., 3/28/2016

## Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

**Better physical health** — Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

**Increased life span** — Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

**Stronger immune system** — Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

**Lower depression rate** — Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

**Faster recovery** — Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.





KATELLA

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