

# GOOD Life News

at *Katella Senior Living*

OCTOBER 2018

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

## Pizza Across the Planet

Pizza is a popular food in the U.S., with pepperoni, sausage, mushrooms and onions the top picks for ingredients. See what pizza toppings make the cut in other countries:



**Italy** — The place where pizza started

boasts a variety of additions to their pies. Prosciutto, anchovies, eggplant, truffles and potatoes are among Italians' go-to choices.

**Brazil** — Green peas are a popular vegetable in this South American nation, and they're often found on Brazil's thin-crust pizzas, along with carrots, beets, raisins and quail eggs.

**Japan** — Seafood is a mainstay of this island nation, where pizza toppings include octopus, eel and seaweed. Squid ink is sometimes used to create a dramatic black sauce instead of the typical red tomato sauce.

**Costa Rica** — Coconut is the No. 1 pizza topping in this Central American country, and it's often paired with shrimp.

**Sweden** — A pie known as pizza Africana is very popular in this Scandinavian nation. Also called banana curry pizza, bananas and curry powder are the main ingredients, along with peanuts, chicken and pineapple.

**Australia** — Craving some "shrimp on the barbie"? Order an Aussie pizza with shrimp, pineapple and barbecue sauce. Local meats such as kangaroo, emu and crocodile are also featured on pies in the land Down Under.

The Sfincione New Year's pie is known as a thick-crust Sicilian pie in America. In Sicily, the thick, spongy crust is topped with bread crumbs, onions and caciocavallo (a dry, crumbly cheese).

Originating with Uno Pizzeria in 1943, the Chicago-style deep-dish is an extra-thick pie cooked in a pan with high sides, stuffed with cheese and topped with a tangy layer of tomato sauce. One slice of this pie is more than enough for most people, unless you're ravenous.



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

**Health  
Literacy  
Month**

This annual observance month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).

# Bobbing for Apples

Part of the traditional fun at fall festivals and parties, bobbing for apples began as a courting game in Europe centuries ago.

The apple is a longtime symbol of love and romance, and people have used it in various ways to predict future sweethearts. Bobbing for apples was one playful custom. In this game, apples were marked with names of potential suitors, then placed in a barrel of water. As the fruit floated, a young woman would try to catch an apple by biting into it, using only her teeth and not her hands. If she was successful on the first attempt, it was believed the romance was meant to be.

In a variation of the game, single ladies would mark the apples before dropping them in the water, and eligible men would bob for the fruit, determining romantic matches.

Apple bobbing was popular at Celtic festivals celebrating the end of the harvest season, which led to the game's ties to autumn. When early European colonists brought apple seeds to America, they also brought the bobbing tradition with them.

Halloween (Howard Chandler Christy), 1915

The tradition of bobbing for apples dates back to the Roman invasion of Britain, when the conquering army merged their own celebrations with traditional Celtic festivals. The Romans brought with them the apple tree, a representation of the goddess of plenty, Pomona. During an annual celebration, young unmarried people try to bite into an apple floating in water or hanging from a string; the first person to bite into the apple would be the next one to be allowed to marry.

The custom is mentioned (along with apples suspended on a string) in 18th century Ireland by Charles Vallancey in his book *Collectanea de Rebus Hibernicis*.

Girls who placed the apple they bobbed under their pillows were said to dream of their future lover.



## Sweets in Military Service

Providing energy, calories and a little taste of home, candy served America's fighting forces during World War II.

Sample some of the treats included in troops' field rations:

**Chocolate bars** — The military knew that chocolate could provide soldiers with needed calories in an emergency, but melting was a problem. The Hershey Chocolate Co. solved the problem by producing special 4-ounce ration bars, which had a high melting point, but were hard, dense and bitter.

**M&M's** — After the U.S. entered the war, the chocolate candy with a hard sugar shell was made exclusively for the military since it was heat-resistant in tropical weather and its original cardboard tube package was easy to carry. After the war, GIs were hooked on the tiny treats.

**Tootsie Rolls** — These hearty, chewy, chocolate-flavored candies could withstand a variety of climates, so the military put them on the front lines with American troops.

**Life Savers** — Ads from the era explained that "some soldier, sailor or Marine is enjoying it somewhere," and that rolls of the hard "candy with the hole" could be hard to come by. More than 20 million boxes of Life Savers were supplied to the military. Other candymakers donated their sugar rations to keep the sweet in production.

**Chewing gum** — Ration kits also included gum to help quench thirst and release tension. Soldiers chewed tablet and stick varieties from brands such as Wrigley's, Beech-Nut, Dentyne and Chiclets.



# The Ins and Outs of the Accordion

The Sears catalog once described it as an “orchestra in a box,” and it’s a fixture at many Oktoberfest celebrations. The lively music of the accordion has been entertaining audiences for more than 200 years.

Based on ancient Chinese instruments, several forms of the musical device were developed in Europe, but it was Cyrill Demian who patented his version in Austria in 1829, naming it an accordion. The instrument produced sound when the user manually pushed or pulled the middle part, called the bellows, sending air over reeds and through an opening. Pushing finger buttons along the box’s side at the same time controlled the pitch of the sounds. Later models added a piano-style keyboard to the design, which allowed more notes to be played.

The accordion’s popularity spread throughout Europe and the world. Since it is naturally loud, it was used in dance music, especially polkas and waltzes. Because it was portable, many immigrants brought their “squeeze-box” with them to the U.S. The accordion became a key instrument in many regional styles of music, such as Cajun, zydeco and Tejano.

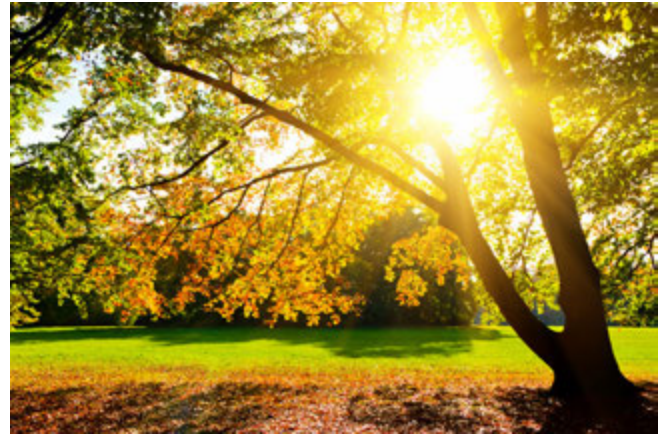
The first half of the 1900s is often referred to as the golden age of the accordion, though the instrument has had a resurgence in recent years and has been featured in songs by popular artists.



# Resident Spotlight

## Yesterday

There are two days in every week in about which we should not worry; two days which should be kept from fear and apprehension. One of these days is yesterday, with its mistakes and care, its fault and blunders, its aches and pain. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone beyond recall.



## Tomorrow

The other day we should not worry about is tomorrow. With its possible adversity, its large promise or perhaps its poor performance, tomorrow is also beyond our immediate control. Tomorrow’s sun will rise, either in splendor or behind a mask of cloud, but it will rise. We have no stake in tomorrow for it’s yet unborn.

## Today

This leaves only one day, today. Any man can fight the battle of just one day. It is only when you and I are at the burden of those two awful eternities, yesterday and tomorrow, that we break down. It is not the experience of today that drives men mad, it is the remorse of bitterness from something that happened yesterday or the dread of what tomorrow may bring. Let us therefore do our best to live but one day at a time.

## Resident Birthdays

Leonard H., 3rd	Kennith W., 22nd
Bettie B., 4th	Ralph M., 28th
Mary G., 13th	Joanne C., 30th

## Employee Birthdays

Chelsea G, 3rd	Hermelinda C., 18th
Jesus A., 4th	Amanda G., 23rd
Mary A., 9th	Lorena D., 31st
Cristina M., 10th	

## Service Anniversaries

Yadira R., 10/4/2017	Chelsea G., 10/11/2017
Ana V., 10/6/2010	Nora W., 10/21/2016
Maria S., 10/11/2017	Josette L., 10/25/2016



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# OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Calendar events subject to change.</b>	8:45 Daily Devotions, FR <b>1</b> 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, 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>2</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>3</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 Traveling Game Show/Christina, DR	8:45 Daily Devotions, FR <b>4</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>5</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:15 Lunch at Road House Grill</b> 2:30 Happy Hour w/Eddie, DR 3:45 Mandalas Relaxation Art Class, DR 6:00 Netflix Movie, DR	8:45 Daily Devotions, FR <b>6</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR	
	8:45 Daily Devotions, FR <b>7</b> 9:00 Aromatherapy, DR 9:30 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR <b>3:00 Big Bad Wolf Musical Play, DR</b> 5:45 Independent/Group Word Games, L	<b>COLUMBUS DAY 8</b> 8:45 Daily Devotions, FR 9:30 Catholic Rosary, DR 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Home Goods</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>9</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>10</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 5:30 Craft Corner, DR	8:45 Daily Devotions, FR <b>11</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Pumpkin Pie Social, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR <b>12</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:15 Pizza at the Park</b> 2:30 Happy Hour w/Mary Jane, DR 3:45 Mandalas Relaxation Art Class, DR 5:30 Puzzle & Prizes, DR	8:45 Daily Devotions, FR <b>13</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Water Coloring, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	8:45 Daily Devotions, FR <b>14</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 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>15</b> 10:00 Catholic Mass, AW 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, 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>16</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>17</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 5:30 Game Show w/Erica, DR	8:45 Daily Devotions, FR <b>18</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Now You Know It!, DR 2:45 Journey Back in Time w/Hildy, DR <b>4:45 Candlelight Dinner, DR</b>	8:45 Daily Devotions, FR <b>19</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:15 Lunch at Red Robin</b> 2:30 Happy Hour w/Jill, DR 3:45 Mandalas Relaxation Art Class, DR 5:30 Craft Corner, DR	8:45 Daily Devotions, FR <b>20</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Volleyball, DR 2:30 Brain Games, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	8:45 Daily Devotions, FR <b>21</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 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>22</b> 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Sprouts</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>23</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>24</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 5:30 Relaxation & Painting, DR	8:45 Daily Devotions, FR <b>25</b> 9:45 FIT to Pedal®, DR 10:30 FIT to Stretch®, DR 1:30 Costume Making, DR 2:45 Journey Back in Time w/Hildy, DR 6:00 Bingo, DR	8:45 Daily Devotions, FR <b>26</b> 9:45 FIT to Be Strong®, DR 10:15 FIT to Balance®, DR <b>11:45 Halloween Party, DR</b> <b>1:00 Halloween Trivia, DR</b> <b>2:30 Halloween Entertainment, DR</b> 3:45 Mandalas Relaxation Art Class, DR	8:45 Daily Devotions, FR <b>27</b> 9:30 Catholic Church Service, FR 10:15 Bingo, DR 1:30 Mind Joggers, DR 1:30 Water Coloring, DR 3:00 FIT to Stretch®, DR 4:00 Hydration Enrichment, DR
	8:45 Daily Devotions, FR <b>28</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 3:30 Hydration Enrichment, DR 5:45 Independent/Group Word Games, L	8:45 Daily Devotions, FR <b>29</b> 10:45 Boot Camp Boogie (Fitness), DR 12:45 Movies & Comedy w/Nikki, DR <b>1:15 Shopping at Ralphs &amp; Riteaid</b> 3:30 News & Trivia w/Steve, DR 6:00 Cottonwood Church Bible Study, FR	8:45 Daily Devotions, FR <b>30</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	<b>HALLOWEEN 31</b> <b>8:00 Happy Halloween</b> 8:45 Daily Devotions, FR 9:15 Catholic Communion, FR <b>9:30 Montessori Preschool Songs, DR</b> <b>10:30 Trick or Treat w/Preschool, DR</b> 10:45 Juicing for Wellness, Cafe 12:45 Music w/Paul, DR 1:00 Mah-Jongg, FR 2:30 Traveling Class w/Hildy, DR	<b>Locations</b> 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		

# Preserving the Redwoods

Northern California's coast is home to the world's tallest trees, the towering redwoods. To protect these majestic wonders, Redwood National Park was dedicated Oct. 2, 1968.

Author John Steinbeck called the redwoods "ambassadors from another time." They flourished in the region for millions of years until they began to be logged as Americans settled the West in the 1800s. Local efforts to save the redwood groves from being axed started in the early 1900s and led to the creation of three state parks. By the time the federal government purchased the bordering forests to create Redwood National Park, 90 percent of the giant trees had been cut down.



Spanning nearly 132,000 acres, the park contains prairies, woodlands, rivers and nearly 40 miles of Pacific coastline, but the stunning redwoods are its star attraction. The area's mild temperatures, abundant rainfall and rich soil contribute to the trees' massive heights of 300 feet or more. Many of the redwoods are 500 to 700 years old.

The park is home to diverse species of animals, including elk, black bears, bald eagles, coyotes and mountain lions. Visitors exploring the beach trails can spot sea lions, harbor seals, porpoises and whales.

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## Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details. For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together and building trust. Hearing someone's life story helps the listener understand the narrator on a personal level, strengthening their relationship.

Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.



# The Role of a Physician Assistant

In the health care industry, a number of professionals work together to provide care for patients. Among them are physician assistants, who have a growing role in helping to meet the population's increasing medical needs.

The physician assistant profession began in the 1960s in response to a shortage of primary care doctors. Since that time, the career has become one of the fastest-growing in the medical field.

Physician assistants are educated in general medicine so they can provide a wide spectrum of care. They must earn the equivalent of a master's degree from a specialized program, which requires classroom training and clinical experience similar to that of a traditional medical school.

Working in collaboration with a supervising licensed physician, certified PAs can perform most of the same duties as a medical doctor. They can conduct physical exams, diagnose illnesses, prescribe medications and treatment plans, order lab work and other tests, and perform procedures. PAs work in a range of medical settings, including doctors' offices, health clinics, hospitals and senior living communities.

National Physician Assistant Week is observed every year Oct. 6-12.



## Feline Phrases

Cats have been pet companions for centuries, and they've pawed their way into our language as well. Purr-ruse this list of feline-inspired phrases:

**Catnap** — Cats can sleep as much as 16 hours a day, but most of that time is spent dozing and jolting awake when they hear a noise. Humans have compared their own short snoozes to a cat's since the early 1800s.

**Scaredy-cat** — American writer Dorothy Parker is credited with coining this term in 1933 as a way to describe a timid person. The comparison is spot on, as cats tend to be skittish.

**Like herding cats** — It's nearly impossible to herd cats, as they are such independent creatures. This simile is used when someone is having difficulty multitasking or managing a group of people.

**Cat got your tongue?** — This question is posed to one who remains silent when they are expected to speak. The phrase first appeared in print in 1881, where it was described as a children's playground taunt.

**Let the cat out of the bag** — This saying means to reveal a secret, and may have originated in medieval marketplaces, where a piglet could be purchased in a sack. Dishonest vendors sometimes tricked customers by putting a cat in the bag instead, but the secret was out as soon as the bag was opened and the cat escaped.





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