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KATELLA
Senior Living Community

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Good Life NEWS

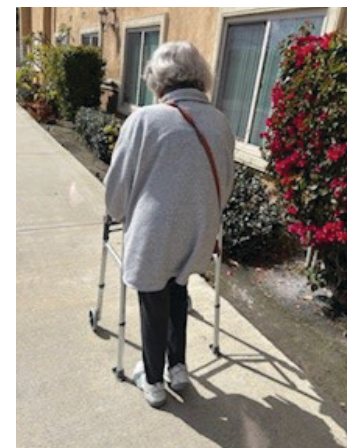
at Katella Senior Living Community

APRIL 2025

STARTING THE DAY OFF RIGHT

Residents embrace lively morning routines

There's nothing like a little morning exercise to wake you up and make you feel great. The residents like to go for walks, do yoga and participate in the many FIT Functional Fitness® classes offered at Katella Senior Living Community, like FIT Chair Yoga®, FIT to be Strong®, FIT to Stretch®, FIT to Balance® and FIT to Pedal®.



After every workout, you can hear residents say, "Oh, I feel much better!" That makes me feel good. No matter your age, the best exercise for you is the one you enjoy the most. After all, if you don't like your workout, how long are you going to stick with it?

Still, when trying any of the countless forms of exercise out there, it's important to keep in mind exactly what you want and need to get out of your workout, and that's bound to change throughout the years.

The list of good reasons to get moving is long, according to the Centers for Disease Control and Prevention.

Scientific research has repeatedly shown that regular exercise helps:

- Lower blood pressure
- Reduce the risk of heart disease and other chronic conditions
- Reach and maintain a healthy weight
- Strengthen bones and muscles
- Support brain health



Plus, just 30 minutes of exercise a day can boost your mental health and lower your risk of depression.

CELEBRATING NATIONAL PUBLIC HEALTH WEEK

NPHW is April 7-13, 2025

Apr. 7-13, 2025 is the 30th anniversary of National Public Health Week!

Public health starts with each of us making a difference in our homes and communities. It's how the places we live, work and play affect our well-being. It's the way we are all stronger — and healthier — together through the efforts of organizations like the American Public Health Association (APHA) and others that advocate for healthy communities.

Each April, APHA unites communities nationwide to celebrate National Public Health Week (NPHW), recognizing public health contributions and addressing key health issues. As the organizer for 30 years, APHA develops annual campaigns and resources to educate the public, policymakers and practitioners on each year's theme. These materials promote public health awareness year-round.

Courtesy of the American Public Health Association



RESIDENT SPOTLIGHT

Get to know Wanda J.

Wanda grew up as the eighth of ten children on a farm in Central Illinois. She was the first to graduate from high school and college out of her six brothers and three sisters. In college, she was considered a pioneer of women’s sports. One of her accomplishments was that she never lost a game, let alone a match, with her partner while playing doubles in badminton. She was also an athlete who played softball for 25 years. Additionally, she played co-ed volleyball until she was 65.



After finishing her education, Wanda taught physical education and English for three years at a junior high school. She then moved to California and continued teaching the same subjects for 33 more years. She was married for 28 years and had one son. She always did her best to take her son to visit his family so he could get to know his grandmother, aunts, uncles and cousins. She has two granddaughters and one great-granddaughter, who is the joy of her life.

Wanda has had many adventures, including visiting all 50 states. She has also traveled to 54 countries and taken 30 cruises. She completed the Grand European Tour, which lasted 28 days. She visited New Zealand, which she loved for its natural beauty. She also walked the Great Wall of China, saw the pyramids of Egypt and cruised the Nile River.

In 2009, she moved to Leisure World and continued to travel. However, in 2017, she endured a medical event that cause paralysis on her entire left side. She demonstrated strength and determination to improve her quality of life and stayed in a rehabilitation center for 18 days, undergoing physical therapy and other activities daily to aid her recovery. She steadily improved as she kept pushing herself to get better.



Wanda now lives at Katella Senior Living and feels very blessed to have friends who help her get where she needs to go. She appreciates the friendliness of the residents and team members and likes the various activities available. She enjoys her room, the patio and the food. She is grateful to her son and daughter-in-law for helping with her transition to this place.

Every Monday, Wanda plays cards, and on Wednesdays she attends Bible study. She stays occupied with family, friends and personal projects, such as making lap robes for the veterans’ hospital in Long Beach. On behalf of Katella, we welcome you and look forward to getting to know you better!

SOARING®: SUPPORTING THE SPIRIT



Have you ever been an April fool? Try something new! Use the month of April as an excuse to step out of your comfort zone.

Recently, my 11-year-old daughter tried downhill skiing with her school for the first time. At first, I thought it might not go well, but to my surprise, she had the best time trying something new! Her horizons expanded, and it took some courage to go down the big hill and learn how to get on and off the ski lift.

Now, for most of those reading this article, downhill skiing may not be the new thing to try. But you may begin to learn more about a subject, a person, or a place. Remain curious—try something different on the menu, and so on. Most people get stuck in a rut with the same old, comfortable, slightly boring, predictable experiences.

So, this April, let your life grow in a little surprise foolery. May it lead to a bigger and more diverse reality, where the horizon is filled with color, awe, mystery, and adventure. There may be more that we’ve missed right under our noses.

Shawn Latourelle
Spiritual Care Director
The Commons on Marice (Eagan, MN)

STEP INTO SPRING

When the weather begins to improve, do you get the urge to go walking outside? Walking is a great way to decrease weight, blood pressure, blood sugar, boost your immune system, ease joint pain and improve your mood.

Walking 30 minutes a day for five days each week can have an overall health benefit. If 30 minutes is too much, break it down into 10-minute increments three times a day.

If you are a beginner to walking, start slow to ensure that you do not overdo it. You can go at your own pace while also enjoying time with others. Walking in the halls is also a great way to begin your program if you are unable to get outside. Get moving — it’s a great way to boost your day!

CARROT CAKE CUPCAKES RECIPE

Ingredients:

- Cupcakes**
- 1 1/4 cups all-purpose flour
 - 1/2 and 1/8 teaspoon baking soda
 - 1/2 and 1/8 teaspoon baking powder
 - 1 teaspoon cinnamon
 - 1/4 teaspoon salt
 - 1 cup sugar
 - 2 eggs
 - 1/2 cup canola oil
 - 1/4 cup sour cream
 - 1/2 teaspoon vanilla extract
 - 1 1/2 cups finely grated carrots



- Frosting**
- 8 ounces cream cheese, softened
 - 1/2 cup butter, softened
 - 2/3 cup brown sugar
 - 2 teaspoons vanilla extract
 - Dash of salt
 - 3 cups powdered sugar, more or less if needed

Directions:

- Cupcakes**
1. Preheat oven to 350°F. Line a cupcake tin with paper liners.
 2. Whisk flour, soda, baking powder, cinnamon and salt in a small bowl. Set aside.
 3. In a large mixing bowl, beat sugar, eggs and oil till thick and foamy, about 1-2 minutes. Add the sour cream, vanilla and carrots. Mix well.
 4. Add the dry ingredients and stir until just blended.
 5. Fill cupcake paper liners about two-thirds full. The cupcakes do not rise too much, and that is just fine. It’s easier to frost them that way! Bake for 18-20 minutes. Cool completely.

- Frosting**
1. Beat cream cheese, butter and brown sugar until smooth. Let it sit for 5-10 minutes until the brown sugar dissolves completely.
 2. Add vanilla, salt and enough powdered sugar to make a frosting thick enough to pipe. Use a large star tip to frost cupcakes.

Notes:

Frosting: This makes enough frosting to generously pipe frosting on the cupcakes. If you will be spreading it on, cut the recipe in half. The frosting can be stored in an airtight container in the fridge for 10-14 days or in the freezer for two months.

Store unfrosted: Store unfrosted cupcakes in an airtight container at room temperature for up to three days or in a freezer bag in the freezer for 4-6 months.

Store frosted: Due to the cream cheese, frosted cupcakes need to be kept cold. Store covered in the fridge for 2-3 days or carefully freeze for 2-3 months.

Blog source: Merkley, K. (Jan. 27, 2025) Carrot Cake Cupcakes, Lil’ Luna

TEAM MEMBER SPOTLIGHT

Get to know Lily H.

Lily started working here eight months ago and loves interacting with the residents. She’d like to thank Crystal for telling her about the job here at Katella Senior Living. Lily loves working with her team members and says that it’s fun! She gets all her questions answered, and everyone makes her job enjoyable.



Lily is currently in school at Cerritos Community College and plans on transferring this year to pharmacy school. She is also a mom to two dogs; Ash the chihuahua, and Max the Frenchie-Pitbull. She is a big fan of Hello Kitty and her favorite color is pink.

She enjoys the residents and loves that they are so understanding. She is very hardworking and always does her best to please the residents. Thank you, Lily, for all your hard work!

APRIL CELEBRATIONS



- Counseling Awareness Month
- National Volunteer Month
- Occupational Therapy Month
- Parkinson’s Awareness Month
- Stress Awareness Month
- April 1-7: National Public Health Week
- April 20-26: National Volunteer Week
- April 24-30: Global Intergenerational Week
- April 2: World Autism Awareness Day, National Walking Day
- April 7: World Health Day
- April 11: World Parkinson’s Day
- April 12: Start of Passover
- April 16: National Healthcare Decisions Day
- April 20: Easter Sunday
- April 22: Earth Day
- April 23: Administrative Professionals’ Day
- April 25: Arbor Day
- April 28: World Day for Safety and Health at Work
- April 30: National Therapy Animal Day