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KATELLA
Senior Living Community

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MANAGED BY  The Goodman Group

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Good Life NEWS

at Katella Senior Living Community

MARCH 2024

LIFE ENRICHMENT

The month of March is here and we're glad to have reached the "greenest" month of the year, especially after all the rain we received in February.

After celebrating the Year of the Dragon and Valentine's Day, everyone is ready to join in on the luck of the Irish for Saint Patrick's Day. We just ask that you don't pinch too hard if we're not wearing green!



We have some wonderful entertainment lined up for this month's Happy Hour, including Tony Odell, Mike and Mandy and George Rossi! On behalf of the activities department, we hope you enjoy everything we have planned!



A group of residents enjoyed a day of creating various Valentine's crafts, painting and eating snacks

TEAM MEMBER SPOTLIGHT

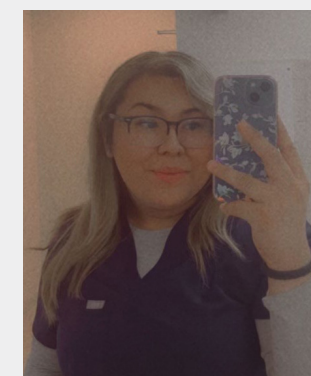
Get to know Alicia

For this month's team member spotlight, we want to highlight someone who has really done a lot in the last couple years at Katella Senior Living Community; Alicia.

Alicia has been working with us for nearly two years now and has been taking on many new responsibilities. Alicia started with Katella as a caregiver and quickly went on to become a med tech when the opportunity presented itself. Alicia is now a licensed vocational nurse and shows no signs of stopping there.

Alicia is very driven and told us that she wants to keep learning and training so that she can grow even more in her career. Her next goal is to become a registered nurse, which will only expand her knowledge more as she continues to care for others. She is truly living out what she has wanted to do — that she always felt she wanted in her life.

When asked why she chose to join Katella, Alicia stated that she loves to support the people that live here and that it's a wonderful place to grow and achieve her goals!



MONTESSORI MOMENTS

Encouraging Choice

For our March Montessori topic, we would like to talk about the third point of our Montessori principles, “I always offer choice whenever possible.”

Choice is very important throughout the entirety of our lives, and that includes when a person is no longer able to take care of themselves. Our team members are all very aware of how important choice is to the outcome of a person’s day.

We ensure that our residents take part in as many decisions as possible around their daily schedule, including what meals they would like, activities they want to participate in or their daily hygiene practice. We find that this gives meaning and purpose to the residents and improves how they feel about their day.



WITH A LITTLE LUCK

In many cultures, good fortune can be gained with the help of a lucky charm.



There’s a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan’s “lucky cat,” with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it’s elephants.

SOARING®:
SUPPORTING THE
SPIRIT

You might remember the song, “Turn, Turn, Turn.” It was originally written as a protest song by Pete Seeger in 1959, performed at folk venues in Greenwich Village, and became a #1 hit by The Byrds in 1965. A chorus of shaggy-haired musicians and activists pressed the nation to “turn, turn, turn”—to accept that change is inevitable, history is a cycle, strife is temporary, and to everything there is a season. The words are from Ecclesiastes 3:1-8, one of the Wisdom Books of the Old Testament. They still ring true.

As of March 1, I am entering the season of retirement. I have loved the work that I have been called to do in the fields of education and spirituality. I even had fun working at McDonald’s at age 16. I’ve been working for more than two-thirds of my life! Work can give a person value and meaning. Daily tasks and schedules define us, income is a motivator, and, if you’re lucky, you’ve been deeply enriched by the work and the people you have served. But there is another chapter ahead, and I find great joy in anticipating it. In my years of providing spiritual care with senior living residents, here’s what you have taught me about this “third act” of retired life:

- It is a time to look beyond the working surface of our lives and in to the deeper meaning that is a part of each of us.
- It is a time to gather the wisdom we have gained through the years and make it our own. A time to take what is valuable and leave the rest.
- Sometimes there is unfinished business. A trusted confidant can help us wade through those regrets and find inner freedom.
- There is a wellspring of creative work that can bubble up. It is never too late to learn something new or to enjoy developing an interest. Staying fit, in body, mind and spirit, is important, in whatever capacity we find ourselves.
- Multiple losses of family members and friends have taught us that love never ends when a person dies. These memories and treasures stay deep within our hearts.
- There is something, or someone, greater than ourselves, that can give us a source of guidance and courage. The love that God has for you, exactly as you are, is always available.
- We’re not meant to do this journey alone. We need others to bring us out of our own story, to mirror for us our strengths and gifts, and to show us that we still need to notice and care for the needs of our community, wherever we find ourselves.

I think it’s an incredible gift to be alive at this time in history. Thank you for modeling so well the “turning” of this season of retirement. May we all continue growing, learning and giving forward!



Cathy Nordheim
Director of Spiritual Care
The Goodman Group

BAKING CORNER:
LEMON BARS



Citrus has been in season now for a little while, so why not bring a little zing and freshness to our homes with these wonderful lemon bars! This is a traditional recipe that sports a simple pastry crust that allows the lemon flavor to shine through bright and clear!

Ingredients:

Shortbread Crust
1 cup (2 sticks) unsalted butter, melted
1/2 cup granulated sugar
2 teaspoons pure vanilla extract
1/2 teaspoon salt
2 cups + 2 Tablespoons all-purpose flour (spooned & leveled)

Lemon Filling:

2 cups granulated sugar
6 Tablespoons all-purpose flour
6 large eggs
1 cup lemon juice (about 4 lemons)
optional: confectioners’ sugar for dusting

Instructions:

1. Preheat the oven to 325°F. Line the bottom and sides of a 9×13” glass baking pan (do not use metal) with parchment paper, leaving an overhang on the sides to lift the finished bars out. Set aside.
2. Make the crust: Mix the melted butter, sugar, vanilla extract, and salt together in a medium bowl. Add the flour and stir to completely combine. The dough will be thick. Press firmly into prepared pan, making sure the layer of crust is nice and even. Bake for 20-22 minutes or until the edges are lightly browned. Remove from the oven. Using a fork, poke holes all over the top of the warm crust (not all the way through the crust). Set aside until step 4.
3. Make the filling: Sift the sugar and flour together in a large bowl. Whisk in the eggs, then the lemon juice until completely combined.
4. Pour filling over warm crust. Bake the bars for 22-26 minutes or until the center is relatively set and no longer jiggles. Remove bars from the oven and cool completely at room temperature. I usually cool them for about 2 hours at room temperature, then stick in the refrigerator for 1-2 more hours until pretty chilled. I recommend serving chilled.
5. Once cool, lift the parchment paper out of the pan using the overhang on the sides. Dust with confectioners’ sugar and cut into squares before serving. Cover and store leftover lemon bars in the refrigerator for up to 1 week.

McKenney, S. (2019, March 1). Lemon Bars with Shortbread Crust. *Sally’s Baking Recipes*

RESIDENT SPOTLIGHT

March birthdays

For this month’s resident spotlight, we would like to wish everyone who has a birthday in March a very special birthday! Our lovely birthday ladies are Beverly, Patricia, Marilyn, Helen and Etta Jean! As always, we will have a wonderful get-together at the end of March to celebrate our birthdays with a delicious cake!



SPRING AHEAD
MARCH 10

In the U.S., daylight saving time starts on the second Sunday in March and ends on the first Sunday in November, (which will be Nov. 3 this year) with the time change taking place at 2 a.m. local time.

With a mnemonic wordplay referring to seasons, clocks “spring forward and fall back” — that is, in springtime the clocks are moved forward from 2 a.m. to 3 a.m. and in fall they are moved back from 2 a.m. to 1 a.m. Daylight saving time lasts for a total of 34 weeks (238 days) every year, which adds up to about 65% of the entire year.

Don’t forget to set your time-pieces ahead before you retire on Saturday, March 9.

