

GOOD Life News

at Alamos West Health & Rehabilitation

FEBRUARY 2019

www.alamoswest.com



Valentine's Sale

Starting at 10:30 a.m. in the Activities Office

Balloons, flowers
Valentine's Grams
Sweets and Treats

Come have a
Sweet Time at our
Valentine's Party
February 14 at 2 p.m.

Dining Room
King and Queen Coronation
Performing piano and song

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

**Platinum Service®
Standard #7**

"I never say "no" to an opportunity to serve our residents and to improve their living experience."

Each day presents itself with the opportunity to serve others from the heart. We have the unique opportunity to enrich the lives of others and show our professionalism and genuine care. Listening to our residents' requests and practicing acts of kindness creates memorable experiences. We strive to place our residents at the center of everything we do.

*"A good head and a good heart are always a formidable combination."
– Nelson Mandela*

A Floral Favorite

With more than 100 million of them grown for Valentine's Day alone, the rose is one of the most popular flowers in America.

- There are at least 100 different species and thousands of varieties of roses. Hybrid tea roses make up the majority of the roses found in flower shops and home gardens.
- President George Washington was the first rose breeder in the U.S.
- Technically, a rose's thorns aren't true thorns; they're actually prickles.
- It's been a longtime tradition to convey a message by using a rose's color. For example, red is associated with romance, pink signifies gratitude, and yellow expresses friendship.
- The rose is America's national flower, as well as the official flower of four states: Georgia, Iowa, New York and North Dakota.
- California is where you'll find the world's tallest rosebush, growing to 18 feet, 8 inches.

Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

Give back — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.

Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to sign up for the Army Air Forces.

Staffed by professionals enlisted from the movie industry — actors, directors, screenwriters, animators and more — the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

Some of the notable members of the FMPU included Clark Gable, William Holden, Alan Ladd and Ronald Reagan.

The Super Bowl of Car Racing

While much of the country is in the cold grip of winter, a speedway in Florida heats up this month for the "Super Bowl of stock car racing," the annual Daytona 500.

Since the early 1900s, automobile racing on beach courses had been popular in the Daytona Beach area. Bill France Sr. was a former driver and race promoter there who saw great potential in the sport and founded NASCAR, the National Association for Stock Car Racing, in 1948. He proposed and then oversaw construction of a permanent racetrack, Daytona International Speedway.

The first Daytona 500 was held Feb. 22, 1959. It was a close one, with officials taking three days to review photos of the finish before declaring Lee Petty the winner.

Today, the Daytona 500 is the first and most prestigious event of the NASCAR season. Drivers make 200 laps around the 2.5-mile course, racing a total of 500 miles. The winner earns a prize of more than \$1.5 million.

One of the most-watched sporting events, the race draws more than 100,000 fans to the speedway, and 20 million more tune in for the live TV broadcast.

Resident Birthdays

Gwendolyn P., 1st	Lois T., 21st
Tim G., 7th	Wendy O., 22nd
Marie H., 7th	Jane D., 25th
Manuel C., 12th	Leslie H., 27th
Marie A., 14th	Phillip D., 28th
Jose C., 18th	Yung C., 28th
Sterling S., 18th	

Employee Birthdays

Natasha T., 2nd	Paula G., 15th
Maria M., 8th	Jandra H., 19th
Juan Z., 9th	Michael T., 25th
Guillermina E., 10th	Eileen A., 26th
Esperanza S., 12th	

The Power of Pet Therapy

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits.

While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways.

Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life. Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost energy.

Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools. Dogs and cats are the most popular therapy animals, but horses, llamas, rabbits, pigs and birds are also among the pets used.



Tips for a Doctor Visit

Get the most from your next doctor's appointment with these helpful tips, based on advice from practicing physicians:

Prepare questions — Whether your visit is for a routine checkup or a specific concern, it's wise to write down any questions you want to ask the doctor. Rank them by priority, so you're sure to address the most pressing issues. Also, it can help to rehearse your questions in advance.

List your medications — At home, review all your medications and write down the names, dosages and other instructions for each one. Include prescriptions, over-the-counter medicines and dietary supplements. Bring the list with you to your appointment.

Bring someone with you — A relative or close friend can help take notes, ask questions and simply offer support.

Arrive early — It's recommended that you arrive about 15 minutes before your appointment time. This gives you a chance to fill out paperwork and complete any other office procedures.

Be honest — Doctors say it's important not to hold back information such as family history and lifestyle habits. This knowledge helps them make a proper diagnosis and prescribe the best treatment.

Sweets at the Cinema

For many, a trip to the movies includes indulging in a tub of popcorn. But some want to satisfy their sweet tooth. Treat yourself to this list of classic movie theater candy:

Red Vines: Biting the end off of one of these fruity licorice twists converts it into a drinking straw, handy for slurping a soda. First produced in the 1950s as Raspberry Vines, the chewy treat was renamed Original Red to better describe its subtle sweetness.

Junior Mints: Introduced in 1949, this creamy confection is a combination of dark chocolate and refreshing peppermint. The candy was named after the popular Broadway show "Junior Miss."

Jujubes: These colorful gummy bites debuted during the Roaring '20s, as did their cousin, Jujufruits. They originally came in exotic flavors such as rose and lilac.

Sno-Caps: Fans of these miniature chocolates topped with white candy beads say the best way to enjoy them is poured into a bucket of warm popcorn, where they melt to form a sweet-and-salty snack.



ALAMITOS WEST

Health & Rehabilitation

3902 Katella Avenue, Los Alamitos, CA 90720
562-596-5561 | www.alamitoswest.com



SNF #060000076

MANAGED BY
The Goodman Group

Staff

Executive Director

Pradeep Muley

Director of Nursing

Marilyn Elgincolin

Life Enrichment Director

Sandra Macias

Food and Beverage Director

Ederlinda Monroy

QIC Nurse

Maybelle Low

Director of Dining Services

Jessica Brown

Admissions Director

April Infante

Business Office Director

Erika Wawryk

Dietary Director

Esperanza Farrell

Housekeeping Director

Brent Tucker

Maintenance Director

Gerardo Tapia

Rehab Director

Mario Alcantara

Social Service Director

Catherine Beltran

Payroll

Linda Hardin

Social Services

Marco Mendoza
Andrea Fernandez

Platinum Service®

Ambassador

Charlene Gadlin

Staff Development

Juan Carlo

MDS Director

Gigi Mutia

Central Supply Director

Mario Fabela

Business Development Director

Eileen Adams

Medical Records

Ana Logan

Lucky Lanterns

Whether it's called Chinese New Year, Lunar New Year or the Spring Festival, it's a major holiday in China and other Asian countries. The 15-day celebration begins on Feb. 5 this year and ends with the Lantern Festival, which marks the first full moon of the lunar year. Decorating these festivities are displays of glowing, hanging lanterns.

Made of paper or silk wrapped around a wooden or metal frame, Chinese lanterns were invented as early as A.D. 25. The traditional lantern shape is a sphere, representing the full moon. Some varieties take the form of other Chinese symbols, such as a dragon or lotus flower.

Decorated with calligraphy or art, the lanterns come in all sizes and can be almost any color, but usually they are red, a popular hue in China that represents happiness and good fortune. Red or gold tassels often hang from the bottom of each lantern.

Lanterns are displayed throughout spaces both outdoors and indoors. A lantern hanging in the home is a symbol of protection and good luck, and lighting it is believed to bring prosperity.