

GOOD Life News

at Alamitos West

AUGUST 2017

www.alamitoswest.com

Diamond Dreams

Each summer, youngsters across the U.S. and the world take the field as Little League ballplayers.

Variations of baseball have been around since the 18th century. When the game grew to be the national pastime, children played pickup games in streets and sandlots, often using castoff equipment that was made for adults.



In 1938, Carl Stotz of Williamsport, Pa., wanted to give his young nephews and other neighborhood boys the opportunity to play in an organized league. He spent months testing gear and field dimensions and recruiting players. Stotz also asked sponsors to help pay for the uniforms and equipment.

The first Little League game swung into action in Williamsport in 1939. The program was a hit, and leagues popped up across the country, then around the globe. The first National Little League Tournament — now known as the annual Little League Baseball World Series — was played in 1947.

Today, more than 200,000 teams in 80 countries participate in Little League.

In the Good Ol' Days of August

In August 1947, the average annual income was \$3,456. Minimum wage was 40¢ per hour. The average cost of a new house was \$13,000. A loaf of bread was 12¢, a dozen oranges were 49¢ and postage stamps were 3¢ each. A ticket to a movie was 35¢. A car cost \$1,500. But best of all, gasoline was 23¢ per gallon — even cheaper than a gallon of milk, which was 80¢.

Special Days

Aug. 3: Watermelon Day

Aug. 6: Friendship Day

Aug. 7: Full Sturgeon Moon

Aug. 19: Aviation Day

Aug. 21: Total Solar Eclipse

Aug. 26: Women's Equality Day



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

**29 Years
Recognizing
Senior
Citizens Day**

The U.S. Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom leadership and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Flower of the Month — Gladiolus

August 2017

Gladiolus represents strength and moral integrity — not surprising when you consider that its name comes from the Latin word for sword, gladius. But while its sword-shaped stems might imply Roman gladiators, its romantic-looking flowers are capable of piercing a heart with their beauty.

Aptly so because infatuation is another one of its meanings.

Gladiolus flowers grow from a bulb called a corm. Corms are planted each spring and dug up in the fall.

Although “glads,” as they are commonly called, are beautiful in the garden, their principal use is for cut flowers.

Their range of colors, sizes and flower types makes them particularly useful for flower arrangements. The flower blossoms open one by one, starting from the base of the tall stems, making this an enduring cut flower.



Top Dogs

They steal our hearts and make us laugh. Some of the world’s most memorable stars have been canines. Celebrate these “pup” culture icons on National Dog Day, Aug. 26.

Petey — The original pooch in “The Little Rascals” kid comedies had a partial black circle around one eye, which makeup artists completed with dye, giving him the distinctive look he’s known for.

Pluto — Since 1930, Mickey Mouse’s pet and faithful sidekick has entertained audiences with his silly facial expressions and playful personality.

Toto — Dorothy’s loyal companion, who journeyed with her from their Kansas farm to a magical land in the classic film “The Wizard of Oz,” was played by a black cairn terrier named Terry.

Snoopy — Sleeping on top of his doghouse, pretending to be a World War I flying ace, and writing stories on his typewriter are just a few of the quirky pastimes of Charlie Brown’s pet beagle in the “Peanuts” comic strip.

Benji — This heroic mixed-breed mutt, who gets in many predicaments but always manages to save the day, became a box office star when his first film debuted in 1974.

Gidget — The small Chihuahua with the big personality starred in popular commercials for the fast-food chain Taco Bell in the late 1990s.

Dog Days

Traditionally the hottest month in the northern hemisphere, August is called the “Dog Days.” The phrase refers to Sirius, or the Dog Star. The “Dog Days” are when the Dog Star rises and sets at about the same time as the sun, which is roughly between July 3 and Aug. 11.

The Lure of Fishing

From casting a line to reeling in “the big one,” fishing can be a relaxing and rewarding form of recreation. Fish through these popular types of the sport:

Freshwater — Whether fishing from the banks, a bridge or in a boat, many like the easy access of freshwater lakes, ponds and rivers. The gear and bait used depends on the type of fish you’re trying to hook. Bass, bluegill, catfish, crappie and walleye are abundant species.

Saltwater — Oceans and seas are made of salt water, and fishing can be enjoyed from a beach or from a boat in deep waters. Bluefish, cod, flounder, grouper, marlin, tarpon and tuna are some of the prized saltwater game fish. Many tourist spots offer chartered fishing trips for adventurous anglers.

Fly — Fly-fishers cast artificial “flies” onto the surface of the water in a rhythmic motion to imitate insects and other bait in order to attract fish. Fly-fishing is often associated with mountain streams, but it can also be done in ponds, lakes and salt water. Trout and salmon are common catches.

Ice — Winter’s cold doesn’t stop ice fishermen, who cut a hole in a frozen lake or pond, then drop a line. Shelters such as ice shanties provide relief from the elements.



Helping a Loved One With Cancer

It can be difficult to know what to do for a family member or friend who is battling cancer. Often, small gifts and kind gestures can brighten their day, as well as provide practical support. Here are some ideas:

Books, magazines and more — Reading material, puzzle books, audiobooks, CDs and DVDs can keep your loved one occupied during long treatments and recuperation.

Lotion — Chemotherapy can cause dry skin and brittle nails, so treat your friend to a bottle of unscented, moisturizing lotion or hand cream.

Blankets and socks — Cancer treatments may make a person feel colder than usual. A cozy blanket or pair of socks can help them feel warm and loved.

Faux flowers — Many well-wishers want to send flowers to those who are ill, but fresh bouquets and live plants can be an infection risk for patients with weakened immune systems. A silk bouquet or faux flowers crafted from fabric or buttons can also bring a smile, and they will last longer.

Your friendship — From cards and phone calls to visits and hugs, friendship is the best thing you can offer to a person living with cancer.



“In August, the large masses of berries, which, when in flower, had attracted many wild bees, gradually assumed their bright velvety crimson hue, and by their weight again bent down and broke their tender limbs.”

— Henry David Thoreau

Spectacular Succulents

Tall and spiky, plump and fuzzy, tiny and delicate — with something for everyone and easy to tend, succulents may be the perfect houseplants.

From the Latin word succus, meaning “juice” or “sap,” a succulent is loosely defined as any plant that stores water in its leaves or stems. Cactuses likely come to mind, but they are just one type of succulent; not all succulents are considered cactuses.

Succulents are popular choices for gardeners of all types. They’re extremely low maintenance, and some experts say they “thrive on neglect.” The plants require very little water and are generally pest-resistant. They come in a wide variety of interesting shapes, sizes and textures, and in practically every color of the rainbow.

Many succulents can be grown indoors or outdoors and typically require at least six hours of full sun daily. Popular varieties include hen-and-chicks, aloe vera, jade plants, snake plants and sedum, also known as stonecrop.



Resident Birthdays

Debra L., 3rd
Frances G., 3rd
Debra L., 3rd
Sandra M., 6th
Nancy T., 10th
Carolyn P., 12th
Maria B., 13th
Dolores G., 13th
Fernando C., 14th
Jose G., 19th
Felixerto V., 20th
Phillip S., 24th
Wilhelm K., 25th
Ernestine L., 29th
Ching M., 31st

Employee Birthdays

Esperanza T., 1st
Sonya K., 6th
Jamie A., 11th
Sonia M., 12th
Kaisha A., 17th
Kaisha A., 17th
Cynthia Sofia E., 28th



3902 Katella Avenue
 Los Alamitos, CA 90720
 562-596-5561



A PLATINUM SERVICE®
 COMMUNITY MANAGED BY



The Goodman Group
Moments matter. Live them well.®

thegoodmangroup.com

Staff

Executive Director

Pradeep Muley

Director of Nursing

Marilyn Elgincolin

**Life Enrichment
 Director**

Sandra Macias

**Food and Beverage
 Director**

Ana Martinez

QIC Nurse

Maybelle Low

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

Jessi Diaz

**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

Birthstone — Peridot

In 1912, the American National Association of Jewelers adopted the peridot as the official birthstone for the month of August. The pronunciation is often confused. It is actually pronounced PAIR-uh-doh instead of PAIR-uh-dot.



Peridot is a green gemstone that is as popular for jewelry today as it was in the past.

It has been found in ruins of ancient Egypt and Greece. It was often called the “evening emerald” by ancient Romans, who noticed that its green color shone even more vividly in lamplight, making it resemble deep-green emeralds.

Most ancient peridot probably came from the Red Sea island of St. John’s. However, they are found in other areas of the world. In Hawaii, peridot is believed to symbolize the goddess Pele’s tears. Some Hawaiian beaches are packed with tiny grains of peridot that are too small to cut.

Like Us on Facebook

Go to facebook.com/AlamitosWest to see pictures and catch up on all the fun here at Alamitos West. This is a great way for family members and friends to stay connected!

