

GOOD Life News

at Alamitos West

OCTOBER 2017

www.alamitoswest.com



Creatures of the Night

When darkness falls, most of us are ready for bed, but for many members of the animal kingdom, nighttime is prime time.

Bats: The only mammals that can fly, bats are mysterious critters that love to lurk in dark spaces like caves and hollow trees, emerging at dusk to feast on insects and fruit. Eating up to 1,000 insects a night, bats play a crucial role in pest control, and fruit bats are important pollinators.



Owls: Large eyes, sharp hearing and feathers specifically designed for silent flight make these birds excellent nighttime hunters. A traditional sign of wisdom and a friend to farmers by helping control rodent populations, owls are known for their hooting calls, but they can also screech, whistle and squeak.

Wolves: A wolf howling at the moon may send a chill up your spine, but there's really nothing to fear. The largest members of the dog family are simply communicating with each other and staking out their territory. Wolves have impressive night vision, and they prefer nighttime because the cooler temperatures help them conserve energy while they hunt.

Raccoons: These masked bandits cause mischief during the evening hours, foraging for almost any food they can get their hands on — even goodies from residential garbage cans. Despite their antics, these North American mammals are admired for their uniquely patterned coats and curious, intelligent nature.

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

**Health
Literacy
Month**

This annual October observance 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 adopt 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.

Family Highlights

Flu season is from September to April, and as part of our commitment to the health and wellbeing of our residents at Alamitos West Healthcare Center, Influenza and Pneumonia vaccinations are a practice that is offered to the residents. If you choose to receive the vaccination or need more information regarding Flu or Pneumococcal, please don't hesitate in contacting any nurse at the station.



Tips to Help You Hear Better

October is National Audiology Awareness Month and Protect Your Hearing Month. If you're one of the millions of adults in this country who have some degree of hearing loss, there are several lifestyle tips that can help you communicate better and enjoy life.

When riding in a car or bus, road noise can make it difficult to hear and talk with fellow passengers. For those who wear hearing aids, turning the volume down on the device next to the window can minimize distracting sounds.

In a restaurant or a social gathering, sit or stand with your back to the wall, which will help amplify sound around you. Choose a spot far away from noisy objects like heating and cooling vents and avoid high-traffic areas such as the kitchen or buffet table.

Visual cues can improve what you hear. Face someone who is talking to you so you can see their gestures and expressions. Avoid dimly lit spaces, and close window blinds if sunlight is creating a glare and obstructing the speaker's face.

Before going to a movie or play, read a review or summary about it in the newspaper or on the internet. This way, you'll have a better grasp of the plot in case you miss details when the performers are speaking or singing.

If possible, incorporate carpeting and drapes in your home, as they will reduce background sounds, making conversations clearer.

Finally, remember to rest your ears and take breaks from noisy environments or long conversations.



Magnificent Falls

On the border between New York and the Canadian province of Ontario is a breathtaking natural wonder, Niagara Falls. Plunge into these facts about the famous tourist destination.

- Niagara Falls was formed about 12,000 years ago.
- There are actually three falls that make up the massive spectacle: Horseshoe, American and Bridal Veil falls. Horseshoe Falls is the largest at 2,200 feet wide and 170 feet tall.
- More than 3,000 tons of water rush over Niagara Falls every second. Most of the water comes from four of the five Great Lakes, which drain into the Niagara River.
- On Oct. 24, 1901, Annie Edson Taylor, a 63-year-old Michigan teacher, became the first of several daredevils to survive a plunge over the falls in a barrel.
- Niagara Falls is a favorite wedding destination. Newlyweds have made the place so popular, it's billed as the honeymoon capital of the world.
- The falls ran dry for more than a day in 1848, when ice chunks upstream jammed the Niagara River and blocked the flow of water.
- About 12 million tourists visit Niagara Falls each year. Many don ponchos to view the falls up close and feel the spray of the rushing waters.



Life Enrichment Highlights

Luau party celebration! Residents, family, friends and staff had a wonderful time. Thanks to Mahana Polynesian Entertainment for such a spectacular performance!



German Heritage in America



October is German-American Heritage Month, and Oct. 6 is designated as National German-American Day. According to the U.S. Census Bureau, about 50 million people in the U.S. have German roots, making it the largest ancestry group in the country.

The first permanent German settlement, named Germantown, was established on Oct. 6, 1683, in Pennsylvania. The biggest wave of German immigrants arrived in the 1800s, when millions came for the freedom and economic opportunities that America offered.

Uniquely German influences quickly made their way into American culture. Germans introduced traditional foods such as hot dogs, sauerkraut and pretzels to their adopted country. They pioneered the concept of kindergarten education as a way for children to learn through play. The idea of weekend outings can be partially attributed to German immigrants, who had the custom of spending their Sundays in recreational pursuits, which led to the creation of facilities such as bowling alleys and concert halls, as well as social and sports clubs.

Nightmares and Moonlight

In the spooky spirit of the Halloween season, the last Friday in October is known as Frankenstein Friday, after Mary Shelley's fictional novel about a mad scientist who created a monster. More interesting than the fiction are the facts surrounding why Shelley set out to write her gothic masterpiece.

In June 1816, the 18-year-old Shelley was invited to Geneva, Switzerland, along with the poet (and her future husband) Percy Bysshe Shelley, her step-sister Claire Clairmont, the poet Lord Byron, and Lord Byron's doctor (and writer of vampire stories) John Polidori. On a rather cliché dark and stormy night, after reading from a volume of German ghost stories, Lord Byron challenged all the guests present to write their own scary tale. It was out of this challenge that Mary Shelley penned "Frankenstein."



Four Stars

Alamitos West Health Care Center is a four-star facility and is on its way to being a "five-star facility!"

Alamitos West
Health Care Center



Resident Birthdays

Audrey P., 4th
Donato P., 5th
Nina V., 7th
Petronella B., 12th
Juan M., 16th
Holly P., 18th
Linda S., 22nd
Mirna G., 23rd
Mary W., 24th
Gladys M., 27th
Jose A., 30th

Employee Birthdays

Shane R., 3rd
Teresa M., 3rd
Brenda M., 6th
Belma F., 8th
Mario F., 9th
Rafaela L., 10th
Ana Concepcion M., 15th
Luis V., 18th
Laura I., 19th
Maria R., 20th
Diana V., 21st
Maria L., 22nd
Sheryl A., 22nd
Ivan Q., 25th
Erika A., 27th
Conchita D., 27th
Kaitlyn C., 27th
Christian T., 31st

Resident Spotlight

It's that time again!

We are accepting candy bag donations for our trick-or-treaters on Halloween day.

For more information, contact anyone from Life Enrichment.

Thank you!



Alamitos West

Health Care Center

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



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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

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Gigi Mutia

Central Supply Director

Mario Fabela

Business Development Director

Eileen Adams

Medical Records

Ana Logan

Notable Quotable

"You're only
as good as
the people
you hire."

— Ray Kroc,
McDonald's



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