



AL WESTERNER'S NEWS

APRIL 2012

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WEATHERING THE STORM

While the return of spring means warm weather and blooming flowers, it can also be a time of strong thunderstorms and even tornadoes. It never hurts to review what you should do if a storm strikes your area.

First, understand the warning system that accompanies severe weather so you will know what steps to take. A severe thunderstorm watch means a strong storm could form in your area. A severe thunderstorm

warning means a storm has been sighted that could bring lightning, hail and strong winds. During a thunderstorm, you are generally safe so long as you're indoors. If your TV or radio says your area is under a tornado watch, that means weather conditions are ideal for a tornado but one has not yet been sighted. A tornado warning, however, means a tornado has actually formed, and you should move to a safe area if you aren't already in one. In the event of a tornado, seek refuge in the strongest part of the building you're in. A closet or interior hallway works well. Stay away from windows and heavy objects. Another part of severe weather safety is being ready for a storm's aftermath. Prepare for severe spring weather by creating an emergency kit. This should include things like bottled water, nonperishable food, batteries, a radio for weather updates, a flashlight, clothes and a first aid kit. If you take medication, it's a good idea in general to have extra on hand in case of an emergency; if a tornado causes extensive damage to your area, there might be delays when it comes to getting refills. Never wait until the last minute to refill your medication. Hopefully your spring will be filled with beautiful weather, but should you get caught in a storm, these easy steps should keep you safe. Above all, do your best to stay calm — it's the best way to "weather the storm."

EVERYTHING I KNOW I LEARNED FROM THE EASTER BUNNY

- Don't put all your eggs in one basket.
- Everyone needs a friend who is all ears.
- There's no such thing as too much candy.
- All work and no play can make you a basket case.
- Everyone is entitled to a bad "hare" day.
- Let happy thoughts multiply like rabbits.
- Keep your paws off other people's jelly beans.
- The grass is always greener in someone else's basket.
- To show your true colors, you have to come out of your shell.



APRIL EVENTS

- April 4: Dye Easter Eggs
- April 5: Outing: Ride Down the Coast
- April 6: Station of the Cross
- April 6: Easter Egg Hunt With Prizes
- April 8: Easter Calvary Chapel Service
- April 8: Easter Celebration
- April 10: Petting Zoo
- April 13: Root Beer Floats
- April 16: St. Hedwig Catholic Mass
- April 18: Candlelight Dinner with Live Music & Sparkling Cider
- April 19: Outing: in and Out
- April 27: Birthday Party

ALL THAT JAZZ

Each April, Jazz Appreciation Month highlights the extraordinary history of jazz and its importance to American culture. Why April? April is the birth month of a number of leading figures in jazz: Duke Ellington, Ella Fitzgerald, Billie Holiday, Lionel Hampton, Gerry Mulligan, Shorty Rogers and Herbie Hancock. Women of Jazz

Jazz women and their advocates helped to transform race, gender and social relations in the United States. They confronted both gender and race issues by performing during a period in American history when women were considered second-class citizens. In a world dominated by men, jazz women were soloists, composers and bandleaders. They toured overseas for the USO during World War II, when integrated performances were taboo. Ella Fitzgerald

Ella Fitzgerald, the "First Lady of Song," was a significant artist in the emergence of jazz. Born in Newport News, Va., on April 25, 1917, she moved with her mother to New York after the death of her father. Very little is known about her early childhood, but the most romantic rumor is that she ran away from an abusive stepfather after her mother died and made money by singing and dancing on the sidewalks of Harlem. One fateful night at the Apollo Theater in 1934, 16-year-old Ella Fitzgerald stepped on stage but was too intimidated to dance as she had originally planned. Instead she sang "Judy," which silenced the crowd. She won first prize. It was the beginning of one of the most celebrated careers in music history.



BODY, MIND AND SOUL

I was so naive as a kid. I used to sneak behind the barn and do nothing. — *Johnny Carson*

My husband thinks that health food is anything he eats before the expiration date. — *Rita Rudner*

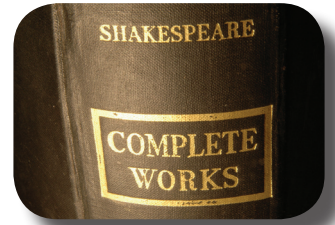
One of the best ways to persuade others is with your ears — by listening to them.
— *Dean Husk*

Faith is taking the first step even when you don't see the whole staircase.
— *Martin Luther King Jr.*

THE LEGACY OF WILLIAM SHAKESPEARE

April is National Poetry Month. It also happens to be the month William Shakespeare was born. One of the world's most influential poets and playwrights, Shakespeare was baptized on April 26, 1564, but his exact birthday is unknown. Shakespeare's father was a merchant, and he grew up as one of eight children in Stratford-Upon-Avon, a village near Birmingham, England. Very little is known about his childhood, but he probably attended the local grammar school, where he would have learned the classics that are referenced often in his plays. At 18, he married Anne Hathaway, who was 26 and pregnant. They had a daughter named Susanna and later had twins named Hamnet and Judith.

Shakespeare went to London around 1588 to act and write plays. His earliest shows were comedies and histories. He was so successful that he became a partner in the Lord Chamberlain's Men. In 1592, the plague shut down the theater for two years, so Shakespeare started writing sonnets and narrative poems like "Venus and Adonis." After Queen Elizabeth died in 1603, King James of Scotland took the throne and renamed the Lord Chamberlain's Men to the King's Men. Around that time, Shakespeare wrote most of his tragedies, including "Hamlet," "King Lear," "Othello" and "Macbeth," which are some of his best-known works. In 1609, his sonnets were published. These were a collection of 154 poems written throughout his career, and historians have long been puzzled about the possible biographical references in them. Shakespeare's final play, written two years before his death, was "Henry VIII." Shakespeare passed away on April 23, 1616. Still, his legacy endures through his plays, poems and the 1700 words he added to the English language.



RESIDENT SPOTLIGHT: STEPHEN K.

Stephen K. just celebrated his 100th birthday last month. Stephen was born in Budapest, Hungary, and is the second youngest of four children. He went to university to study law and passed the bar exam with flying colors to become an attorney. At that time, Hungary was under the Russian communist government, so he was forced to flee the country. He moved to Austria, where he met his wife, Eleanor. After three years of living in Austria as refugees, they decided to move to America in search of a better life. They first lived in a small town in Youngstown, Ohio, where his wife gave birth to a beautiful baby boy. They eventually moved to California. Because of not being able to speak good English, Stephen started working odd jobs. He slowly climbed his way up the ladder and became a cost control accountant at a manufacturing company. He retired at age 54. In Alamitos West, Stephen loves to spend time reading books and novels. He also enjoys participating in special holiday events.



Stephen K.

MUSCLES ON THE MOVE

Everyday activities can build strength and endurance.

If you're a garden lover, hoist bags of soil and pots. Just remember to lift with your legs and not your back. Rake leaves and mow the lawn with a hand mower.

If you're an office worker, climb stairs to strengthen your leg muscles and improve endurance.

If you're a neat freak, rev up the pace when you vacuum, dust and wash windows. If you're a political activist, walk door to door to campaign for your candidate.

If you're a bargain hunter, cruise the entire shopping mall to check for sales before you make any purchases.

BIRTHDAYS

Kevin T., 6th, (Employee)

Fidel C., 8th

Joseph Raimond L., 10th, (Employee)

Arnoldo V., 13th, (Employee)

Rachel P., 13th

Dorothy W., 15th

Gretta C., 16th

Jasmin M., 16th, (Employee)

Rayford S., 17th, (Employee)

Sonia C., 17th, (Employee)

Brenda W., 18th, (Employee)

Javier G., 18th, (Employee)

Rosa Z., 21st, (Employee)

Dalia V., 24th, (Employee)

Sarah R., 25th, (Employee)

Alice S., 26th

Charlene G., 27th, (Employee)

Anahi B., 27th, (Employee)

Linda K., 27th

Jane R., 28th

Martha R., 28th, (Employee)

Osbaldo F., 29th, (Employee)

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Social Service Director

Justin Rumer

Payroll

Linda Hardin

Staff Development

Denise Muldong

FOOD AND BEVERAGE/ DINING SERVICES

Our culinary and dietary technicians take great pride in preparing a variety of nutritious meals while following each resident's needs and requirements. Our daily menu changes weekly and is posted on the activities board across from the Beauty Salon. Relatives are welcome to dine with our residents. You may purchase a meal ticket at the reception desk for \$3 by 11 a.m. for lunch and 3 p.m. for dinner. The following substitutions can be made with one hour advance notice to the kitchen. Just let your nursing station know of your preference.

- Fruit or Yogurt and Cottage Cheese Plate
- Chef's Salad
- Hamburger or Hotdog on a Bun
- Grilled Cheese Sandwich
- Peanut Butter and Jelly Sandwich
- Egg Salad Sandwich
- Quesadilla
- Soup of the Day