

GOOD Life News

at Alamos West Health & Rehabilitation

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www.alamoswest.com

Doughnut Diversity

The Celebrating the American Steakhouse first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

Berliner — This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

Paczki — Similar to Berliners, these Polish pastries are richer and typically filled with jam or cream. In Israel, the sufganiyah is a nearly identical treat.

Churro — A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Youtiao — This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

Jalebi — Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found throughout the Middle East and South Asia.

Koeksister — South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.

Loukoumades — A favorite in Greece and Turkey, these fried dough balls covered with honey and cinnamon were traditionally served to winners in the ancient Olympics.



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

National Safety Month

Summer is a great time to start thinking about safety. Warm weather may be calling people outside, but outdoor activities also open the door to potential accidents. The National Safety Council designates June as National Safety Month to help raise safety awareness. You may be surprised to hear that one in three people over 65 falls each year, making it the leading cause of injuries for the age group. Exercise can be the first defense against falls. FIT Functional Fitness® offers various exercise classes that can help increase muscle and bone strength! The program's goal is to increase overall health and wellbeing, reduce potential for falls, and encourage residents to remain active.



All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15. The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more than 200 FIFA teams, only 32 make it to the World Cup — 31 qualifiers plus the host country's team, which automatically earns a spot. This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games. Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games. Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion, having won the 2014 tournament.



Essential Exercise Types

Exercising regularly provides an abundance of health benefits, and varying activities is the key when it comes to physical fitness.



Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance — Also called cardiovascular or aerobic exercise, these activities target the heart, lungs and circulatory system by increasing your heart rate and breathing. Walking, dancing and swimming are examples of endurance exercises.

Strength — Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Common forms of strength training include lifting weights, using resistance bands and doing arm curls and leg lifts.

Balance — Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi, standing on one foot, and walking heel to toe in a straight line can improve balance.

Flexibility — Movements that stretch your muscles help you stay flexible and limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.

Resident Birthdays

Charles H., 6th	Lilian P., 14th
Faaeega F., 10th	Shirley T., 15th
Martha T., 12th	Francisco S., 17th
Mary M., 13th	Bernabe G., 19th
Margarita G., 13th	Shirley I., 24th
Christine C., 13th	Scott R., 30th
Jessie C., 13th	

Employee Birthdays

Erika W., 2nd	Arturo C., 17th
Corazon B., 8th	Pradeep M., 18th
Fauzia M., 10th	Cybthia S., 19th
Hyacinth M., 11th	Marissa S., 22nd
Marco M., 13th	Magdalena G., 29th

Fishing 'Reels'

The days are warm and the fish are biting. Hook one of these movies about fishing:

"The Old Man and the Sea" (1958) — Spencer Tracy plays a fisherman trying to reel in the catch of a lifetime in this film based on a short story by Ernest Hemingway.

"A River Runs Through It" (1992) — Fly-fishing serves as a metaphor for life and love in this drama set in 1920s Montana. The state's rivers and mountains provide a beautiful setting, captured by Academy Award-winning cinematography.

"Grumpy Old Men" (1993) — Retired Minnesota neighbors Max and John bicker and compete over everything, including who can get the biggest catch while ice fishing. Stars Jack Lemmon and Walter Matthau reunited in 1995 for a sequel that had them warm-weather angling for a prized catfish.



Tale of the Typewriter

Today, most typing is done on a computer keyboard or a smartphone screen, but this modern method of communicating began 150 years ago with the invention of the typewriter. Prototypes of printing machines were created as far back as the 16th century, with many versions as large as pianos. The first practical typewriter was patented by American inventor Christopher Latham Sholes on June 23, 1868. Resembling a sewing machine, this early model included many features that became standard for typewriters.



Super Facts About the Man of Steel

One of the greatest comic book characters of all time, Superman has been fighting for "truth, justice and the American way" for 80 years. Celebrate this milestone with some Man of Steel trivia — no X-ray vision required!



- Cleveland teenagers Jerry Siegel and Joe Shuster created the superhero character in 1933. Superman made his official debut in June 1938 in "Action Comics" No. 1, published by DC Comics.
- Born on the fictional planet Krypton, Superman's real name is Kal-El, which means "Star-Child" in Kryptonian. Here on Earth, his full name is Clark Joseph Kent.
- The source of Superman's powers is solar energy, specifically from a yellow sun.
- Originally, Superman could not fly, only "leap tall buildings in a single bound." In cartoon shorts made in the 1940s, he gained the ability to fly because it was difficult to animate the character's knees bending in a jumping position.
- Superman has a dog named Krypto, who wears a red cape like his master and has similar superpowers.

A Soothing Succulent

Mention aloe vera, and its common use in soothing sunburned skin probably comes to mind, but this succulent has been a prized plant since ancient times. More than 6,000 years ago, Egyptians called aloe



the "plant of immortality" and used it in their health and beauty regimens. Legend has it that queens Nefertiti and Cleopatra included aloe in their skincare routines, and ancient Egyptian medical scrolls listed a variety of therapeutic remedies containing aloe. Traders later introduced the plant to other countries throughout Asia and Europe, and the popularity of aloe spread. Aloe vera requires little care, making it an easy-to-grow houseplant even for those without a green thumb. Cutting open one of its thick, spear-shaped leaves exposes a translucent gel that can be applied directly to sunburns, rashes and other minor skin irritations. Some people find that the cool gel soothes skin, provides moisture and relieves itching. Numerous ready-made aloe vera gel products are also widely available.



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Celebrating the American Steakhouse

The modern-day steakhouse evolved from two styles of dining: chophouses and beefsteak banquets. Originating in 17th-century London, chophouses arose in New York City in the mid-1800s and served a menu of meats to merchants wanting a hot meal. Around the same time, beefsteak banquets were born. These all-you-can-eat events were usually political fundraisers and open only to men, who feasted on slice after slice of beef tenderloin.



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