

GOOD Life News

at Alamitos West

MAY 2017

www.alamitoswest.com

Majestic Mount Everest

In the Himalayas, on the border between Nepal and China, stands Mount Everest, one of the most iconic mountains in the world. Explore these facts about the natural wonder:

- Mount Everest is the highest mountain on Earth, towering 29,029 feet above sea level. That height equals about 20 Empire State Buildings.
- The Himalayan range formed 60 million years ago when plates in the Earth's crust collided and pushed upward. This movement continues, so Everest grows about 4 millimeters each year.
- In 1865, the Royal Geographical Society named the mountain after British surveyor George Everest, who helped map the region.
- At the peak, temperatures average 35 degrees below zero, and winds can top 100 mph.
- On May 29, 1953, Edmund Hillary of New Zealand and Tenzing Norgay of Nepal were the first confirmed climbers to reach the summit.
- More than 4,000 people have conquered the dangerous climb. The most popular month to make the trek is May, when the winds die down.
- Everest is nicknamed "the roof of the world."



Join Us for Our Family Council Meeting

Friday, May 12, 2017 at 6:30 p.m.

Alamitos West Main Dining Room

3902 Katella Ave.
Los Alamitos, CA
90720

Guest Speaker:

Peter Briese, NCC
Bereavement
Coordinator

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Myths of Grief



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

**Step into
Spring**

There's nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one's happiness, according to the National Institutes of Health. Don't let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Reading for a Cause

Each May, Get Caught Reading Month is celebrated as a way to encourage people of all ages to read. How heartwarming would it be to get caught doing a kind deed at the same time? Here are some ways you can use your love of books to give back to others:

Read to kids — Many preschools and elementary schools welcome volunteers to read a story to a class of eager listeners. Or consider being a mentor to a child who is learning to read; he or she can practice and gain confidence by reading to you.

Read to animals — Both dogs and cats are often soothed by the steady rhythm of a human voice. Reading aloud to animals in shelters can ease their anxiety and help socialize them as they wait to be adopted.

Read to hospital patients — A funny story — complete with silly gestures and sound effects — can bring much-needed cheer to children in the hospital. For adult patients, simply reading the newspaper to them can brighten their day and provide meaningful companionship.



Favorite Derby Foods

The Kentucky Derby, the annual horse race called “the most exciting two minutes in sports,” is also famous for its festivities off the track, including food. Saddle up with these traditional Derby dishes.

Hot Brown: This hot, open-faced sandwich was named for where it was first served in 1926, the Brown Hotel, just miles from the Derby’s home, Churchill Downs. It’s made with thick slices of toasted bread that are layered with roasted turkey and tomatoes, covered with a cheese sauce, broiled, then topped with two slices of bacon and paprika.

Burgoo: There are hundreds of recipes for this hearty stew, which is a longtime tradition. Thick and spicy, it usually contains a blend of beef, pork, chicken or lamb simmered with a medley of vegetables, beans and seasonings.

Benedictine: In the early 1900s, Louisville, Ky., caterer Jennie Benedict combined cream cheese, cucumber and onion to make a savory spread. It is typically served on bread as a tea sandwich filling or used as a dip.

Chocolate-nut pie: A gooey, sweet filling that includes chocolate chips and pecans or walnuts atop a pastry crust make up this dessert, a staple at the Derby.



The Amazing Avocado

Is it their uniquely creamy texture, their status as a super food, or their vibrant green color that makes them so popular? Whatever the reason, the U.S. consumes about 2 billion pounds of avocados per year.



The avocado is prized for its nutritional profile. It’s the only fruit with significant amounts of monounsaturated fat, which helps the body absorb nutrients and can lower cholesterol levels. A 1-ounce, 50-calorie serving contains almost 20 different vitamins, minerals and other nutrients, including potassium, fiber, folate and vitamins B-6, C, E and K.

An extremely versatile food, avocados can be eaten fresh out of their skin, added to salads and sandwiches, and made into dips, the most popular being guacamole. Avocado is also used as a substitute for spreads such as mayonnaise and butter.

Mexico is the world’s largest producer and exporter of avocados, while California grows 90 percent of the domestic crop.

Supporting Our Nation’s Mothers

For more than 80 years, the American Mothers organization has worked “to champion women by honoring, educating and serving mothers at home, at work and in the world.”

American Mothers was originally a committee formed by a group of influential citizens — including J.C. Penney, Norman Vincent Peale and Eleanor Roosevelt — who strived to honor the role that mothers hold in strengthening families and the nation. In 1935, Sara Delano Roosevelt, mother of then-president Franklin D. Roosevelt, presented the first Mother of the Year award to Lucy Keen Johnson of Georgia.

Since then, the nonprofit organization has selected a Mother of the Year from the 50 states, the District of Columbia and Puerto Rico, then named a national honoree. Nominations can be made at AmericanMothers.org from Mother’s Day through Nov. 15.



Care in a Box

Whether for a soldier serving overseas, a student at college or a faraway friend, care packages today often provide recipients with food and tokens of comfort, packed into a cardboard box. But in the days after World War II, care packages were part of a lifesaving mission.



In 1945, just months after the war ended, a group of 22 American charities combined efforts to form the humanitarian organization CARE, the Cooperative for American Remittances to Europe. Its purpose was to rush emergency food aid to the millions of people in war-torn Europe who were at risk of starvation.

Using nearly 3 million parcels of surplus U.S. Army rations, CARE created a program in which Americans could purchase a package for \$10 to send to their loved ones or an anonymous recipient in Europe. Each box contained 16 staples, including canned meat, powdered milk, coffee and margarine. Delivery was guaranteed within four months.

As the relief effort continued, the boxed aid supplies transitioned from food to clothing, school supplies, medicine and tools.

The Lady With the Lamp

Every year, special recognition is given to nurses during National Nurses Week. The observance begins on May 6, National Nurses Day, and ends on May 12, the birthday of Florence Nightingale, who revolutionized the nursing profession.

Born in 1820 to British parents who were traveling in Florence, Italy, Nightingale was named for the city of her birth. As a child, she excelled academically, and in her teen years aspired to become a nurse.

At that time, nursing was not the skilled occupation it is now, and hospitals were disorganized and usually unsuccessful in treating the sick. Determined to change this, Nightingale received nursing training in Germany and France, then worked at a women’s hospital in London.

In 1854, during the Crimean War, Nightingale was asked to organize a team of nurses and travel to Turkey to care for soldiers at a British camp hospital. Here she became known as the “Lady With the Lamp,” due to her nighttime checks on the sick and wounded. Her methods of improving hygiene and providing a personal touch to patients helped reduce the camp’s death rate by two-thirds.

Following the war, Nightingale used her knowledge and experience to improve health care. She wrote over 200 books and pamphlets on health-related issues, including 1859’s “Notes on Nursing,” a practical guide that is still published today.



Resident Birthdays

Robert D., 4th	Jaqueline A., 22nd
Claire W., 5th	Miguel C., 26th
Arnold G., 6th	Frances O., 28th
Victor D., 18th	Dewey R., 31st
Mary D., 22nd	

Employee Birthdays

Maria C., 2nd	Maribel V., 18th
Sharon B., 4th	Jose A., 20th
Arnel F., 5th	Kevin R., 22nd
Amber G., 5th	Denise M., 24th
Emily M., 9th	Sophea C., 26th
Gregoria A., 9th	Catherine B., 29th
Cecilia A., 10th	Jomelyn E., 30th
Maybelle L., 12th	Juningning Javier, 31st
Megan R., 15th	Jessica U., 31st



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Staff

Executive Director

Pradeep Muley

Director of Nursing

Marilyn Elgincolin

**Life Enrichment
Director**

Sandra Macias

QIC Nurse

Maybelle Low

Admissions Director

Jessica Urena

**Business Office
Director**

Erika Wawryk

Dietary Director

Esperanza Farrell

**Housekeeping
Director**

Brent Tucker

Maintenance Director

Gerardo Tapia

Rehab Director

Mario Alcantara

Payroll

Linda Hardin

Social Services

Alex Solis

Social Services

Catherine Beltran

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

Happy Nursing Home Week! May 14-20

People will forget
what you said.
People will forget
what you did,
but people will never
forget how you
made them feel.

— Maya Angelou



Four Star Rating Facility

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