

# GOOD Life News

at Alamos West Health & Rehabilitation

FEBRUARY 2018

www.alamoswest.com

## Say It With Heart

With Valentine's Day and American Heart Month, February is focused on the heart. The universal symbol of love is also found in many common expressions.

Home is where the heart is — This means that your home is the place where you are the happiest, whether it's an actual

location or simply being with people you love. The saying has been attributed to the ancient Roman author Pliny the Elder. Young at heart — An older adult who has a youthful outlook and a zest for life is said to be young at heart, no matter his or her real age. Follow your heart — Someone who makes a decision based on emotions or intuition follows his or her heart. Absence makes the heart grow fonder — Being apart from someone special can strengthen your feelings for that person. The idiom is centuries old and was made popular by an 1800s ballad. Heart of gold — Just as gold is valuable, a person who is kind and generous is valued and is described as having a heart of gold.



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

**Platinum  
Service®  
Standard #19**

*"I am a leader and I lead by example. I am a good steward of the environment and a role model both at work and in the greater community."*

Platinum Service® is the cornerstone of our operating philosophy. This hospitality approach drives our community. Our community is committed to demonstrating kindness, responsiveness, commitment, integrity, and other positive traits that improve the satisfaction of our residents, their family members, and team members. Every day we work hard to make a difference in the lives of those we serve!

## Valentine's Day Celebration

King & Queen Coronation

Feb. 14 at 2 p.m.

Main Dining Room



## Washington's Historic Home



third story, two wings, a cupola and a spacious porch that overlooked the river. Even when he served as a Revolutionary War general and later as president, Washington personally oversaw all the design and construction, which included intricate architecture and 21 rooms of elegant interior space in which he and his wife, Martha, could entertain guests. Washington also expanded the land to 8,000 acres, with lush gardens, working farms, three fisheries, a gristmill and a 16-sided barn.

After Washington's death, the estate deteriorated until the Mount Vernon Ladies' Association purchased it and began restorations. The property was opened to the public in 1860 and a century later, it was designated a National Historic Landmark. Mount Vernon receives about 1 million visitors each year.

On the banks of the Potomac River in Virginia sits George Washington's Mount Vernon, the historic home of America's first president.

It began as a modest house that Washington's father built in 1735 on his family's land and named Little Hunting Creek Plantation. When Washington's half brother inherited the property, he renamed it Mount Vernon after Adm. Edward Vernon, his commander in the Royal Navy. Washington took over the estate in 1754 and set out to renovate the house and develop the land.

Over the next few decades, he worked on improvements, adding a



## XXIII Winter Olympics

From Feb. 9-25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year, the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. The USA hopes to compete with Russia, Canada, Sweden and Finland for the coveted medal.

Elsewhere on the ice, Russia's 17-year-old Evgenia Medvedeva is favored for gold in women's figure skating, but 17-year-old American Karen Chen is an up-and-coming phenom who might surprise the world. On the men's side, American Nathan Chen could take gold if he continues to impress with innovative new jumps.

On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took gold in 2006.

Canada took gold in men's and women's curling in 2014. Will they repeat? While Germany swept all luge events in the Sochi Olympics, the Austrians will provide stiff competition this time. In bobsleigh, Nigeria will attempt to field its first-ever team as three former women's track stars introduce the cool sport to the African continent. Beyond sports, South Korea is introducing innovative technological advances to the Olympics — virtual reality will change the way we watch the games. These Winter Games are sure to offer both sport and spectacle.

## Where Music Meets Medicine

You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music and chants can heal the sick. Skeptical? Try listening to the beats for yourself on Feb. 14 during the 16th annual World Sound Healing Day. People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees and singing crickets are easy to summon on bedside clocks and electronic devices, but true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks — all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session.



## Heart-Healthy Exercise

Cardiovascular exercise also called aerobic exercise or simply cardio, is crucial for heart health.

Any physical activity that increases your heart rate and breathing rate for an extended period of time is considered cardio exercise.

Walking, bicycling, swimming and many other sports are common examples. During these activities, the lungs take in more oxygen, which goes directly into the bloodstream and the heart. The oxygen makes the heart beat faster, allowing it to pump nutrients throughout the body.

Regular cardio exercise not only makes the heart stronger, but it also sends oxygen to the muscles, where it's used to burn carbohydrates and fat. This is why cardio is so effective at helping a person lose or maintain weight.

Cardiovascular activities are key to preventing heart disease, since they can lower blood pressure and improve circulation. This type of exercise is also helpful in preventing or managing diabetes, osteoporosis, depression and some forms of cancer.



## The Tramp

For many, Charlie Chaplin is known for his most memorable character, "the Tramp," a good-natured, bumbling vagrant. The Tramp made his big screen debut on Feb. 17, 1914, in the silent film Kid Auto Races at Venice. The Tramp became an international icon of the silent era of film, and even when talkies

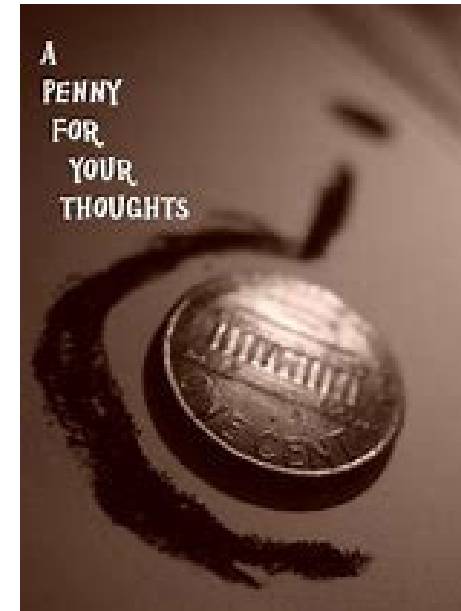


became all the rage, Charlie Chaplin refused to speak while in character, most likely because the Tramp was supposed to be American and Chaplin had a British accent. What made the Tramp so beloved? Maybe it was his sharp social commentary during the turbulent era of industrialization, maybe it was the Tramp's embodiment and support of the "American Dream" or maybe it was that adorable mustache and cane. Whatever the reason, the Tramp is adored all over the world.

## A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on Feb. 12, Lost Penny Day. Technically speaking, it costs 2.41

cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel. In 2012, Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth.



## Resident Birthdays

- Gwen P., 1st
- Thomas B., 3rd
- Marcella R., 8th
- Helen S., 9th
- Manuel C., 12th
- Marie A., 14th
- Sterling S., 18th
- Jose C., 18th
- Lois T., 21st
- Robert C., 27th
- Leslie H., 27th
- Phillip D., 28th
- Yung C., 28th



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## Celebrating Mardi Gras!

Join Us For a Dinner Party

Feb. 28, 2018 at 5 p.m.

Main Dining Room



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