

GOOD Life News

at Alamitos West

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Executive Director

This month, the U.S. will defend its title in the quest for sailing's most coveted prize, the America's Cup. The oldest international sports trophy traces its roots to 1851, when members of the New York Yacht Club raced a schooner named America against a fleet of British ships during the first world's fair in England. The



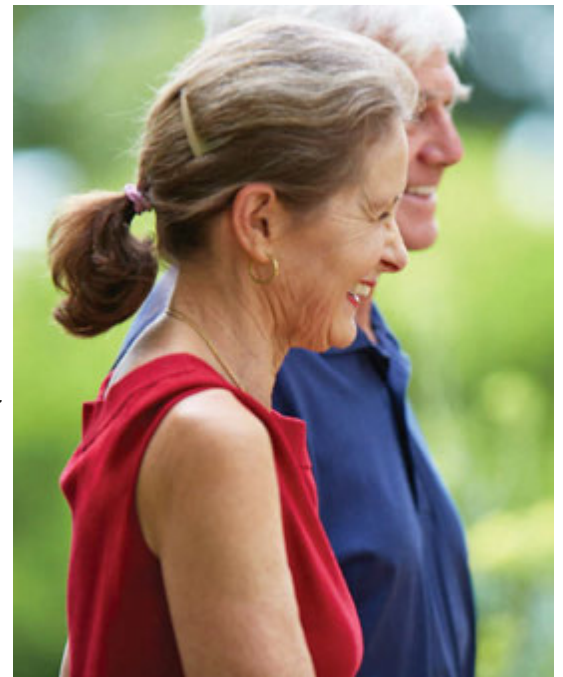
U.S. won, and the sterling silver trophy awarded was named the America's Cup — after the winning yacht, not the country. It was donated to the New York Yacht Club under the condition that it would be “a perpetual challenge cup for friendly competition between nations.”

Testing speed, skill and design, the sailing showdown is held every few years when one or more countries, known as challengers, request to take on the current cup holder, the defender. The location of the race is chosen by the defender. If there is more than one challenger, qualifying races are held in the weeks before the final event. The winner goes head-to-head with the defender in a series of races comprising the America's Cup.

The U.S. is the current defender, and out of 34 competitions, has won the cup 29 times. Only three other countries have claimed the trophy: Australia, New Zealand and Switzerland.

The 2017 America's Cup finals will be held June 17-27 in Bermuda.

Happy Father's Day



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

National Safety Month

Summer's start is a great time to think 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 — a great time to reconsider how we can “Keep Each Other Safe,” this year's theme. 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 programs that can help increase muscle and bone strength!

Starry, Starry Night

One of the most magnificent sights in nature, the night sky has been inspiring stargazers for centuries. Adding to its beauty are 88 identifiable star patterns, called constellations. Have some fun finding a few of the most famous:

Orion — The distinct figure of Orion the Hunter is easy to find by his belt, represented by a row of three bright stars.

Ursa Major — The name of this constellation means “Great Bear,” and it is notable for containing the Big Dipper, one of the most recognizable star patterns. The Big Dipper forms the bear’s tail and part of its back.

Ursa Minor — In Greek mythology, the “Little Bear” is the child of the Great Bear, and is also called the Little Dipper. The dipper’s handle is the bear’s tail. Polaris, better known as the North Star, is the tip of the tail and has been used for navigation for thousands of years.

Canis Major — The brightest star in the night sky, Sirius, is located in this constellation, which means “Great Dog.” Look for stars that form a stick figure, with Sirius as the head.

Cassiopeia — Named for a queen in Greek mythology, this constellation’s five bright stars create an “M” or “W” shape.

Scorpius — Meaning “Scorpion,” Scorpius is usually located near the horizon, where a line of stars curve into an upside-down question mark, forming the animal’s tail.



Pickin’ and Grinnin’

For more than two decades, star-studded country music and cornball comedy combined to produce one of the most successful shows in television history. Just ask the fans of “Hee Haw,” which premiered June 15, 1969.

The variety show’s creators were inspired by the popularity of “Rowan and Martin’s Laugh-In” and wanted to make a country version. Roy Clark and Buck Owens co-hosted the series, which took place in fictional Kornfield Kounty. Along with music, the show featured old-fashioned rural comedy in recurring segments like “Pickin’ and Grinnin’,” “What’s for Supper?” and “Lulu’s Truck Stop.”

Along with famous cast members such as Roy Acuff and Minnie Pearl, “Hee Haw” showcased a long list of high-profile guest performers, from country legends to artists in a variety of genres. Johnny Cash, Conway Twitty, Loretta Lynn, Dolly Parton, Jerry Lee Lewis and Sammy Davis Jr. are just a few of the singers who made appearances. Dozens of TV, film and sports stars — including Ed McMahon, Ethel Merman, Big Bird from “Sesame Street” and Mickey Mantle — also paid visits to Kornfield Kounty.

Audiences made “Hee Haw” a top-rated show, but it was canceled after two seasons. However, it was quickly picked up for syndication, and new episodes aired until 1992.



Going for Gold at the Senior Games

Much like the Olympic Games, the National Senior Games is an impressive and inspiring display of hard work, dedication and athleticism. The competition is the largest multisport event in the world for seniors and takes place every two years in a different U.S. city.

The first Senior Games were held in 1987 in St. Louis and featured 2,500 participants in 15 sports. In recent years, the games have attracted more than 10,000 athletes, all over the age of 50, including some centenarians.

After competing at the state level, qualifying athletes attend the national games for a chance to win a gold, silver or bronze medal in their events. Currently, 19 sports are offered, including basketball, tennis, swimming, volleyball, golf, bowling, horseshoes and shuffleboard.

This year’s competition is June 2-15 in Birmingham, Ala.



Flying the US Flag

While many places fly the American flag, there are eight historic locations that have official proclamations to display the Stars and Stripes 24/7. Celebrate Flag Day on June 14 by learning about some of these sites:

White House — Photographs show the flag being flown at the White House as early as the mid-1800s. During World War I, it was customary to display flags on the east and west fronts of the building for 24 hours a day. In 1970, President Richard M. Nixon made it official for one flag to fly above the White House at all times.

Washington Monument — The memorial in Washington, D.C., to America’s first president has 50 flags, one for each state, encircling the monument. The proclamation to display them 24/7 was made July 4, 1971.

Lexington Battle Green — The first conflict of the American Revolution took place in this Massachusetts town, where the 1775 battlefield has been made into a park. Since 1965, a U.S. flag flies continuously near the site’s famed Minute Man statue.

U.S. Marine Corps War Memorial — The statue of this memorial in Arlington, Va., is based on the iconic photograph of six soldiers raising the U.S. flag at the Battle of Iwo Jima. In 1961, President John F. Kennedy proclaimed that the flag atop the 60-foot bronze flagpole be flown 24/7.



High-Flying Feats

With their trademark blue and gold jets, the U.S. Navy Blue Angels are famous for amazing audiences with spectacular aerial feats and formations. This elite flight demonstration squadron performs for about 10 million people each year at air shows and sporting events across the country.

The Blue Angels have been thrilling spectators since 1946, when the chief of U.S. naval operations, Adm. Chester W. Nimitz, established the team to encourage public interest in naval aviation, attract recruits to the Navy and boost morale in the branch.

Today, a squad of six expert Navy and Marine Corps aviators, flying modified F/A-18 Hornets, demonstrate many of the same exciting maneuvers from the unit’s first flights. Showcasing skill, precision and teamwork, the pilots execute loops, rolls, tight turns and high-speed passes of up to 700 mph. In the Blue Angels’ signature diamond formation, the jets fly as close as 18 inches from each other.

Along with providing entertainment in the sky, the pilots also work on the ground as goodwill ambassadors, by talking with spectators at shows and practice sessions and making personal appearances at schools, hospitals and public functions.

The Blue Angels and their support crew of more than 100 personnel are based at Naval Air Station Pensacola, on Florida’s Gulf Coast.



Resident Birthdays

Ruth W., 9th

Jessie C., 9th

Martha T., 12th

Vera B., 13th

Isis M., 13th

Margarita G., 13th

Rosalind S., 13th

Bernabe G., 19th

Lilia V., 22nd

Iola N., 23rd

Marion F., 24th

Shirley I., 24th

Mildred R., 26th

Scott R., 30th

Employee Birthdays

Erika W., 2nd

Rina A., 9th

Fauzia M., 10th

Hyacinth M., 11th

Arturo C., 17th

Pradeep M., 18th

Cynthia S., 19th

Marissa S., 22nd

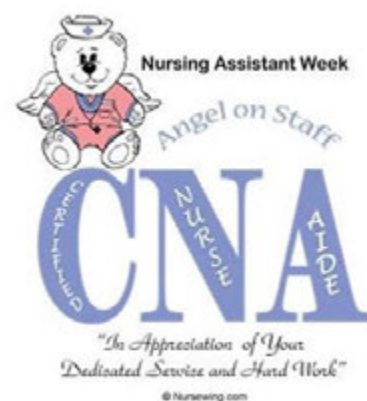
Rashonda Ch., 28th

Magdalena G., 29th

The Inspired Caregiver: Finding Joy While Caring for Those You Love

“To care for those who once cared for us is one of the highest honors.”

— Tia Walker



National Nursing Assistants Week: June 15-22



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Ana Martinez

QIC Nurse

Maybelle Low

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April Infante

**Business Office
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Erika Wawryk

Dietary Director

Esperanza Farrell

**Housekeeping
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Brent Tucker

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Eileen Adams

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Ana Logan

“I think a hero
is any person
really intent
on making this
a better place
for all people.”
— *Maya Angelou*



Four Star Rating Facility!

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