

GOOD Life News

at Alamitos West Health & Rehabilitation

AUGUST 2018

www.alamitoswest.com



Luau!

Come Hula and join us at our summertime Hawaiian Luau
Wednesday, August 29, 2018 at 2 p.m. in the Main Dining Area

Performing at the event: Mahana Dance Company

Wear your Hawaiian attire!



All Smiles for Kool-Aid

Kool-Aid was developed in 1927 by Edwin Perkins, a Nebraska salesman and amateur chemist who invented a wide range of products. One of the most popular was Fruit Smack, a flavored drink concentrate that he sold as a syrup in glass bottles. To make it easier to transport, Perkins converted Fruit Smack into a powder and packaged it in paper envelopes.

He renamed the drink mix Kool-Aid and priced each packet at 10 cents. Available in six flavors — grape, lemon-lime, cherry, orange, raspberry and strawberry — Kool-Aid was a budget-friendly treat, since one packet made a 2-quart pitcher when mixed with water and sugar. During the Depression, Perkins knocked the price down to 5 cents and sales skyrocketed.



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

**30 Years
Recognizing
Senior
Citizens Day**

The United States Congress and President Ronald Reagan encouraged the public recognition of senior citizens' wisdom, leadership, and contributions by declaring August 21, 1988 to be the first National Senior Citizens Day. Some of our favorite activities for the day have tangible benefits in terms of social connection and individual well-being. Easy ways to get started include: starting a family history project, searching for local volunteer opportunities, setting a date for the next family reunion, or scheduling a visit with the kids or grandkids.

Greetings From ...

Whether they serve as vacation souvenirs, correspondence or collectibles, postcards offer a picture-perfect way to send a message and capture a moment.

Postal correspondence cards were first used in Europe beginning in 1869. The U.S. issued the first official "postal cards" in 1873. Pre-stamped with one-cent postage, these cards were blank, with one side for the address and the other side for the message.

The first souvenir cards were sold at the 1893 World's Fair in Chicago and featured colorful printed images of fair attractions. The cards were a hit and started a nationwide trend of using inexpensive postcards to mark special events, as well as for travel mementos and advertising.

Characteristics of a postcard give clues about the era in which it was printed. In the early 1900s, postcards with divided backs were introduced, allowing the address and message on one side. To reduce ink costs during World War I, a white border was added around postcard images. Linen cards, with a fabric-like texture and bright printed images, were popular in the 1930s. Color photo technology took over the market after World War II.

Honoring Gridiron Greats

Each August, Canton, Ohio, hosts a four-day festival for football legends and their fans. The city where the NFL was born is also the home of the Pro Football Hall of



Fame, and since 1963, it honors the heroes of the game by inducting its newest class of Hall of Famers.

Four to eight enshrinees are elected each year. Fans can nominate any player, coach, team owner or other person who has contributed to pro football, but players and coaches must be retired from the sport for at least five years. A 48-person selection committee, made up mostly of sportswriters, reviews and votes on the nominations.

The enshrinement ceremony, held at a stadium next to the Hall of Fame, is the high point of the August celebration. Each inductee gives an acceptance speech to the thousands in attendance and the millions watching on live TV. Each legend is honored with a bronze bust, which will be permanently displayed in the Hall of Fame, a gold jacket and a ring.

Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside: During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate: Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately: Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break: On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

Check your meds: Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.

Watch for symptoms: If you or someone else shows signs of heat exhaustion, which can lead to heat stroke, seek medical help right away. Symptoms can include heavy sweating; cold, damp skin; weak, rapid pulse; nausea; dizziness; and headache.



Legendary Lions

It may be the dog days of summer, but a big cat is getting attention this month. World Lion Day on Aug. 10 puts the majestic animal in the spotlight. Celebrate this pride of famous lions:

MGM lion: His recognizable roar has signaled the start of every MGM film since the studio's founding in 1924. A feline named Leo has been the featured mascot the longest, since 1957.

Cowardly Lion: He's supposed to be King of the Beasts, but believes he lacks the courage. So the Cowardly Lion joins Dorothy, the Scarecrow and the Tin Man on their journey to see the Wizard in "The Wizard of Oz."

Aslan: The wise and powerful lion in "The Chronicles of Narnia" book and movie series serves as a guide to four children who walk through a wardrobe and into the fantasy land of Narnia.

Elsa: The true story of this real-life lioness was the basis of "Born Free," a book and movie about a couple who raised the orphaned cub, then released her back into the wild.

Simba: From playful lion cub to king of Pride Rock, Simba grows up and faces his fears in Disney's blockbuster animated movie "The Lion King."



Resident Birthdays

Debra L., 3rd	Jose G., 19th
Sandra M., 6th	Hector V., 20th
Melinda M., 7th	Alta F., 20th
Lawrence F., 8th	Phillip S., 24th
Luz C., 12th	Kollin W., 25th
Carolyn P., 12th	Ila B., 30th
Maria B., 13th	Alvin W., 31st
Jane B., 18th	

Surf-Inspired Sounds

In the early '60s, American pop music was all about the sun, sand and surfing the waves.



The Beach Boys — With classics such as "Surfin' Safari," "Surfer Girl" and "Surfin' U.S.A.," this still-beloved group defined the vocal surf music genre with its songs about cool cars, California girls and sunny vibes.

Jan and Dean — Often collaborating with the Beach Boys, this duo performed the same style of tight harmonies and falsetto vocals, heard in the hits "Surf City" and "The Little Old Lady From Pasadena."

Dick Dale and the Del-Tones — Called "King of the Surf Guitar," Dale is considered the pioneer of instrumental surf music. His style of playing the electric guitar produced a sound that mimicked crashing waves. The group appeared in the 1963 film "Beach Party" and is known for the tunes "Let's Go Trippin'" and "Misirlou."

The Surfaris — In 1962, a group of California teens recorded one of the best-known instrumental tracks of all time, "Wipe Out," featuring a memorable guitar riff and drum solo.

Tenpin Tidbits

A popular pastime all year long, the sport of bowling is recognized every August on the second Saturday of the month, National Bowling Day. Spare a moment for some trivia that's right up your alley!



- Bowling balls used to be made of wood, but most modern balls are made from various types and blends of plastic.
- Bowling three strikes in a row is called a "turkey."
- In 1947, bowling lanes were built inside the White House as a birthday present for President Harry S. Truman.
- Japan is home to the largest bowling alleys in the world. The Nagoya Grand Bowl boasts 156 lanes on three floors, and the Inazawa Grand Bowl has 116 lanes on one floor.
- Bowling was an exhibition sport at the 1988 Summer Olympics in Seoul, South Korea, but has yet to be made an official Olympic event.



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Refreshing Watermelon

Sweet and juicy, watermelon is a taste of summer. The refreshing snack is 92 percent water, so it can quench your thirst and cool you off when the temperature soars. Watermelon is usually considered a fruit, but it has some properties of a vegetable. It is a member of the gourd family and related to cucumbers, squash and pumpkins. Therefore, some say it can be classified as both a fruit and a vegetable. What is not debatable is the nutrition packed into watermelon. Its ripe red color comes from high levels of lycopene, an antioxidant that has been linked to a decreased risk of heart disease and cancer, and may protect the skin from sun damage. Watermelon is also a good source of potassium and vitamins A, B-6 and C.



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