

GOOD Life News

at Alamitos West

DECEMBER 2017

www.alamitoswest.com



December Events



December 4th, Holiday LW Hula Dancers **2pm**

December 7th, Justus Birthday Party! **2pm**

December 8th Holiday Banquet starting at 6pm

December 12th, Cup of Water **2pm**

December 13th, Girls Scouts **4pm**

December 15th, Academy Choir **5:15pm**

December 21st, Holiday Celebration! **2pm**

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

**Platinum
Service®
Standard #17**

"I am committed to my ongoing development. Knowledge and skills are essential in creating a great experience for our residents."

We use this Platinum Service mission in all we do to create a wonderful, safe and friendly community for our residents to call home. When we live up to the mantra of "Putting you at the heart of everything we do," we know that residents, families and team members are enjoying a positive, enriching experience each day. Understanding how to better serve our residents and families is very important to us. It helps make us contributing and supportive members of the community we serve!

Resident Birthdays

Teri M., 14th
Carol M., 18th
Nemesia J., 20th

Dwight M., 26th
Sidney H., 31st

Happy Holidays

Happy Holidays!

You are cordially invited to celebrate
The joy of this holiday season
at our Annual Holiday Banquet

Friday, December 8, 2017 Alamitos West KCC
at six o'clock pm 3902 Katella Ave.
in the main dining area Los Alamitos, Ca 90720

Please RSVP at 562.596.5561

No later than November 22, 2017

2 guest per resident please



Music to Your Ears

Whether you listen to jazz, belt out a tune at karaoke or play the piano, the melodies that surround you can do your body good. Note these health benefits of music:

Boosts mood — Ever notice that certain songs put a smile on your face? Listening to your favorite music triggers the release of dopamine, a brain chemical responsible for feel-good emotions.

Stimulates the brain — Many areas of the brain are engaged when a person listens to or creates music, much like the way the body gets a workout during exercise.

Evokes memories — Songs from the past have the ability to take us to another time and may bring back comforting memories. Music therapy often helps Alzheimer's patients.

Promotes bonding — Attending a performance or joining a sing-along or drum circle encourages social interactions and reduces feelings of loneliness.



Virtual Reality for Seniors

The words “virtual reality” may sound like something out of the future, but this technology is actually being used to return to the past as well as to experience life in the present.

Virtual reality, or VR, refers to a computer-generated, interactive three-dimensional environment. Through the use of a headset or goggles, a person can see and experience a virtual world from every angle.

VR is often associated with video games, but it has practical uses as well, such as helping to train pilots and surgeons. Researchers are now finding ways for VR to benefit the lives of seniors.

A VR headset allows the wearer to go anywhere in the world — snorkeling above a coral reef, hiking in a national park, even skydiving — without ever leaving his or her chair. Other experiences can include concerts, museum tours and family events, such as reunions, that the VR user is unable to attend in person. With VR, seniors can also revisit their pasts by taking a virtual stroll through their hometown or returning to a favorite vacation spot.

Along with enjoyment, the use of VR can offer seniors therapeutic benefits, including improved mood and reduced anxiety. The technology has been used as a comforting tool for dementia patients and to treat chronic pain.



Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home — not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:



Wash your hands — With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D — Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as salmon and tuna. Vitamin D boosts your immune system and helps stave off the “winter blues.”

Dress warmly — Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.

The Heisman Trophy

Each December, before bowl season begins, college football takes a moment off the field to recognize an athlete of excellence and integrity. The season's most outstanding player is awarded the Heisman Trophy for his ability, diligence, perseverance and hard work.

In 1935, New York City's Downtown Athletic Club presented the first award — then named the DAC Trophy — to Jay Berwanger of the University of Chicago. The next year, the prize was renamed the Heisman Memorial



Trophy as a tribute to John Heisman, the club's athletic director and a legendary former college football coach. The 13-inch bronze trophy depicts a footballer in sidestepping action. New York University's star player Ed Smith modeled for the figure, which was sculpted by Frank Eliscu.

All college football players are eligible for the prestigious prize, and the winner is determined by more than 900 ballots. Sports journalists cast the majority of the votes, along with previous trophy recipients and one popular vote by fans. Finalists attend a televised award ceremony in New York City, where the winner is announced live.

Notable past Heisman honorees include Paul Hornung, Ernie Davis, Roger Staubach, Archie Griffin, Marcus Allen, Doug Flutie and Cam Newton.

Iceland's Yule Lads

Children eagerly anticipate the arrival of Santa Claus on Dec. 25, but in Iceland, children await no fewer than 13 different Santa Claus-like visits. Beginning on Dec. 12 and for 13 nights leading up to Christmas Day, homes are visited by the elf-like Yule Lads, mischievous sprites who are naughty and nice.

The Yule Lads, like Snow White's dwarves, have unique names and personalities and get into unique mischief.

These Yule Lads arrive to fill a good child's shoe, left on the windowsill, with a gift or treat. Bad children find their shoes filled with potatoes or turnips. This may sound like a harmless Yuletide tradition, but in the past, the Yule Lads were far more terrifying. In olden days, the Yule Lads — the offspring of two ogres — were joined on Christmas Eve by the Yule Cat, a giant black beast. According to legend, they would gobble up any person found not wearing one new item of clothing. The Icelanders definitely take their myths seriously. Magnus Skarphedinnsson, a top elf researcher and headmaster of Iceland's Elf School, says that 54 percent of Icelanders believe in these beings. The image of the Yule Lads may have changed from naughty to nice over the centuries, but many still fret over their arrival each December.



Old-Fashioned Festive Fare

Whether carried on by culinary tradition or celebrated in story and song, some foods from years past remain part of the season's festivities:

Chestnuts — The lyrics of a sentimental holiday song describe “Chestnuts roasting on an open fire.” Roasted chestnuts have been a common street food for centuries in Europe and Asia. The brown nuts are heated over a flame or in an oven. Once cooled, peeling the hard shell reveals a meaty, sweet-tasting nut.



Sugarplums — The beloved Sugar Plum Fairy rules the Kingdom of Sweets in Tchaikovsky's popular ballet “The Nutcracker.” A long-ago luxury, this confection from the 17th to 19th centuries was not actually a sugared plum as the name suggests, but a type of small, hard-sugar candy that resembled the fruit's shape.

Figgy pudding — The word pudding is a generic term for dessert in Britain, where a figgy pudding topped with a holly sprig ends a holiday meal. The dome-shaped, moist spice cake, loaded with dried fruit, is also called plum pudding and was most popular in the 15th to 19th centuries.



3902 Katella Avenue
 Los Alamitos, CA 90720
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Operation Santa Paws

The December holiday season may be one of good cheer for humans, but a group of animal lovers has made sure that the warmth of the season extends to pets as well. In 2001, Justin Rudd spearheaded a movement to solicit donations to animal shelters during the holiday season. Since then, every December, animal shelters and rescue groups participate in Operation Santa Paws, an effort to collect toys, treats and supplies for neglected and abandoned animals, especially those pets given as gifts and then left out in the cold. Providing a happier holiday season for sheltered and rescued animals can even increase the likelihood of adoption.



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