

# GOOD Life News

at Alamos West Health & Rehabilitation

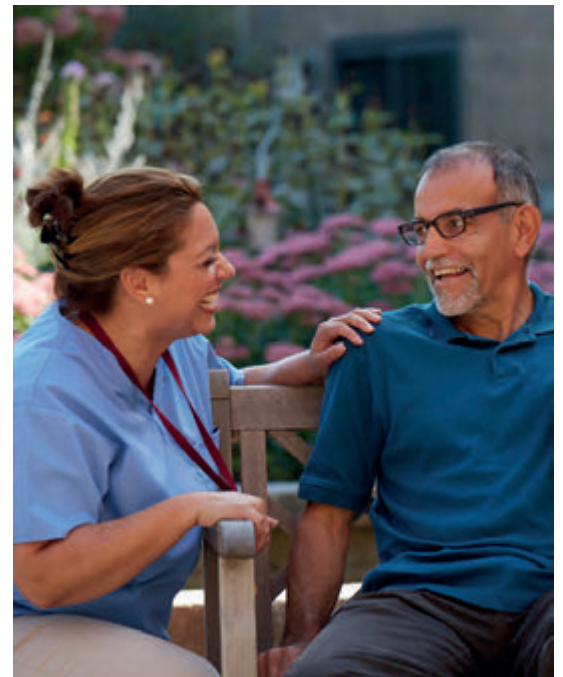
NOVEMBER 2018

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## A Thanksgiving Tradition

The Macy's Thanksgiving Day Parade in New York City has been a holiday tradition since 1924. Line up for some facts about the annual spectacle:

- Along with floats, brass bands and entertainers, the early parades included animals from the Central Park Zoo.
- Giant helium balloons replaced the live animals in 1927. Felix the Cat, a dinosaur and a dog were among the first characters.
- In the early years, balloons were simply released into the air after the parade instead of being deflated. Macy's offered rewards to those who found a balloon and returned it to the store.
- The parade was halted for three years during World War II, and Macy's donated 650 pounds of balloon rubber to the war effort.
- Macy's is the second-largest consumer of helium in the world, after the U.S. government.
- Each balloon takes about 90 minutes to inflate, and about 90 handlers are needed to control its guide ropes during the parade.
- Directing each balloon's handlers is a "pilot," who must walk backward during the entire 2.5-mile route.



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

## Platinum Service® Standard #4

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

We use our Platinum Service Standards to measure our ability to serve our residents and each other. When we live up to the requirements of Platinum Service and fulfill our job duties in an exceptional way every day, we know that we are truly doing a good job. Measuring individual and team performance against standards allows us to identify areas of improvement. This is important for the residents who will always enjoy great service from us and for us as employees. In fact, understanding how to better serve our residents, and how to minimize mistakes and rework makes us more efficient, productive, and ultimately more satisfied in our jobs.

## Champion of Chimpanzees

Jane Goodall had no formal training in animal behavior or anthropology when she ventured into the African jungle in Tanzania, East Africa. She simply wanted to observe chimpanzees in the wild. What she discovered on November 4, 1960, changed the way humans view animals forever. For the first time, a human witnessed another animal use a tool of any kind. In this case, a chimp used a twig to extract termites from their mounds.

## Please Pass the Stuffing — or Dressing

At Thanksgiving dinners this month, many will reach for helpings of a savory concoction of bread, vegetables and herbs. But the name of this dish, either stuffing or dressing, varies from table to table.

Some culinary experts say stuffing is cooked inside a turkey, while dressing is baked in a separate dish. Others say the terms are interchangeable, and history seems to agree. According to the Oxford English Dictionary, the word “stuffing” dates back to 1538 and refers to a mixture cooked inside poultry or other meat, but during the Victorian era, the more polite-sounding name “dressing” emerged. People living in the Southern U.S. adopted this trend, and today, “dressing” tends to be more popular in the South, while “stuffing” is more common in the North.

No matter what it’s called, the dish has become a holiday meal favorite and can feature a variety of ingredients. Traditional recipes call for white bread, cornbread or sourdough as the main component, along with the classic combination of onions, celery and sage.



## Buttons of Support

Since the days of the first U.S. presidential election, people have pinned on campaign buttons to show their support for candidates.

The tradition dates back to the 1789 inauguration of George Washington, whose supporters wore metal pins engraved with his initials and “Long Live the President” to celebrate his election. Candidates then began using buttons to promote themselves and their platforms. With the invention of new printing techniques in the 1800s, Abraham Lincoln became the first presidential candidate to have his picture on a political button.

The golden age of campaign buttons kicked off with the 1896 presidential election between William McKinley and William Jennings Bryan. Pinback buttons with a clear protective coating over the front image were mass-produced for the first time, and numerous designs were created for both men.



## Winter Weather Folklore

Meteorologists use the latest technology to forecast the weather, but some people look to signs in nature to predict the upcoming season. Cozy up to some winter weather folklore and see how many you’ve heard.

**Woolly worms** — The bodies of these fuzzy caterpillars have black bands at both ends and an orange band in the middle. According to legend, if the orange band is wide, it means the winter will be mild; a narrow band indicates it will be harsh.

**Squirrels** — If squirrels are seen frantically gathering nuts earlier than usual, it’s believed they are preparing for severe winter weather. Thick, bushy tails on squirrels may also forecast a cold season ahead.

**Acorns** — An abundance of acorns dropping from trees, as well as extra-thick acorn shells, are said to be signs of frigid temperatures to come.

**Birds** — Many bird species migrate to warmer climates for the winter, but if they are observed flying south before November, they may be trying to escape an early, cold winter.

**Persimmon seeds** — Cut open this fruit, and if the seed inside is shaped like a spoon, it represents a shovel for heavy, wet snow. A fork shape indicates a mild season with light, powdery snow, and a knife shape means cutting winds are on the way.

## The Benefits of Giving Back

Volunteering comes in many forms, but the purpose is the same: to help others. Research shows that volunteers themselves also benefit from their good deeds.



### Boosts

**happiness** — Doing a kind act for someone else often makes us feel good. Studies indicate that volunteering prompts the brain to release chemicals that can reduce stress, anxiety and depression.

**Improves physical health** — From packing boxes of canned food to knitting a baby blanket, service often involves movement and mental tasks, helping your body and brain stay active. Volunteering is linked to a reduced risk of high blood pressure and heart disease, and can ease symptoms of chronic pain.

**Builds relationships** — Volunteering is a great way to meet people and build social skills. By working together, volunteers share a common interest, which can lead to new friendships and help strengthen existing ones. Personal connections are vital to both physical and mental health.

**Enriches life** — Research shows that people who volunteer regularly tend to live longer. Additionally, many volunteers say they enjoy their lives more and have an enriched sense of purpose, higher self-esteem and enhanced well-being.

## ‘Street’ Smarts

The following list of fun facts is brought to you by the number 49. That’s the number of years the beloved children’s TV show “Sesame Street” has been on the air, since its Nov. 10, 1969, debut.

- The name “Sesame Street” was inspired by a tale from “The Arabian Nights” that features the phrase “Open, Sesame!”
- Big Bird lives up to his name — he is 8 feet, 2 inches tall.
- The show’s first celebrity guest was James Earl Jones, who recited the alphabet. Since then, hundreds of stars have made appearances on the series.
- During the first season, Oscar the Grouch was orange, not green. The grumpy Muppet explained that a vacation to Swamp Mushy Muddy changed the color of his fur.
- In 1970, Ernie’s bathtub ditty “Rubber Duckie” made it to No. 16 on the Billboard music chart.
- Furry red monster Elmo, who is eternally 3 years old, is the only nonhuman to testify before Congress. In 2002, he lobbied an education subcommittee to increase funding for music programs.



## Centennial Commemoration

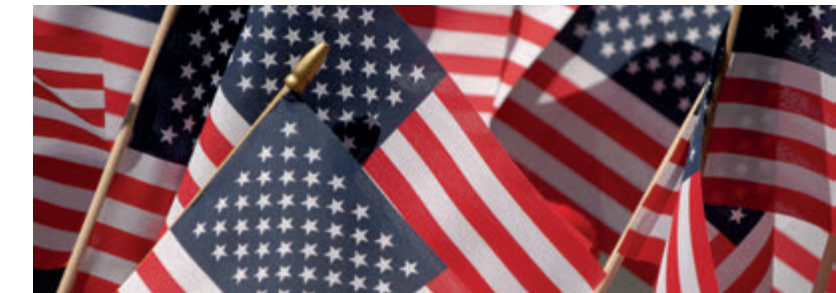
This year, Nov. 11 marks the 100th anniversary of a historic moment: the armistice that ended World War I.

The ceasefire for what was known then as the Great War went into effect at 11 a.m. on November 11, 1918 — the 11th hour of the 11th day of the 11th month. After four years, the fighting between the Allied forces and Germany stopped.

On the one-year anniversary of the armistice, U.S. President Woodrow Wilson proclaimed Nov. 11 as Armistice Day to recognize the heroism of those who served in “the war to end all wars” and to celebrate world peace.

By 1926, more than half of the U.S. states had made Armistice Day a legal holiday, and Congress passed a resolution requesting the president formally honor the anniversary. In 1938, Armistice Day officially became a federal holiday.

After the nation’s military fought in World War II and the Korean War, the name of Armistice Day was changed to Veterans Day in 1954 as a tribute to American veterans of all wars. Now, every year on Nov. 11, ceremonies take place throughout the country to thank our veterans and remember the sacrifice of all who have served and those who continue to serve.





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## The Cranberry Crop

Turkey, dressing and potatoes are the stars of a traditional Thanksgiving dinner, but a tart red berry deserves attention for its supporting role.

Cranberries grew wild in North America, and early Native Americans used them for food, medicine and as a garment dye. The Pilgrims called the fruit a “cranberry” because the plant’s blossoms resemble the head and bill of a crane. Over time, the name evolved into cranberry.

TV commercials and pictures often show cranberries floating in flooded fields, leading many to believe they are grown in water. The berries actually grow on low, trailing vines in sandy bogs or marshes. During harvest season from September to November, the bogs are flooded and machines knock the berries off the vines. Because cranberries have air pockets, they float in the water, making them easier to collect.



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