



# KATELLA REPORTER

APRIL 2012

[www.katellaseniorliving.com](http://www.katellaseniorliving.com)

## EGGS OF APRIL

Throughout the month of April, we will be surrounded by eggs! Eggs, both of the painted and chocolate variety, are common decorations for Easter Sunday. Why are eggs a common symbol of Easter? Why are they painted? And why, of all animals, are they delivered by a bunny? Easter has always been a holiday celebrating rebirth, both of Jesus Christ and also of nature. As the days grow warmer and the ground begins to thaw, buds



appear on the trees and shoots of green grass poke up through the dirt. Eggs have long been a symbol of new life. The ancient Egyptians believed that the world began as a giant egg. Over time, these symbols of spring and rebirth were incorporated into Christianity.

The practice of painting eggs dates back to before Easter was ever celebrated as a holiday. Persians painted eggs to celebrate spring. Later, Easter eggs were dyed red to symbolize Christ's blood shed while on the cross. Still later, egg decorating took on an even more dramatic form when Peter Carl Fabere made eggs of gold, silver and jewels for the wife of Russian Tsar Alexander III.

The name "Easter" comes from the name of the ancient pagan goddess, Eostre. Legend has it that Eostre discovered a wounded bird and transformed it into a rabbit so that it could survive the harsh winter. Once spring arrived, the rabbit discovered it could still lay eggs, and so left several as an offering to the goddess. The Easter Bunny has been a part of these springtime traditions ever since. Eggs have been such an enduring symbol of spring that they are part of the Jewish Passover tradition and appear on the Seder plate. Eggs commemorate the holiday sacrifice made to the Temple in olden days, and they serve as a food of mourning, reminding us of the destruction of the Temple. Next time you pick up a dozen at the grocery store, marvel at the twelve fragile miracles nestled snug in their crate.



## IT'S BETTER TO LOVE

I attended a memorial at our community for a dear resident who recently passed away. Sitting among the other residents and listening to stories of the impact this individual had on others, I appreciated the beauty found in friendships. A week prior, another resident confided in me how difficult it can be to befriend people, fearing the future pain of loss experienced when friends transition to eternal presence or even fearing our own mortality. I felt great compassion

for this resident who shared her fears with me. My greatest fear is losing one of my children. Yes, we all have no guarantees for tomorrow, but living life today as though there is no tomorrow may actually be the best approach, pushing us to overcome what holds us back from enjoying our life on a daily basis. Living in a group setting is a definite advantage for all who have the great fortune of living at Katella Senior Living. You can avoid isolation, a sure spirit drainer. You can eat a minimum of three meals a day, a life sustaining requirement. You can pull a cord or dial the phone to have an ear to listen to get your needs met, and there is a population large enough to find commonality to develop friendships. I love working at Katella Senior Living and the friendships found in our residents and staff are the greatest freedom of choice I have to enrich my life. I will truly miss our recent lost community resident and his infectious laugh and frequent office visits. A familiar saying comes to mind: "It is better to love and experience loss than to have never loved at all."

## EAT YOUR WORDS

It's no April Fools' joke; April 1 is Edible Book Day all throughout the world. Finally, we have a day when we can actually enjoy having to eat our words. The one requirement of an edible book is that you can eat it! Over the years, participants have made sandwich books, books with pages made out of seaweed and cakes frosted to look like book covers. Cooks create edible versions of popular titles, such as John Steinbeck's "Tortilla Flat" or Roald Dahl's "Charlie and the Chocolate Factory." Others use puns to rename and reinvent well-known book titles, such as "The Malted Falcon," "S'more and Peace," and "Don Quiche-ote." Many just recreate their favorite book. Whether you are a master chef or a class clown, the goal of the festival is the

same: digest some of our most enduring works of art. It is nourishment for both the mind and body.

The Edible Book Festival is the creation of librarian and publisher Judith Hoffberg and artist Beatrice Coron. Hoffberg got the idea to create edible books on Thanksgiving Day in 1999. With the help of Coron, they launched a worldwide holiday in 2000. Twelve years later, their idea is now celebrated in libraries and universities all around the world. According to Hoffberg, April Fools' Day proves the perfect occasion to eat our words, for it is the birthday of French foodie Jean Anthelme Brillat-Savarin, famous for his book "Physiologie du Gout," a witty meditation on all things food.

## APRIL EVENTS AND ACTIVITIES

- 4/1 April Fools' Day
- 4/2 Dine 'n' Shop at the Lakewood Mall
- 4/5 Treasures of the Heart Music Program
- 4/6 Good Friday/First Day of Passover
- 4/6 Annual Katella Easter Egg Hunt
- 4/6 Happy Hour with Jazz'n Time
- 4/8 HAPPY EASTER SUNDAY
- 4/9 Catholic Rosary and Mass Services
- 4/9 Ralph's/Rite Aid Shopping
- 4/10 Resident Support Group Meeting
- 4/12 Scan: Arthritis Lecture
- 4/13 Lunch Outing to Casa del Sol
- 4/13 Happy Hour With Suzi Q.
- 4/14 New Resident Welcome Social
- 4/16 Catholic Mass at Alamitos West
- 4/16 Walmart Shopping Trip
- 4/19 Candlelight Birthday Dinner Party with Bruce Pulcini
- 4/20 Lunch Outing to the Original McDonald's in Downey
- 4/20 Happy Hour With Barbara Leigh Cuseo
- 4/20 Poetry Read by Warren A.
- 4/22 Music Student Concert
- 4/23 Ralph's/Rite Aid Shopping Trip
- 4/26 Resident Council Meeting
- 4/26 Supper Club Dinner Outing to Madera's Steak House
- 4/27 Costco Hot Dog/Pizza Picnic in the Park Outing
- 4/27 Family Council Meeting
- 4/28 Hollywood Oscar-Themed SPRING FLING SENIOR PROM (More Info to Follow)
- 4/30 99 Cent Store Outing

## BIRTHDAYS

Vivian C. 4/13

Faye S. 4/14

Wanda Inez S. 4/15 (Staff)

Marilou L. 4/5

Crystal M. 4/6

Josette G. 4/20

Silvia A. 4/20

Alejandra 4/22

Ermelinda 4/29

Happy birthday!

## STAFF ANNIVERSARIES

Mercedes N. — 16 years

Melissa M. — Three years

Salud M. — One year

Ana G. — One year

Congratulations!

## PASSOVER

Passover is a religious holiday of the Jews, which is celebrated to commemorate their emancipation from slavery under the Egyptian pharaoh. The Exodus from Egypt and the freedom won by the Israelites, as mentioned in the Hebrew bible, is honored with the celebration of this festive occasion. The holiday extends over a week, and Jews across the world get together with their respective families to revel in the glory of Passover. It is one of the most beloved Jewish festivals and is marked with merriment that continues for an entire week.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>APRIL FOOLS' DAY; PALM SUNDAY</b> 1 9:15 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 <u>Jolly Ball, DR</u> 4:00 April Fools' Day Funnies, RG	8:45 <i>Daily Devotions, DR</i> 2 9:30 Sing-Along With Jennifer Watts, DR 10:30 Volleyball, DR <b>11:15 Dine 'n' Shop at the Lakewood Mall</b> 1:00 Movie Matinee, DR 3:30 Facts With Steve, DR <b>6:00 Cottonwood Church Bible Study, FR</b>	8:45 <i>Daily Devotions, DR</i> 3 <b>10:45 Fit to Be Strong Workout, DR</b> 1:30 Crafts With Carrie, DR <b>3:00 You Be the Judge Discussion Group, DR</b> 5:45 Wine & Music With Martha, FR	8:45 <i>Daily Devotions, DR</i> 4 9:15 Catholic Communion, FR 10:30 Volleyball, DR 1:30 Bingo, DR 2:45 <i>Mini Manicures, CK</i> 3:00 <u>Team Puzzlemania, DR</u> 4:00 Memory Ticklers and Trivia, DR 6:00 Motion Picture Presentation, DR	8:45 <i>Daily Devotions, DR</i> 5 <b>10:45 Fit to Be Strong Workout, DR</b> 1:30 New and Old With Bob, DR 3:00 Afternoon Stretch and Stroll, L 3:30 <u>Treasures of the Heart Music Program, DR</u> 5:45 Group Game Night, DR	<b>GOOD FRIDAY</b> 6 8:45 <i>Daily Devotions, DR</i> <b>10:30 Prayer, Praise and Worship Program, RG</b> 1:00 Bunco Club, DR <b>2:00 Happy Hour With Jazz'n Time, DR</b> <b>3:30 Easter Egg Hunt, RG</b> <b>6:00 Grab Bag Bingo, DR</b>	<b>PASSOVER BEGINS</b> 7 8:45 <i>Daily Devotions, DR</i> 9:15 Catholic Church Service, FR 10:30 <u>Comedy Radio Hour, FR</u> 1:30 Bingo, DR 3:00 Group Walk and Talk, L 3:45 Bowling for Dollars, DR 6:00 Saturday Night Picture Show, DR
<b>EASTER SUNDAY</b> 8 9:15 Catholic Church Service, FR 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 <u>PGK-Katella Golf Tournament, RG</u> 4:00 Brain Aerobics, DR	8:45 <i>Daily Devotions, DR</i> 9 9:30 Catholic Rosary Service, DR 10:00 Catholic Mass, DR 10:45 <u>Fit to Be Strong Team Workout, DR</u> 1:00 Movie Matinee, DR <b>1:15 Shopping at Ralph's/Rite Aid</b> 3:30 Facts With Steve, DR <b>6:00 Cottonwood Church Bible Study, FR</b>	8:45 <i>Daily Devotions, DR</i> 10 9:30 Strength and Balance Fitness Program, DR 11:00 Volleyball, DR 1:30 Crafts With Karen, DR 3:00 Senior Topics, DR <b>6:00 Resident Support Group Meeting, FR</b>	8:30 Music With Paul Edwards, DR 11 8:45 <i>Daily Devotions, DR</i> 9:15 Catholic Communion, FR 10:45 <u>Fit to Be Strong Team Workout, DR</u> 1:30 Bingo, DR 2:30 Books Come Alive, DR 6:00 Motion Picture Presentation, DR	8:45 <i>Daily Devotions, DR</i> 12 9:30 Strength and Balance Fitness Program, DR 11:00 Volleyball, DR 1:30 New and Old With Bob, DR <b>3:00 Scan Lecture: Arthritis, DR</b> 5:45 Group Game Night, DR	8:45 <i>Daily Devotions, DR</i> 13 10:00 Pet Therapy With Pam & Rambo, L <b>10:15 Fit to Be Strong Workout, DR</b> <b>11:30 Casa del Sol Lunch Outing, E</b> 1:00 Bunco Club, DR <b>2:00 Happy Hour With Suzi Q., DR</b> 3:30 Drama Club, RG <b>6:00 Speed Bingo, DR</b>	8:45 <i>Daily Devotions, DR</i> 14 9:15 Catholic Church Service, FR 10:30 <u>New Resident Welcome Social, DR</u> <b>1:15 Bower's Museum Presentation, DR</b> 3:00 Group Walk and Talk, L 3:30 Bingo, DR 6:00 Saturday Night Picture Show, DR
9:15 Catholic Church Service, FR 15 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 <u>Jolly Ball, DR</u> 4:00 Four O'Clock Funnies, RG	8:45 <i>Daily Devotions, DR</i> 16 9:30 Sing-Along With Jennifer Watts, DR 10:00 <i>Catholic Mass, AW</i> 10:45 <u>Fit to Be Strong Team Workout, DR</u> 1:00 Movie Matinee, DR <b>1:15 Walmart Shopping Trip</b> 3:30 Facts With Steve, DR <b>6:00 Cottonwood Church Bible Study, FR</b>	8:45 <i>Daily Devotions, DR</i> 17 9:30 Strength and Balance Fitness Program, DR 11:00 Volleyball, DR 1:30 Crafts With Karen, DR 3:00 Senior Topics, DR 5:45 Wine & Music With Martha, FR	8:30 Music With Paul Edwards, DR 18 8:45 <i>Daily Devotions, DR</i> 9:15 Catholic Communion, FR 10:45 <u>Fit to Be Strong Team Workout, DR</u> 1:30 Bingo, DR 2:30 Books Come Alive, DR 2:45 <i>Mini Manicures, CK</i> 6:00 Motion Picture Presentation, DR	8:45 <i>Daily Devotions, DR</i> 19 9:30 Strength and Balance Fitness Program, DR 11:00 Volleyball, DR 1:30 New and Old With Bob, DR 3:00 Afternoon Stretch and Stroll, FR 3:15 <u>A Cup of Comfort and Inspiration, CY</u> <b>4:30 Candlelight Birthday Dinner Party, DR</b> 5:45 Group Game Night, DR	8:45 <i>Daily Devotions, DR</i> 20 10:15 Morning Bend and Stretch, DR <b>11:00 Lunch Outing at the Original McDonald's, E</b> 1:00 Bunco Club, DR 2:00 <u>Happy Hour With Barbara Leigh, DR</u> 3:00 Poetry With Warren A., RG <b>6:00 Sweet Treat Bingo, DR</b>	8:45 <i>Daily Devotions, DR</i> 21 9:15 Catholic Church Service, FR 10:30 <u>Comedy Radio Hour, FR</u> 1:30 Bingo, DR 3:00 Group Walk and Talk, L 3:45 Bowling for Dollars, DR 6:00 Saturday Night Picture Show, DR
9:15 Catholic Church Service, FR 22 10:00 Protestant Church Service, DR <b>1:00 Nature Walk, RG</b> <b>1:45 Earth Day Gardening, RG</b> <b>3:00 Music Student Concert, DR</b>	8:45 <i>Daily Devotions, DR</i> 23 10:45 <u>Fit to Be Strong Team Workout, DR</u> 1:00 Movie Matinee, DR <b>1:15 Shopping at Ralph's/Rite Aid</b> 3:30 Facts With Steve, DR <b>6:00 Cottonwood Church Bible Study, FR</b>	8:45 <i>Daily Devotions, DR</i> 24 9:30 Strength and Balance Fitness Program, DR 11:00 Volleyball, DR 1:30 Crafts With Karen, DR 3:00 Senior Topics, DR 5:45 Wine & Music With Martha, FR	8:30 Music With Paul Edwards, DR 25 8:45 <i>Daily Devotions, DR</i> 9:15 Catholic Communion, FR 10:45 <u>Fit to Be Strong Team Workout, DR</u> 1:30 Bingo, DR 2:30 Books Come Alive, DR 6:00 Motion Picture Presentation, DR	8:45 <i>Daily Devotions, DR</i> 26 9:30 Strength and Balance Fitness Program, DR 11:00 Volleyball, DR 1:30 New and Old With Bob, DR 3:00 Afternoon Stretch and Stroll, L 3:15 <u>Resident Council Meeting, DR</u> 4:15 <u>Supper Club Dinner Outing, E</u> 5:45 Group Game Night, DR	8:45 <i>Daily Devotions, DR</i> 27 10:00 Pet Therapy With Pam & Rambo, L 10:15 Stretch and Stroll, L <b>11:00 Hot Dog Picnic in the Park Lunch Outing</b> 1:00 Bunco Club, DR 3:30 Drama Club, RG <b>4:00 Family Council Meeting, CY</b> 6:00 <i>Double \$\$ Bingo, DR</i>	8:45 <i>Daily Devotions, DR</i> 28 9:15 Catholic Church Service, FR 10:00 Group Walk and Talk, L 10:15 <u>Men and Vets Club Meeting, FR</u> 10:30 Bingo, DR <b>2:30 Spring Fling Senior Prom, DR</b> 6:00 Saturday Night Picture Show, DR
9:15 Catholic Church Service, FR 29 10:00 Protestant Church Service, DR 1:30 Bingo, DR 3:00 <u>PGK-Katella Golf Tournament, RG</u> 4:00 Brain Aerobics, DR	8:45 <i>Daily Devotions, DR</i> 30 9:30 Sing-Along With Jennifer Watts, DR 10:45 <u>Fit to Be Strong Team Workout, DR</u> 1:00 Movie Matinee, DR <b>1:15 Shopping Trip to the 99 Cent Store</b> 3:30 Facts With Steve, DR <b>6:00 Cottonwood Church Bible Study, FR</b>	<b>Locations</b> Alamitos West, AW Country Kitchen, CK Courtyard, CY Dining Room, DR Fireside Room, FR		Lobby, L Rose Garden, RG Southern Dining Room Exit, E Upstairs Library, LIBR		Calendar events subject to change.

## SUMMER IS COMING

The sun is getting hotter now, and the rays are coming through our atmosphere due to global warming. Skin is the most important defense our bodies have against disease. Skin integrity is vital. You take good care of your skin — you wash it regularly, moisturize and maybe even wear sunscreen on a regular basis. But you also need to take the time to check your skin for signs of skin cancer. Evaluating your skin for certain tell-tale skin cancer signs is an important step in protecting the long-term health of your skin. What Are the Early Symptoms of Skin Cancer? Like any kind of cancer, it is best to find skin cancer as early as possible. Symptoms can vary depending on the type of skin cancer in question, but if you notice any of the following skin cancer signs, you should schedule an appointment with your doctor: Waxy-looking, raised bump — especially on your face or neck Hard, red bumps on your face, neck, arms or hands Persistent scaly patch of skin not soothed by lotion Mole that changes in size or begins to bleed Mole with an irregular border Skin cancer can be found just about anywhere on the body, but is most often spotted on sun-exposed areas such as the scalp, neck, face, lips, ears, arms, hands and legs. It can also show up in strange places, like in between your toes, underneath your nails and even around your genitals. Certain types of skin cancers can also occur in your mouth or on your eyelids. Some skin cancer signs may appear suddenly, while others may develop more slowly. Skin cancer can affect any type of skin tone, not just the fair-skinned, and people of any race or gender. See Skin Cancer Signs? Call Your Doctor. “Some early signs that skin cancer could be present include a mole that is getting darker or lighter or has different colors within it,” says Sumayah Jamal, MD, PhD, assistant professor of dermatology and microbiology at the New York University School of Medicine. Other early signs are a sore that won’t heal or a patch of skin that continues to flake, “no matter what you do.” In order to recognize a suspicious mole, learn your mole alphabet. Dr. Jamal says any sign of the

ABCDEs should prompt a phone call to your doctor.

A stands for asymmetry. If a mole is asymmetric, call your doctor.

B stands for border. If the border is not smooth, seek evaluation.

C stands for color. If a mole is more than one color (you may notice red, white or blue areas within a black or brown mole), it’s time to call your doctor.

D stands for diameter. If the diameter is greater than 6mm (the size of an eraser on a pencil), seek evaluation.

E stands for evolution. A mole that has evolved or changed in size or appearance is a definite cause for concern. Skin Cancer Signs in Unusual Spots

If a spot that meets one of the ABCDs shows up in an unusual place, you should still be concerned. Even though skin cancer is usually in particular places, it doesn’t mean that it can’t show up somewhere unexpected. “Skin cancers can appear anywhere on the skin,” says Jamal. “Skin cancers linked to sun exposure are more likely to appear on areas that are chronically or intermittently exposed to the sun.”

### GETTING A DOCTOR’S APPOINTMENT

Dermatologist appointments can be difficult to snag. For cosmetic visits, you may need to wait weeks or even months to get in the door. But if you spot something suspicious on your skin, call a dermatologist or your family doctor right away and explain your situation. “I recommend that my patients come in for an annual skin cancer screening. We send an alert to patients one month before they are due for a skin cancer screening to call and make an appointment. We also reserve appointment slots everyday for emergencies,” says Jamal. For skin cancer, the rules of thumb are to check your skin often, and if you find something unusual, be sure to have your doctor check it out.



## EARTH DAY IS EVERY DAY

There are many easy ways to celebrate Earth Day and help protect the environment. Beautifying your neighborhood by participating in a local clean up is one way. Planting a native tree or shrub is another. Recycling is good, but an even better suggestion would be to reuse those empty boxes, bottles and plastic containers. It’s our world and everyone’s

responsibility to keep it (and us) in good shape. Like most programs, every little bit counts. Here are a few suggestions to help celebrate Earth Day this year:

Plant a tree, some flowers or an herb garden. Locate your local recycling bin, and turn in all of your used cans/bottles/plastic items. Instead of driving to wherever, take the bus, ride your bike or (better yet) walk. One other quick and easy energy-saving tip would be to turn out the lights when leaving a room. These are just a few small but significant ways that each of us can do our part to build up and maintain the health and well being of our mother Earth.

Unfortunately for most people, Earth Day is just one more day to celebrate or ignore. Too often they go right back to their old wasteful habits the very next day, making excuses to themselves why they can’t or won’t continue their Earth Day effort. It is a decision, and it’s not for just a day. If the world is to last forever, someone’s got to protect it, and that someone is you. And it’s me and everyone who shares this lovely planet.

Planting trees is always good, but too often it’s done just for show. Taking care of trees so they remain healthy and continue to shade us and scrub noxious gasses from the air is much better.

It is just as easy to toss a soda can or bottle into a recycle bin as it is to drop it into a trash can. Recycling drink containers at work or at home is easy, and cans can easily be collected and donated to a local charity. Turning out the lights is a good idea, but if we’re really determined to work to conserve our resources (and our cash), we’ll need to be even more creative in our efforts, like wearing a sweater in the winter while adjusting our thermostats to use less heat or wearing lighter clothes and using less air conditioning during the summer. It all sounds simple, and it can be, but it’s going to require a conscious effort on everyone’s part. Let’s enjoy the pageantry that goes with Earth Day, but let us also try to find something in it that we can keep with us and use daily. Earth Day really should be every day.



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## WELCOME FRIENDS

This month we've been blessed with four new additions to our Katella family. Chuck G. was born in Knoxville Tennessee, served in the U.S. Navy and later worked for the U.S. Postal Service. He previously lived in Long Beach and enjoys reading, golf and bowling along with playing bingo and visiting with his grandchildren. Evelyn R. recently moved here from Downey, where she enjoyed gardening, watching football and basketball on TV and visiting with her grandkids. Evelyn looks forward to getting to know everyone here as well as playing bingo, bunco and participating in our crafts program. Katella also welcomes Josette Luzon and Emelinda Abalde to our Medroom staff. Both will be performing as caregivers and assisting wherever needed. We hope you'll make every effort to welcome and make our new friends feel at home. A New Resident Welcome Social is scheduled for Saturday, April 14. Of course, everyone is encouraged to attend. Welcome, friends!

### STAFF

#### Executive Director

Susan Vazquez

#### Life Enrichment Director

Carrie Johnson

#### Resident Care Coordinators

Maria Alonzo

Jennylou Santos

#### Director of Dining Services

Daniel Calderone

#### Maintenance Supervisor

Jesse Avila

#### Business Office Director

Jennifer Champagne