



Terraza
of Cheviot Hills
Assisted Living

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September 2020

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**Aging in Your
Autumn Years**

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.

**Exercise Your Brain
With a Puzzle**

You may find working a jigsaw puzzle relaxing, but putting all those pieces together actually gives both sides of your brain a workout. Your logical left side is challenged to solve a problem to find pieces that fit, while the creative right side works to visualize the big picture. Experts say the more challenging the puzzle, the better.



A Sidekick for Coffee

Slightly sweet, light and crunchy, and made for dunking, biscotti have become tasty sidekicks for coffee. The cookies originated in 14th-century Italy, and their name means "twice-baked," a preparation method that makes them sturdy and storable. The treats came to be a favorite staple, and are now flavored with a variety of ingredients.

Life Lessons

"Every person you meet knows something you don't; learn from them." —H. Jackson Brown Jr.

**Blood Pressure and
Weight Clinic**

Our monthly blood pressure and weight check clinic will be temporarily cancelled due to the COVID-19 virus. Residents will be updated when the clinic resumes. Thank you for your patience.

Friendly Reminder

Ask Greg/Resident Council Meeting and Food Council Meeting are canceled until further notice.

Positive Thought

"There may be days when you'll say to yourself, 'I can't. I literally can't even.' But you can! You can even!" —Katie Couric

Tai Chi With Ralph

Due to the COVID-19 Guidelines set by LA County health and the CDC, our Tai Chi classes with Ralph will be temporarily cancelled. Residents will be updated on any changes. Thank you for your patience.



Trivia Whiz

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.

First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which grows on small trees.

Brazil is the biggest producer of the globe's coffee supply.

You'll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.

There's a lot of scientific evidence that shows drinking coffee may help you live longer. It's linked to a reduced risk of heart disease, cancer and diabetes.

Spoonfuls of Healthy Whole Wheat

Made of only one ingredient, shredded wheat is one of the oldest, healthiest and simplest breakfast cereals.

American lawyer and businessman Henry Perky invented shredded wheat in the 1890s, after discovering the health benefits of whole grains, particularly their role in helping digestion. He and his machinist friend, William H. Ford, developed a process of pressing boiled wheat into strands that were then stacked into what Perky called "little whole-wheat mattresses" and baked.

Perky marketed shredded wheat as a health food that was versatile enough to eat with a splash of milk at breakfast or be incorporated into various dishes, from mashed potatoes to ice cream. As one of the first precooked, ready-to-eat breakfast cereals, shredded wheat helped

revolutionize the food industry by emphasizing wholesome ingredients as well as convenience.

There's more than a shred of nutrition in a serving of the 100% whole-wheat cereal. One cup contains about 6 grams of fiber and 6 grams of protein, along with generous amounts of B vitamins, iron and magnesium.



The Lotería Legacy

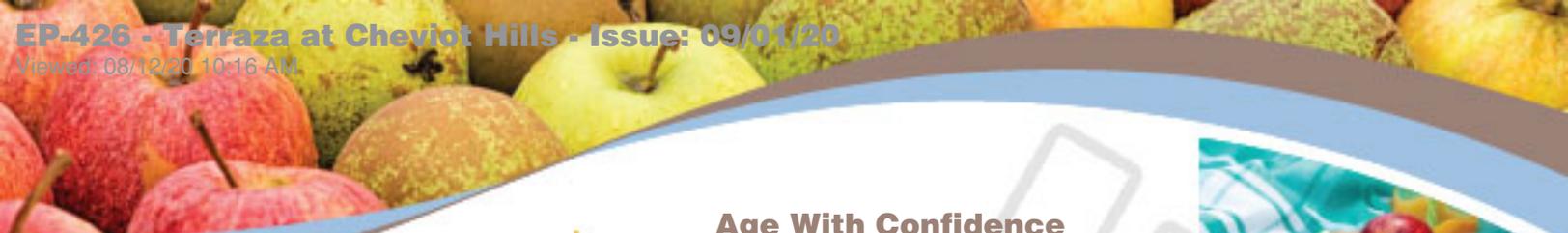
The beloved Mexican card game lotería has won over generations of players.

It originated in Italy and made its way to Spain, then Mexico in 1769. At first a hobby of the noble class, lotería, meaning "lottery" in Spanish, gradually spread to the masses by way of traveling fairs.

Similar to bingo, lotería uses a deck of 54 cards, each with an illustration,

such as a rooster, a drum or a pear. Players have game boards, or *tablas*, with the same pictures randomly arranged in a grid. A caller draws a card, and players mark the corresponding image on their boards with a token, traditionally a dry pinto bean or corn kernel. The first person to mark a complete row on their card shouts, "Lotería!"

In the late 1800s, French businessman Don Clemente Jacques designed a lotería set that remains the iconic version of the game. The sets were included in care packages sent to soldiers fighting in the Mexican Revolution, who later took them home to their families. The colorful folk art based on Jacques' edition is still popular, and the images have become emblems of Mexican culture.



Laugh Lines: Isn't It Romantic?

Why is Valentine's Day a good day for a party? Because you can party hearty! Join in the holiday fun with these riddles about love in the animal kingdom.

Q: Why do skunks like Valentine's Day?

A: They are very scent-imental creatures.

Q: What do you call two birds in love?

A: Tweethearts.

Q: What do owls say to declare their love?

A: "Owl be yours."

Q: What did the bat say to her boyfriend?

A: "You're fun to hang around with."

Q: What do pigs give each other on Feb. 14?

A: Valen-swines.

Q: What did the sheep say to his girlfriend?

A: "I love ewe." And she replied, "You're not so baaad yourself."

Q: What did the slug write on his valentine?

A: "Be my valen-slime."

Q: What did one bee tell the other bee?

A: "I love bee-ing with you, honey!"

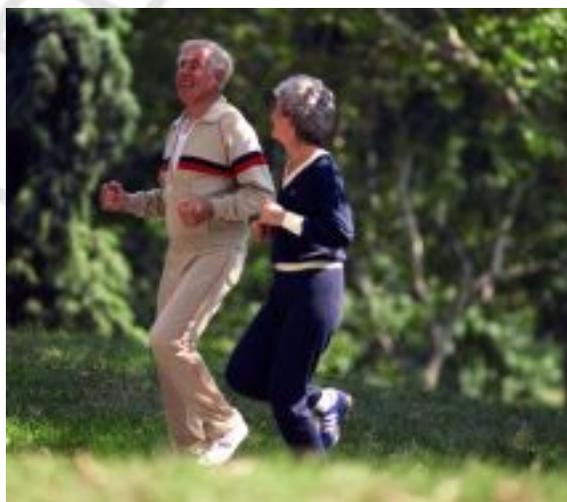
Q: What did the octopus say to his date?

A: "I want to hold your hand, hand, hand, hand, hand, hand, hand, hand."

Age With Confidence

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

- Health professionals say these lifestyle choices are key to aging well:
- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.



BIRTHDAYS

September Birthdays

Be sure to wish a happy and healthy birthday to the following residents.

Residents:

- Julia Dong- 9/8
- Charles Castagno- 9/12
- Abbey Yolles- 9/14
- Rosie Townsend- 9/15
- Albert Anaya- 9/25
- Nadia Lawrence- 9/26
- Jeanette Berwin- 9/28

Famous Faces Born in September

- Sept. 4, 1960: Damon Wayans
- Sept. 8, 1979: Pink
- Sept. 9, 1980: Michelle Williams
- Sept. 15, 1984: Prince Harry
- Sept. 16, 1968: Marc Anthony
- Sept. 19, 1933: David McCallum
- Sept. 25, 1969: Catherine Zeta-Jones
- Sept. 30, 1957: Fran Drescher

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	Labor Day 7	8	9	10 	11	12
13 <i>Happy Grandparents Day!</i>	14	15	16	17	18	19
20	21 	22	23	24	25	26
27	28	29	30	September		

“This Month In History”

SEPTEMBER

1920: The American Professional Football Association is formally organized at a meeting in Canton, Ohio. The league was later renamed the NFL.

1935: After five years of construction on the border of Nevada and Arizona, Hoover Dam is dedicated.

1945: On the deck of the battleship USS Missouri, anchored in Tokyo Bay, Japan formally surrenders to the Allies, ending World War II.

1952: The first Kentucky Fried Chicken franchise begins business in Salt Lake City. KFC has since grown into one of the world’s largest fast-food chains.

1968: With her debut hit song “Harper Valley PTA,” Jeannie C. Riley becomes the first woman to top both the country and pop music charts.

1976: “The Muppet Show” premieres, bringing a cast of puppets to prime-time TV.

1988: Stacy Allison of Oregon is the first American woman to reach the summit of Mount Everest, the Earth’s tallest mountain.

1996: Daytime talk show host Oprah Winfrey launches her influential book club. Her first selection was the novel “The Deep End of the Ocean.”

2009: NBA legend Michael Jordan is inducted into the Basketball Hall of Fame.

2019: With winds peaking at 185 mph, Hurricane Dorian goes into the record books as the most powerful hurricane to form in the Atlantic region.