

NEXT STOP!: GREECE!



Terraza’s Travel Club brings to you, a few fun facts about our next destination—Greece!

- I. 80% of Greece is made up of mountains.
- II. Greece is one of the sunniest places in the world. Look out California!
- III. The capital and one of the largest cities in Greece is Athens.
- IV. Ancient temples in Greece include the Parthenon at the Acropolis in Athens, the Temple of Apollo at Delphi, and the Temple of Poseidon at Sounion.

COVID CORNER:

Dear Residents and Family,

This week we have had a lot of updates from LA County Health meaning a few updates for the Community, beginning with dining. Our first week of opening Breakfast, Lunch and Dinner inside of the dining room has been very successful. It is great to see residents socializing with their friends while safely enjoying their meals. Second, LA County has allowed beauty salons to return back inside of the community at 25% occupancy (Phylliss’s services will be on Fridays and Saturdays). Third, being as we are heading into flu season; we are having a flu clinic here at the Community for residents interested in getting the flu shot. Lastly, a friendly reminder: When you have your family visit, please wear a mask, properly, at all times (over your nose and mouth), stay 6ft apart from your loved one and wash your hands before and after the visit--or use hand sanitizer. I know we are getting a little more relaxed out in public, but Cheviot Hills wants to continue with our strict protocols to keep your loved one(s) safe, as well as our employees. I appreciate everyone's understanding and patience while we power through this.

-Greg Becker (Executive Director): gbecker@northstars1.com

PET THERAPY: CORGI!



- ❗ Their names comes from the Welsh language. Cor means “dwarf” and Gi means dog.
- ❗ Folklore suggests this breed was employed by the fairy kingdom, to use as mounts. Imagine a tiny fairy coach being pulled by a team of corgis.
- ❗ The Corgi may be the Sherlock Holmes of the dog world: brilliant & genteel.
- ❗ Beloved in England, Corgis have been apart of the British Royal Family for over 70s years.
- ❗ Corgis are closely related to the Siberian Husky; characterized by their pointy ears and thick fur.

UPCOMING MEDICAL EVENTS !!



Flu Shots: If you would like your loved one to receive their flu shot in the safety of their own home, we are offering flu shots here at Terraza, where the clinic will come to us. Meaning, no concerns about your loved one(s) exposing themselves to COVID by waiting in a congested hospital waiting room. If you would like to sign up your loved one, please contact the front desk before the end of the month!



Podiatrist: Dr. Giladi will be visiting our Community September 18th; however, to avoid any congregating in small areas, the doctor will go room to room to make for safer and comfortable exams.



Blood Pressure & Weight Clinic/Pet Therapy: The time has come, once again, for the Blood Pressure & Weight Clinic this coming Wednesday(Sept. 16th). Hospice will come, along with their fur babies, and check for the weight and blood pressure of our residents while simultaneously offering the gift of their adorable bunnies and pup!