




Terraza
of Cheviot Hills
Assisted Living

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November 2020

Management Team

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A Tribute to Veterans

On Veterans Day, Nov. 11, America comes together to honor and thank veterans for their service in the nation's armed forces.

Message for Your Brain

The next time you start to feel irritated or upset, take a deep breath. Scientists have figured out why this simple action works. Breathing slowly and deeply can keep a set of specific neurons from signaling the rest of the brain and the nervous system to get worked up. Controlled breathing relays a message to relax.

Pie Takes the Cake

For many people, Thanksgiving dinner wouldn't be complete without a slice of pie—or two! Pumpkin, apple, pecan, and sweet potato are the top holiday dessert picks, according to surveys.

Friendly Reminder

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

Positive Thought

"Find the good. It's all around you. Find it, showcase it, and you'll start believing in it." —Jesse Owens



Mums Say So Much

The traditional flower for the month of November, the chrysanthemum is believed to represent happiness and longevity. Because mums typically bloom in the fall, they also symbolize beauty in the face of the coming winter.

Brainteaser

Question: Nine thousand nine hundred nine written in numeric form is 9,909. How should twelve thousand twelve hundred twelve be written?

Answer: 13,212.

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.

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

Acres of Acorn Trivia

Tiny seeds that turn into mighty oak trees, acorns adorn many fall tables as a symbol of the season.

Though size and shape vary depending on the species of oak, acorns are generally round or oval nuts with a woody cap. When ripe, the green nuts turn brown and drop to the ground.

An oak tree doesn't form acorns until it's about 20 years old. A tree that is 70 years old can yield thousands of acorns in one year.

Most oak trees only produce acorns every two to three years.

Animals that love eating acorns include squirrels, deer, mice and many types of birds, which depend on the nutrient-packed seeds for survival.

In folklore, acorns represent wealth and protection.

An Attitude of Gratitude

A thankful heart is a happy heart—it may sound cliché, but science says it's true. Making gratitude a regular habit boosts positive emotions and helps you be more resilient when dealing with life's challenges. These exercises in gratitude can lead to a happier you.

Keep a journal. A dedicated journal, in which you write down a few things you are thankful for each day, is a simple and effective tool for cultivating gratitude. Rereading past entries can offer a healthy perspective when you need an emotional boost.

Create a collage. Put together a collage of photos of friends and family members, as well as other items that bring you joy, such as a meaningful postcard or a wise saying from a fortune cookie. Place it where you'll see it every day as a visual reminder of the good things in your life.

Say "thank you." Express your thanks

when interacting with food servers, store clerks, medical staff and customer service employees. Send personal thank-you notes to people who've left lasting impressions.

Give back. Donating your time, skills or money to those in need gives you the chance to reflect on things you may take for granted. Helping others also increases your sense of purpose and overall well-being.



Stay Active in Autumn

As the calendar changes to a new month, let it inspire you to change up your exercise and activities routine. Turn over a new leaf with these options:

Go for a stroll. Take in the fall scenery where you live with a walk outdoors. Savor the fresh air, cooler temperatures and views of nature.

Take your pick. Get some exercise while walking through a farmers' market to pick fresh produce.

Warm up to a new workout. If the weather keeps you inside, try a new workout. Tai chi, yoga, dancing, and chair exercises are low-impact and don't require a lot of equipment or space.

Go digital. Whether it's playing a virtual sport, an arcade game or word puzzles, digital gaming has been shown to provide cognitive and emotional benefits.

Get hands-on. Knitting, painting, woodcarving and other crafts can be both relaxing and engaging. Taking pride in your handiwork boosts self-confidence.

Prep for plants. If you have a community garden or your own container garden, planting perennial flower bulbs and tasks such as weeding will help you look forward to spring.



Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.

Gobbling Up Turkey for Thanksgiving

Chances are, on Thanksgiving Day, turkey will be on the menu for the holiday meal. How did this bird become the symbol for the day?

The Pilgrims of the Plymouth colony and local Wampanoag Indians marked the first Thanksgiving in 1621. Although written accounts of the food offered mention wild fowl, and turkeys were plentiful in the area, they likely weren't the focus of the spread then.

However, the Pilgrims' tradition of giving thanks for harvests became common, and in 1863, President Abraham Lincoln made Thanksgiving a national holiday. Magazine editor Sarah Josepha Hale had lobbied for such a day, and she wrote about New Englanders serving roast turkey for the festivities. Others then adopted the menu.

Historians point to the fact that turkey is native to North America and widely available across the U.S. The pick is also practical because a turkey can feed a large gathering of people. At the same time, turkey as a main dish on holidays and special occasions was reflected in popular books throughout the 19th century.

All this helped reinforce the turkey's image as a symbol of Thanksgiving, a celebration now nicknamed Turkey Day.



BIRTHDAYS

November Birthdays

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

Residents:

- Barbara Block-11/04
- Mark Sasaki-11/17
- Sharon Stubbs-11/20
- Frank Perelman-11/21
- Terry Atkins-11/25
- James Dorsey-11/30
- Ora Whitfield-11/30

Famous Faces Born in November

- Nov. 1, 1986: Penn Badgley
- Nov. 3, 1949: Anna Wintour
- Nov. 11, 1986: Jon Batiste
- Nov. 14, 1974: Chip Gaines
- Nov. 25, 1971: Christina Applegate
- Nov. 26, 1975: DJ Khaled
- Nov. 29, 1976: Anna Faris

November 2020

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

"This Month In History" NOVEMBER

1921: The Tomb of the Unknown Soldier is dedicated at Arlington National Cemetery in Virginia. The ceremony took place on Armistice Day three years after the end of World War I.

1947: England's future queen, Princess Elizabeth, marries naval officer Philip Mountbatten at London's Westminster Abbey.

1956: Rock 'n' roll star Elvis Presley makes his movie debut in the Western "Love Me Tender." The film's title was changed to showcase the singer's No. 1 hit song.

1970: Engineer Douglas Engelbart receives a patent for his invention, the computer mouse. He called the device a mouse because the cord looked like a tail.

1984: McDonald's marks a milestone by cooking up its 50 billionth hamburger at a celebration in New York City.

1992: Carol Moseley Braun makes history as the first African American woman elected to the U.S. Senate, representing Illinois.

2000: U.S. President Bill Clinton travels to Vietnam. He was the first American leader to visit the country since the end of the Vietnam War.

2002: The TV cooking show "Barefoot Contessa," hosted by Ina Garten, premieres on the Food Network channel.

2016: Earning over \$3 million in a single week, the musical "Hamilton" sets a Broadway record.