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December 2020

Management Team

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Executive Director

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Resident Care Director

Sharette Smith

Business Office Manager

Barbara Bowlin

Community Relations Director

Briana Shird

Activities Director

Salvador Almanza

Maintenance Director

Veronica Hernandez

Dietary Director

Perk Up With Peppermint

For a quick and tasty mental boost, pop a peppermint. The scent stimulates blood flow to the brain, which helps increase alertness.

Pass On Precious Memories

Frame vintage photos of family members or sentimental letters you've saved and give them as gifts. Younger generations will appreciate having a cherished piece of family history.

Handy Mittens

Mittens will warm your hands better than gloves, since keeping most of your fingers together generates more heat. Consider a pair of convertible mittens—fingerless gloves that have an attached mitten flap, which you can unfold when you need to pick up an object or press a button.



Wintry Robins

Although robins are usually associated with spring, you may have noticed the red-breasted birds on holiday greeting cards. This European tradition began in the 1800s, when British postmen wore bright red coats. Nicknamed after the birds, these "postal robins" delivered season's greetings and gifts, and soon real robins were depicted on cards and other décor as a festive symbol.

Phone a Friend

Dial a pal on Dec. 28, National Call a Friend Day.

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

"A good day is a good day. A bad day is a good story. At the end of the day, it's all good." — Glennon Doyle

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

Celebrating New Year's Eve

The final night of the year is coming up. Count down with some festive facts about the revelry of New Year's Eve.

Ring out the old year and ushering in a new one is a custom that goes back at least 4,000 years to the ancient Babylonians.

The first places on the globe to greet the new year are the island nations of Kiribati, Samoa and Tonga, located in the South Pacific Ocean.

New York City's Times Square ball drop is a celebration that began in 1907.

Singing "Auld Lang Syne" at midnight has grown into a worldwide tradition. The words roughly translate to "times gone by."

Some don't stay up to celebrate; in a survey, over 10% of people said they fall asleep before midnight.

Tastes of the Season

Just one sip of a seasonal beverage or a bite of a decadent dessert can put you in a holiday mood. Celebrate all month long with these favorite flavors:

Peppermint. From the classic candy cane to crunchy, chocolaty peppermint bark, the vibrant taste of peppermint adds a dash of festive flair to all kinds of sweet treats. It's often swirled into cocoa or coffee beverages for a refreshing pick-me-up.

Hot cocoa. There may be no better way to warm up on a cold winter's day than with a mug of hot chocolate sprinkled with marshmallows. In addition to drinking it, you can indulge in hot cocoa-flavored candies, cookies, ice cream and popcorn.

Gingerbread. Combining ginger with other spices—typically cinnamon, cloves and nutmeg—results in one of the season's tastiest traditions. Making gingerbread men cookies and

decorating gingerbread houses are whimsical ways to enjoy this holiday flavor.

Eggnog. This rich, creamy beverage has been adapted into recipes for cookies, cakes, ice cream and candies, all celebrating the drink's scrumptious blend of vanilla, nutmeg and cinnamon.



Bingo Tips and Tricks

A favorite pastime, bingo is largely a game of chance. But there are a few ways to increase your odds of winning and ensure a fun time for all.

Arrive early. Aim to arrive at a bingo game 10 minutes before it's set to start. This gives you time to choose your seat, get your cards and a beverage or snack, and chat with friends.

Pick a prime spot. Sitting near the caller can help you clearly hear the numbers the first time, allowing you to mark your cards faster.

Play multiple cards. Playing more than one card is the best way to improve your chances of winning a game of bingo. However, avoid dividing your attention among too many cards, which can cause you to miss marking the correct squares.

Bring tape. A roll of masking tape or painter's tape comes in handy to stick your cards to the table, preventing them from sliding around.

Have fun! This is the most important rule of a bingo game! Use breaks to socialize with other players. Be a good sport and cheer on others when they win.



The Joy of Simple Things

A whirlwind of sights and sounds, the holiday season is often a busy time. But there's much joy and meaning to be found in the quieter moments as well.

Treats. Certain foods taste better around the holidays, don't they? Whether it's a sip of eggnog or a bite of decadent fudge, savor the moment as a mini celebration.

Decorations. Setting out some seasonal items can instantly put you in a festive mood. By placing a treasured keepsake in a spot where you'll see it every day, you can stir up warm feelings of comfort and joy.

Crafts. Winter is often peak crafting season. If the weather outside is frightful, you can delight in creating a homemade gift or jolly decoration. Take pride in using your hands and putting love into your work.

Music. Listening and singing along to your favorite holiday tunes is a simple pleasure that many folks enjoy. When you hear a song that's special to you, close your eyes and focus on the words and melody.

Pick Pistachios for Health

It's called the smiling or happy nut because it looks like it's cracking a smile. But it's no joke that the flavorful pistachio provides healthy fuel for the body.

A 1-ounce serving is about 49 nuts, and all those green kernels have only 160 calories, making pistachios one of the lowest-calorie nuts. Having to pry open a pistachio's shell can keep you from overindulging.

One portion provides 6 grams of protein, about as much as an egg. And like eggs, meat and fish, pistachios are a complete protein, meaning they contain all nine essential amino acids necessary for good health.

Pistachios are rich in potassium, which helps build and preserve muscles. Another plus: They have high amounts of lutein and zeaxanthin, needed to keep eyes functioning at their best.

Because of their blend of antioxidants, "good" fats and fiber, the American Heart Association has certified pistachios as heart healthy. As part of a nutritious diet, the nuts can help maintain healthy blood pressure and cholesterol and blood sugar levels.

You may remember when all pistachios sold were dyed red, which left one's mouth and fingers stained. The coloring was added to mask blemishes on the shells caused by harvesting, but improved processing methods eventually eliminated the need to dye the nuts.



BIRTHDAYS

December Birthdays

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

Residents:

- Jesse Wright-12/8
- Rozella Miexz-12/20
- Mirzda Lasmanis-12/25

The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December		1	2	3	4	5
6	7	8	9	10 	11 	12
13	14	15	16	17	18	19
20	21 	22	23	24	25 Merry Christmas!	26
27	28	29	30	31		

"This Month In History" DECEMBER

1913: Fill 'er up! The nation's first drive-in gas and service station opens in Pittsburgh.

1924: The puck drops in the first NHL game played in the U.S. The Boston Bruins hosted and defeated the Montreal Maroons.

1947: America's wetland wilderness, Florida Everglades National Park is formally dedicated.

1954: Doctors at a Boston hospital perform the first successful human kidney transplant.

1964: Civil rights leader Martin Luther King Jr. accepts the Nobel Peace Prize at ceremonies in Oslo, Norway.

1979: Two friends in Canada invent Trivial Pursuit. The board game became a worldwide sensation.

1991: In Nashville, Naomi and Wynonna Judd perform their final concert as the Judds. The mother-daughter duo was one of country music's top acts.

2002: The professional networking site LinkedIn is founded in California.

2010: SpaceX becomes the first private company to successfully launch a spacecraft into orbit and recover it.

2018: American Colin O'Brady is celebrated as the first person to complete a solo, unaided trek across Antarctica. He traveled 930 miles in 54 days.