



3340 Shelby Drive • Los Angeles, CA 90034 • (310) 837-9181

## March 2021

### Management Team

- Dana Anderson  
**Executive Director**
- Cassandra Arnold  
**Resident Care Director**
- Sharette Smith  
**Business Office Manager**
- Caroline McColl  
**Community Relations Director**
- Briana Shird  
**Activities Director**
- Salvador Almanza  
**Maintenance Director**
- Veronica Hernandez  
**Dietary Director**

### Tip for Your Lips

To avoid spreading any germs on your hands to your mouth, use a lip balm that comes in a tube instead of a product that you have to apply with your fingers.

### A Seated Stretch

Give your lower body a good stretch with a simple seated exercise. Using a sturdy chair, sit on the seat's edge with both feet flat on the floor. Hold the sides of the seat for support. Starting on your right side, lift your foot and extend your leg out in front of you at a diagonal angle. Tap your heel once on the floor, then bring your foot back to the starting position. Repeat the move with your left foot. Work up to 10 stretches on each side.

### Stop and Sip

"When in doubt, stand still—  
and have a nice cup of tea!"  
—Julie Andrews



### Spring Takes Flight

As spring arrives, many migrating birds return to yards and parks. Along with robins, which often have stayed around all winter, other feathered symbols of the season include swallows, blackbirds and killdeer.

### Get It Together

Use a small tray or a decorative bowl to corral little items that can easily get knocked off a nightstand or table. The catchalls will help keep smaller items organized and make cleaning these surfaces easier.

### 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 Dana/Resident Council Meeting and Food Council Meetings are canceled until further notice.

### Positive Thought

"Be the best version of yourself in anything you do. You don't have to live anybody else's story." —Steph Curry

### 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

### The World of Windmills

The blustery breezes of March create the perfect conditions for one of the earliest machines, the windmill. These facts about the amazing structures may blow you away!

Windmills have been around for over a thousand years, and most likely originated in Iran and China.

Their main jobs were to pump water and grind grain into flour. Most modern windmills, called turbines, convert wind energy to electricity.

The large, spinning blades on a windmill are called sails.

The iconic stone windmills in the Netherlands are celebrated as symbols of Dutch culture and are popular tourist attractions.

Because of their moving parts and charming look, windmills are often a featured obstacle on miniature golf courses.

### With a Little Luck

In many cultures, good fortune can be gained with the help of a lucky charm.

There's a long history of holding on to or displaying certain tokens to encourage health, wealth, love and protection. Coins are a common example in many cultures, whether you find one on the ground, toss them into a fountain or keep one in a pocket or purse. Other objects and shapes that are said to inspire and attract good things are the horseshoe, key, heart and circle.

Nature is full of lucky signs. One of the most visible this time of year, thanks to Irish folklore, is the four-leaf clover. Find one of these rare plants, and luck is yours. In China, the bamboo plant grows your chances of wealth and happiness. Look to the skies, and a rainbow will lead to a pot of gold, while spotting a falling star can grant a wish.

Animals can also give you a leg up. Japan's "lucky cat," with its raised paw, signals happiness and prosperity. In Australia, frogs have similar powers; pigs are the pick in Germany; and in India, it's elephants. Members of the insect world, including ladybugs, crickets and dragonflies, symbolize luck in many countries, as do aquatic creatures such as dolphins and goldfish.



### Bright Blooms of Spring

With their vibrant yellow petals and trumpet-shaped centers, blossoming daffodils announce the arrival of spring.

The sunny flowers are also known by their botanical name, narcissus. They're also called jonquils, which are smaller varieties, and daffadownillies. Botanists say there are 40 to 200 daffodil species, and thousands of hybrids of the flower.

Most daffodils have yellow blooms perched atop long green stems with grassy leaves. All-white varieties are common as well, and you can find daffodils with white petals and a yellow, orange or peach center.

Daffodils are easy to grow and care for, making them one of the most popular flowers for gardeners. Bulbs are planted in the fall and bloom in early spring, reappearing every year with more and more flowers that bring carefree, cheerful color to flower beds and container gardens early in the season.

The birth flower for March, the daffodil is said to represent hope and happiness. It's also the traditional flower for a 10th wedding anniversary as well as the national flower of the country of Wales.

## America's Wartime Code Breakers

During World War II, thousands of courageous women from across the country moved to Washington, D.C., to take on top-secret jobs, vital in helping the Allies to victory. They served as code breakers for the U.S. Army and Navy.

At that time, the field of intelligence was only in its early stages, and men were needed to serve overseas. So, the military recruited more than 10,000 of the nation's brightest female college graduates in math, science and languages to work as cryptographers, trained to crack messages relayed by the Axis powers. The women were sworn to secrecy and told their families they were doing secretarial work.

Their jobs were difficult and tedious, and at times emotionally demanding since they were helping to protect American troops. Using massive code-breaking machines, the code breakers cracked many cryptic, ever-changing communication systems used by the Japanese and German military. They provided vital information to commanders in both the European and Pacific theaters.

Because of the secrecy of the work, the women never expected to receive public recognition for their achievements. The details of their mission were declassified in the 1990s.

Some of the women went on to hold high-ranking positions in the military. Their efforts also helped create the National Security Agency.

## Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

*Choose a motivational phrase.*

Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

*Spend time with upbeat people.*

We tend to act like those we're surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

*Assume the best.* Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

*Focus on solutions.* When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

*Practice gratitude.* Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.



## BIRTHDAYS

### March Birthdays

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

#### Residents:

- Haruko Nakata-03/06
- Neal Davis-03/09
- Amando Medina-03/19
- Geraldine Monroe-03/26

### The Ice Man

The man known as the "voice of figure skating" and heard for years as one of the sport's best commentators, Dick Button can boast a career of firsts on the ice. It all began with winning his first of seven straight U.S. men's figure skating championships in March 1946. Button went on to be a five-time world champion and two-time Olympic gold medalist, invented the flying camel spin, and was the first to land the double axel and triple jumps in competition.

## March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	26	27
28	29	30	31	<i>March</i>		

# "This Month In History"

## MARCH

**1918:** Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

**1941:** The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

**1962:** In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

**1974:** People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

**1987:** To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

**2006:** Using an early version of Twitter, the world's first tweet is posted. The social networking platform went live to the public later that summer.

**2020:** The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.