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May 2021

**Management Team**

**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**

**Explore Memorials Virtually**

You can virtually tour many U.S. military and war memorials. Among the most popular are the National Civil War Museum, National World War I Museum, World War II Memorial, National D-Day Memorial, Korean War Memorial, and Vietnam Veterans Memorial. Museums dedicated to each branch of the armed forces also offer online exhibits.



**Relax With Lavender**

Lovely to look at, lavender is more than just a pretty plant. It's prized for its aroma, which many people use to relax. Studies have shown that sniffing it before bed helped people drift off into a deeper sleep and wake up better rested and more energized. Lavender seems to have a calming effect by lowering heart rate and blood pressure, which promotes relaxation.

**Picture It**

Would you like to surround yourself with more of your favorite photos? Many drugstores and online retailers that process photos can put your images on just about anything—a mug, T-shirt, pillow or puzzle.

**Positive Thought**

"One of the most important things you can accomplish is just being yourself." —Dwayne Johnson

**Just Horsing Around**

What do you call a horse who lives next door? Neighbor!

**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.

**'Dig' Is One**

How many words can you come up with using the letters in "gardening"?

**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

### Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.

The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.

Celebrated May 6-12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.

On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.

For the past two decades, nursing has been voted the most-trusted profession.

### The Story Behind Brunch

"Let's do brunch!" A blend of breakfast and lunch, this leisurely weekend meal serves up a combination of foods as well as fun.

The first printed mention of the term brunch goes back to 1895 in England, where a writer promoted the idea of a social late-morning meal on Sundays. Contributing to the concept, the British also had a tradition of fox hunting breakfasts, which included a large variety of foods.

By the 1930s, brunch had gained steam in the U.S., specifically Chicago, the halfway point on cross-country train trips. Wealthy passengers and movie stars on publicity tours would eat later in the morning on the stopover. The trend grew, especially after World War II, with restaurants and hotels adapting their menus.

As more married women began working outside the home, going out for Sunday brunch offered them a

break from cooking. Mother's Day is now among the most popular occasions for brunch.

More than a meal, brunch has become a social activity, a way to savor time as a family and to meet with friends when schedules are more relaxed.



### Flower of Remembrance

It's a flower that has come to represent all those who have given their lives in times of war. Around Memorial Day, Buddy Poppies start popping up.

The bright red artificial flowers, each with a tag that says "Wear It Proudly," are given out by members of the Veterans of Foreign Wars. The group began the tradition in 1922. The flowers

got the name Buddy Poppies because they honored the many military buddies who never came home.

Today, men and women in Veterans Affairs hospitals and homes assemble the poppies, an activity that provides them with financial help and a form of physical therapy. VFW posts distribute the poppies to the public, and the donations collected for them are used to fund programs for veterans and military families.

Using the poppy as a memorial flower was inspired by the famous battlefield poem "In Flanders Fields," written during World War I by Canadian army doctor John McCrae. Poppies were later adopted as symbols by veterans groups in the U.S., Canada, the U.K., Australia, New Zealand and parts of Europe.



### The Case for Calcium

No bones about it, calcium is an essential mineral that provides support for many of the body’s functions.

About 99% of the calcium in the human body is in the bones and teeth. The nutrient is required to help bones grow when we’re children, and it keeps bones strong as we age. Older adults, especially women, have a higher risk of osteoporosis, which is a loss of bone density, so they need to get enough calcium to help protect their bones from weakness and breaking.

Calcium also plays a major role in heart health. Muscles need calcium in order to contract, and the heart, the most important muscle, can’t beat without it! Additionally, calcium helps blood vessels circulate blood throughout the body, allows blood to clot properly, and helps maintain blood pressure. Calcium also affects how nerves function and the release of certain hormones.

Because the body doesn’t make calcium, we need to get it from the food we eat to keep a steady supply. Foods with high levels of calcium include dairy products such as milk, cheese and yogurt; dark, leafy greens; salmon, sardines and shellfish; white beans; almonds; and sesame seeds.

To absorb calcium, the body needs vitamin D, which comes from sunlight and some foods, including salmon, eggs and mushrooms.



### Mexico’s Bright Blankets

Beautifully woven blankets called serapes are one of the most colorful emblems of Mexican culture.

The serape can be traced back to the 16th century, when the Aztec people of what is now Mexico wore blanketlike garments in vivid hues, woven from cotton and cactus fibers and dyed with crushed fruits and insects. The bright colors were believed to bring good fortune.

In the following centuries, Europeans introduced domesticated sheep to the country, and the animals supplied lots of wool to weave large blankets in intricate geometrical designs. A handcrafted serape from the 1800s could take as long as two years to finish and was cherished as a work of art, as well as a practical item. Used as a blanket or worn as a poncho, a serape provided warmth on chilly desert nights, but could also serve as a saddle blanket, pillow, sleeping mat, curtain or tablecloth.

Mexico’s northeastern city of Saltillo has been a major production hub since the early days of the serape, which is why it is also known as a saltillo blanket.

## BIRTHDAYS

### May Birthdays

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

#### Residents:

- Victor Ramos-5/3
- Randolph Roth-5/6
- Fannie “Juanita” Johnson-5/14
- Frederick Armitage-5/14
- Sonia Fogiel-5/15
- Constance “Connie” Jones-5/23
- Ethel Parker-5/24

### Famous Faces Born in May

May 1, 1982: Jamie Dornan

May 2, 1980: Ellie Kemper

May 6, 1985: Chris Paul

May 13, 1966: Darius Rucker

May 14, 1971: Sofia Coppola

May 25, 1963: Mike Myers

May 26, 1948: Stevie Nicks

May 29, 1972: Laverne Cox

## May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>May</i>						1
2	3	4	5	6	7	8
9	10	 11	12	13	14	15
16	17	18	19	20	 21	22
23/30	Memorial Day 24/31	25	26	27	28	29

# "This Month In History"

## MAY

**1922:** The Lincoln Memorial is dedicated. It took eight years to build the statue of U.S. President Abraham Lincoln and its surrounding building on Washington, D.C.'s National Mall.

**1939:** The caped crimefighter Batman makes his debut in issue No. 27 of "Detective Comics." The superhero was an instant hit with readers.

**1945:** Celebrations erupt worldwide after Allied leaders announce the end of fighting in Europe in World War II.

**1963:** High school junior Lesley Gore performs her first single, "It's My Party," on TV's "American Bandstand." The next week, the song topped the U.S. pop music chart.

**1971:** Merging 20 of America's passenger railroad services into one, Amtrak begins service.

**1994:** Nelson Mandela is inaugurated as South Africa's first Black president.

**2001:** Thousands line up to be the first customers when tech company Apple opens its first retail stores in Virginia and California.

**2019:** New York City officially renames the intersection of West 63rd Street and Broadway to Sesame Street to honor the 50th anniversary of the kids' TV show.