



5401 East Centralia Street • Long Beach, CA 90808 • (562) 421-4717

February 2012

Administration Staff

Executive Director

Colleen Rozatti

Assistant Administrator

Tisa Houston

Marketing Director

Anita Cirifalco

Maint. Supervisor

Ellis Duarte

Dietary Supervisor

Zenon Lopez

Payroll/HR

Diane Sickler

Receptionist

Sandra O. and
Stephanie Matthews

LVN Supervisor

Sarah Rafael, LVN

PM/NOC Nurse Supervisors

Elaine Z., Margaret W., Charles,
LVN

Ghea Ann Guzman

Resident Care Manager

Cassandra Simmons

Program Leaders

Toni B., Ivon I., Sherie B., Chris M.

Wisdom Really Does Come With Age

Recent research shows that, in addition to a lifetime of experience, elderly wisdom can also be attributed to some changes in the brain. Brain scans reveal that older people are more likely than the young to utilize both the left and right sides of the brain, allowing them to make more balanced decisions. Aging brains are also less influenced by dopamine, the chemical that fuels emotion, so they are more inclined to think things through rather than act impulsively.

February Birthday Stars

Aquarius (Jan. 21-Feb. 19): Tom Brokaw, Mark Spitz, Jerry Springer, Tom Smothers

Pisces (Feb. 20-March 20): Sidney Poitier, Drew Barrymore, Jennifer Love Hewitt, Harry Belafonte

SAVE THE DATES...

- Feb. 5th Anniversary of the Constitution (M)
- Feb. 9th Music Therapy @4pm
The New Sunny&Cher
- Feb. 12th Lincoln's Birthday
- Feb. 14th Valentine's Day
Pet Therapy @ 1:30p
- Feb. 15th Music Therapy @ 11a
The Tonyan's
- Feb. 22nd Washington's B-Day
Ash Wednesday
- Feb. 24th Flag Day (M)
- Feb. 27th Eastern Orthodox
Lent begins

Limerick for Your Caregivers

Several caregivers who
were kind
Helped others out of every
bind.
From bathing to dressing,
No task left them guessing.
They gave the best care you
could find!

RESIDENTS' BIRTHDAYS!!

- Feb. 6 Al Ortiz
- Feb. 11 Harry Tyler
- Feb. 12 Iris Sellers
- Feb. 15 Stafford Fitzgerald
- Feb. 18 Gaynell Barber
- Feb. 19 Basil Missios
- Feb. 20 Willmae Kelley
- Feb. 25 Stephen Piurkowsky
- Feb. 27 George Shima



HAPPY BIRTHDAY TO ALL!!

STAFF BIRTHDAYS!!

- Feb. 3 Juana Vazquez
- Feb. 12 Anita Cirifalco
- Feb. 20 Gabriela Gomez
- Feb. 20 Aqsa Ghouri
- Feb. 25 Alexis Forward
- Feb. 27 Sherie Betters
- Feb. 28 Maria Miranda



Trivia Whiz

Leaping for Leap Day

Every revolution Earth makes around the sun takes 365.25 days. To account for this disparity between a calendar year and one full revolution, every four years we add an extra day.

This February has 29 days. Make the most of those extra 24 hours by learning more about leap day events:

Ladies' choice. It was customary that women were allowed to propose to men either during a leap year or on leap day.

Witch trials. Feb. 29 marks the day in 1692 when accusations first began in the Salem witch trials.

Oscar honor. On Feb. 29, 1940, Hattie McDaniel became the first African-American performer to win an Academy Award. She won for her performance in "Gone With the Wind."

Health & Wellness

Heart Disease Myths and Facts

February is American Heart Month. The American Heart Association aims to debunk some myths about cardiovascular disease, our nation's leading cause of death:

Myth: Young people don't need to worry about their hearts.

Fact: Early lifestyle choices can affect heart health later in life.

Myth: If you have high blood pressure, you'll know it.

Fact: High blood pressure is called "the silent killer" because it typically has no symptoms. Untreated, high blood pressure can cause heart attack, stroke, kidney damage and other problems.

Myth: Heart attacks always cause chest pain.

Fact: Heart attacks may cause chest pain, but other possible symptoms include shortness of breath, nausea, lightheadedness and pain in one or both arms, jaw, neck or back.

Myth: Leg pain has nothing to do with the heart.

Fact: Leg pain could be a sign of peripheral artery disease, a result of blocked arteries in the legs caused by plaque buildup.



Thanks for the Memories

Today, many seniors decide to leave something important behind for their children and grandchildren—not an heirloom or money, but a slice of the past in their memoirs. Here are some tips to telling your own story.

Anyone can do it. If writing is not for you, then try tape recording. A family member can help transcribe the tape later. Or have a relative interview you, which may help you dig up cherished moments from your past.

Keep it short. Don't feel like you have to turn out a magnum opus. A few short recollections can say as

much as a longer work, and you'll be able to share the results much faster.

Overcome writer's block. Try starting with something vivid or unusual rather than ordinary. Write about an odd or amusing neighbor, or a childhood vacation where everything went wrong. Often these engaging tales will lead to other memories, and help paint a picture of life back when.

Where were you when ... Your perspective on historical events can fascinate younger generations. Where were you when Pearl Harbor was attacked, or when President Kennedy was assassinated? Friends your age will enjoy these stories that unite you with their lives as well.

A few short recollections can say as much as a longer work



People & Places

Erma Bombeck, Queen of Quips

For three decades, syndicated columnist Erma Bombeck amused readers with her wry take on marriage and motherhood. Born on Feb. 21, 1927, Bombeck began her writing career as a newspaper reporter in Dayton, Ohio, but quit her job in the 1950s to be a stay-at-home mom.

In the mid-1960s, Bombeck started writing humor columns to vent her frustration over the demands of running a household. Within five years, Bombeck's "At Wit's End" was a regular feature in more than 500 newspapers across the U.S. Bombeck also became a best-selling author, publishing 15 books.

Bombeck died on April 22, 1996, but her wise and witty sayings continue to entertain. Here are some classic Bombeck quips:

"Housework, if you do it right, will kill you."

"I come from a family where gravy is considered a beverage."

"If you can't make it better, you can laugh at it."

"Never go to a doctor whose office plants have died."

"Marriage has no guarantees. If that's what you're looking for, go live with a car battery."

Growing Older Has Its Perks

Who wouldn't like to have a more youthful body? But a younger mind is another matter.

Most seniors are deeply grateful for their wisdom and life experiences.

From *RealSimple.com*, here are some reasons getting older really *is* getting better:

Peace of mind. Our younger years are consumed with setting and achieving goals. When we're older, we're more likely to appreciate what we have, be content with enjoying it and stop the relentless "what ifs."

Easier decisions. Seniors have lots of life experience under their belts, and that includes having made many big decisions. Most important, older adults have learned that few decisions are truly "right" or "wrong." What matters is how you handle your choices and what you learn from them.

Comfy clothing. Older adults have lived through enough fashion fads to know that the best clothes and shoes are those that feel as good as they look.

Self-awareness. Decades of living in your own skin let you know who you really are.

Free time. If you're retired, getting to spend each day the way you choose may be the greatest gift of all. Learning, volunteering, mentoring, connecting—now's your chance to make a lasting mark on the world!



Wit & Wisdom

"I wonder what fool it was that first invented kissing."
—Jonathan Swift

"The sound of a kiss is not so loud as that of a cannon, but its echo lasts a great deal longer."
—Oliver Wendell Holmes Sr.

"They invented hugs to let people know you love them without saying anything."
—Bil Keane

"Kisses, even to the air, are beautiful."
—Drew Barrymore

"Kissing is like drinking salted water. You drink, and your thirst increases."
—Chinese proverb

"Kiss and make up, but too much makeup has ruined many a kiss."
—Mae West

"What of soul was left, I wonder, when the kissing had to stop?"
—Robert Browning

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; align-items: center;"> {February} <div style="text-align: center;"> <h1 style="margin: 0;">American Heart</h1> <h2 style="margin: 0; font-family: cursive;">month</h2> <p style="margin: 0;">www.Heart.org</p> </div> </div>			1	2	3	4
			<p>Current Event: President Trivia #1</p> <p>AM: Decorate Cups & Plant Flower Seeds</p> <p>AM/PM: February Room Calendars</p>	<p>Current Event: Candle Day; Groundhog Day</p> <p>AM: Groundhog Puppet</p> <p>PM: Heart & Candy Necklaces</p>	<p>Current Event: Chinese Celebrations; Year of the Dragon</p> <p>AM: Lovely Lanterns</p> <p>PM: Egg Carton Dragons</p> <p>Chinese New Year!</p>	<p>Current Event: Bolladagur & Other Winter Symbols</p> <p>AM: Chinese Hats; Decorate Chinese Lanterns</p> <p>PM: Chinese Dragons</p>
5	6	7	8	9	10	11
<p>Current Event: Adlai Stevenson</p> <p>AM: Chinese Almond Cookies</p> <p>PM: Chinese New Year Party</p>	<p>Current Event: Famous Americans #1</p> <p>AM: Bouquet Hearts & Colored Tissue Hearts</p> <p>PM: Wintertime Clothes Pins</p>	<p>Current Event: Love at 1st Bite</p> <p>AM: Bouquet Hearts</p> <p>PM: Colored Tissue Heart; Film "West Side Story"</p>	<p>Current Event: Charles Dickens</p> <p>AM: Marshmallow W/Chocolate Hats; Start Valentine Cards</p> <p>PM: Heart Flowers; Film "Grumpy Old Men"</p>	<p>Current Event: Boy Scouts History</p> <p>AM: Complete Valentine Cards</p> <p>PM: Chocolate Marshmallow Bars</p>	<p>Current Event: Jimmy Durante</p> <p>AM: Valentine Boxes</p> <p>PM: Cut Out & Decorate Valentine Mobiles</p>	<p>Current Event: Thomas Edison</p> <p>AM/PM: Valentine Wands; Valentine Hangers</p>
12	13	14	15	16	17	18
<p>Current Event: Abraham Lincoln</p> <p>AM: Jello Valentines & Mobiles</p> <p>PM: Valentine's Boxes; Lincoln Hats</p>	<p>Current Event: Hugs & Kisses to Hersheys</p> <p>AM: Begin "Love Is..." Poster</p> <p>PM: Valentine Hat; Plant Red Rose Bush</p>	<p>Current Event: Valentine's Day</p> <p>AM: Complete "Love Is..." Poster</p> <p>PM: Valentine Dance; Film "Lady & The Tramp"</p>	<p>Current Event: Gypsy's Life</p> <p>AM: Plant Peas in Planter Boxes</p> <p>PM: Plant Lettuce in Planter Boxes</p>	<p>Current Event: Norman Rockwell; President Trivia #2</p> <p>AM: Fringe Lantern Mobiles</p> <p>PM: Pos/Neg Valentine Designs</p>	<p>Current Event: President Trivia #3</p> <p>AM: Friendship Bouquet Placemats</p> <p>PM: Photos From the Heart</p>	<p>Current Event: Famous Americans #2</p> <p>AM/PM: Make Baseball Info Wall</p> <p>PM: Film "South Pacific"</p>
19	20	21	22	23	24	25
<p>Current Event: Pancakes; Babe Ruth</p> <p>AM: Buttermilk Pancakes; Baseball Pictures</p> <p>PM: Begin Birthday Cards; Film "Damn Yankees"</p>	<p>Current Event: Famous Americans #3; Birthday Res. Life</p> <p>AM: Make Cupcakes; Complete B'Day Cards</p> <p>PM: Birthday Party; Sponge Paint</p> <p>PRESIDENTS' DAY</p>	<p>Current Event: Theodore Roosevelt</p> <p>AM: Friendship Windsocks; Bake Flag Cake</p> <p>PM: Windsock; Decorate & Eat Cake</p>	<p>Current Event: George Washington</p> <p>AM/PM: Washington's Cherry Tree; Paper Owls</p> <p>PM: Washington Hats; Resident Council Meeting</p>	<p>Current Event: The Coffee Bean</p> <p>AM: Start March Door Signs</p> <p>PM: Serve Coffee With Film "1776"</p>	<p>Current Event: Chester Nimitz</p> <p>AM: Finish March Door Signs; Start Spring Pictures</p> <p>PM: Kites & Beanstalk</p>	<p>Current Event: Cold Without</p> <p>AM: Paper Flowers for Tables; Spring Pictures</p> <p>PM: Creative Writing "My True Love"</p>
26	27	28	29	<div style="display: flex; align-items: center; justify-content: center;"> <h1 style="font-family: cursive; margin: 0;">Be My Valentine</h1> </div>		
<p>Current Event: Grand Canyon; Buffalo Bill Cody</p> <p>AM: Paper Flowers for Tables; Spring Pictures</p> <p>PM: Burlap Pictures; Film "My Darling Clementine"</p>	<p>Current Event: Farming</p> <p>AM/PM: Begin Mosaic Masks and Zany Zinneas (Seedy Side)</p>	<p>Current Event: Coming of Spring</p> <p>AM: Plant Flower Seeds in Boxes</p> <p>PM: Finish Zany Zinneas and Mosaic Masks</p>	<p>Current Event: Leap Year</p> <p>AM: Begin March Birthday Boards</p> <p>PM: Continue on March Boards</p>			