

*Everyone Deserves
a Great Life*

April 2017



WHITTIER PLACE SENIOR LIVING

12315 BURGESS AVENUE • WHITTIER, CA 90604 • (562) 777-1477

Administrative Team

Executive Director

Nate Diaz

Resident Care Manager

Denise Leek

Business Office Manager

Kenia Padilla

Community Relations Director

Life Enrichment Coordinator

Facilities Manager

Ricardo Olvera

Memory Program Director



Director's Corner

Outdoor Strolls

Spring is here! Take advantage of milder weather and go for a walk in the fresh air. A recent large-scale study by the University of Michigan reported reduced stress levels in people who walked outside with a group. Researchers believe that the combination of exercise, nature and social interaction serves as a powerful mood enhancer. People facing stressful life events, such as an illness, experienced the biggest boost; however, going on regular outdoor walks may contribute to an improved sense of well-being, even when you're feeling fine.

Community News

April 4th, 2017

Resident Council Meeting @ 2pm

April 14th, 2017

RESIDENT'S BIRTHDAY
CELEBRATION AND
ENTERTAINMENT

April 16th, 2017

EASTER SUNDAY FUNDAY!

***OUTINGS are
every - other Wednesday
and
every Friday***

***Family Movie Night is
Every Thursday Night @ 5:30PM***

Lighten Your Home for Spring

Give your home a feeling of lightness by considering texture. Put away the velvet pillows, flannel sheets and fuzzy fleece. Turn to lighter textiles, such as cotton and bamboo.





April Passover

Ash Wednesday

In Christianity, the first day of Lent—the period of fasting and repentance leading up to Easter—is known as Ash Wednesday. Many Christians observe this holy day by receiving a mark of ashes on their foreheads in the shape of a cross. Traditionally, the ashes are made by burning the palm fronds used in the previous year's Palm Sunday services. Since Biblical times, the sprinkling of ashes over one's body has been a sign of repentance, and thus Ash Wednesday reminds Christians of their own sin and mortality. Though the holiday seems somber, it is seen by many as a way to prepare for the joyous Easter holiday, when the death and resurrection of Jesus Christ washes away the world's sins and promises eternal life.



ALL FAMILY AND FRIENDS!
We would love to welcome and encourage all family, grandchildren and friends to please join us on April 16th, 2017. We love to come together in celebration of Easter Sunday dedicated to you and your loved ones here at Whittier Place!!



Healthy Lifestyle

Heal the Burn

If you burn your tongue after taking a sip of hot coffee or other beverage, there are several ways to soothe it. Doctors say to keep your mouth moist by drinking water. To help numb the pain, eat cold foods, such as ice cream, popsicles or yogurt. You can also gargle with cool salt water or put a pinch of sugar on your tongue. Avoid hot, spicy or acidic foods, such as citrus fruits and tomatoes, until the burn heals.

Super Foods: The Potent Pom

Drink to your health with a glass of pomegranate juice. It's loaded with antioxidants that helps the bad form of cholesterol from oxidizing. Research indicates that pomegranate juice carries many benefits. It has been shown to reduce arterial plaque, boost prostate health and fight osteoarthritis. Eight ounces a day of pomegranate juice over a three-month period improved blood flow of patients who were tested.



Employee
of the
Month




**CONGRATULATIONS,
GLORIA TORRES!!!!**

Thank you for dedicating 4+ years of hard work to our community! You are a great team member here at Whittier place and none of your hard work goes unnoticed!

 **Thank You**



 **Life
Enrichment
Corner**

Sacred Easter Symbols

Easter Sunday celebrates the resurrection of Jesus Christ, whose triumph over death promises eternal life for the rest of the world. Several meaningful symbols are associated with the holiday, which is one of the most joyous celebrations on the Christian calendar.

Eggs. A symbol of new life since ancient times, the egg is a classic Easter symbol. In addition to eggs dyed in bright colors to add festivity to seasonal decorations, the egg is sometimes seen as a representation of Christ's tomb.

Easter lily. As Jesus was without sin, yet suffered and died for the world's sins, his purity and innocence is duplicated in the white blooms of this flower, which blossoms as another symbol of new life.

Hot cross buns. Jesus died on a cross, so there's no other emblem more appropriate for Easter. The rising dough of these sweet rolls also commemorates Christ's rising from the dead.

Lamb. Many baby animals are associated with Easter, but the lamb is probably the most common. Jesus is called the Lamb of God because he served as a sacrificial lamb to wash away the sins of the people.

Butterfly. This insect's life cycle serves as a reflection of the life of Jesus: The caterpillar is his life and work on Earth; the cocoon is his crucifixion and burial; and the butterfly represents the glory of his resurrection.

Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."
—Babe Ruth

"There are only two seasons—winter and baseball."
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."
—George Will

April 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						9:00-Morning Patio Stretch 10:00-UNO 1:30-Bocce Tournament 2:30-Puzzle Station 3:00- BINGO 5:00-Chapter Read
2	3	4	5	6	7	8
9:00-Morning News 10:00-Morning Exercise 10:30- Whittier Church 1:00- Movie & Popcorn 2:00-Rummikub 3:00-Scrabble	9:00-Morning News 10:00-Chair Workout 1:00-Bible Hour 2:00-Rummikub 3:00-Puzzle Station 4:00-Chapter Read	DOCTORS' DAY 9:00- Morning Stretch 10:00- Carol, Carol and Anta Sing Along 10:30-Bible Study 2:00-Resident Council Meeting 3:15- Flower Club 5:30-Kings in a Corner	9:00-Morning Exercise 10:00- Shopping @ Walmart 10:30- Word Find 1:15-Community Workout 2:15-Arts & Crafts 2:45-Puzzle Station 3:00- Bingo Tournament 5:30-Scrabble	9:00-Morning Stretch 10:00- RacketBall 1:30-BANDS Exercise 2:00-Nail Art 3:00-Craft Corner 5:30-Chapter Read	9:00- Community Workout 10:00- Bible Hour 10:45- St. Gregory's Communion 11:15- Lunch @ Hometown Buffet 1:15-Community Workout 2:15-Trivia Challenge 2:45-Puzzle Station 3:00- Poker 5:30-Chapter Read	9:00-Morning Patio Stretch 10:00-UNO 1:30-Bocce Tournament 2:30-Puzzle Station 3:00- BINGO 5:00-Chapter Read
9	10	11	12	13	14	15
9:00-Morning News 10:00-Morning Exercise 10:30- Whittier Church 1:00- Movie & Popcorn 2:00-Rummikub 3:00-Scrabble	9:00-Morning News 10:00-Chair Workout 1:00- Bible Hour 2:00-Rummikub 3:00-Puzzle Station 4:00-Chapter Read	DOCTORS' DAY 9:00- Morning Stretch 10:00- Carol, Carol and Anta Sing Along 10:30-Bible Study 1:30- Shared Programming 3:00- Flower Club 5:30-Kings in a Corner	9:00-Morning Exercise 10:00- Chicken Soup for the Soul 10:30- Word Find 1:15-Community Workout 2:15-Arts & Crafts 2:45-Puzzle Station 3:00- Bingo Tournament 5:30-Scrabble	9:00-Morning Stretch 10:00- RacketBall 1:30-BANDS Exercise 2:00-Nail Art 3:00-Craft Corner 5:30-Chapter Read	9:00- Community Workout 10:00- Bible Hour 10:45- St. Gregory's Communion 11:15- Lunch @ Black Bear Diner 1:15-Community Workout 2:15-Trivia Challenge 2:45-Puzzle Station 3:00- Poker 5:30-Chapter Read	9:00-Morning Patio Stretch 10:00-UNO 1:30-Bocce Tournament 2:30-Puzzle Station 3:00- BINGO 5:00-Chapter Read
16	17	18	19	20	21	22
EASTER SUNDAY 9:00-Morning News 10:00-Morning Exercise 10:30-Whittier Church 12:00- EASTER DAY CELEBRATION 5:30-Family Time	9:00-Morning News 10:00-Chair Workout 1:00- Bible Hour 2:00-Rummikub 3:00-Puzzle Station 4:00-Chapter Read	DOCTORS' DAY 9:00- Morning Stretch 10:00- Carol, Carol and Anta Sing Along 10:30-Bible Study 1:30- Shared Programming 3:00- Flower Club 5:30-Kings in a Corner	9:00-Morning Exercise 10:00- Shopping @ Dollar Tree 10:30- Word Find 1:15-Community Workout 2:15-Arts & Crafts 2:45-Puzzle Station 3:00- Bingo Tournament 5:30-Scrabble	9:00-Morning Stretch 10:00- RacketBall 1:30-BANDS Exercise 2:00-Nail Art 3:00-Craft Corner 5:30-Chapter Read	9:00- Community Workout 10:00- Bible Hour 10:45- St. Gregory's Communion 11:15- Lunch @ Olive Garden 1:15-Community Workout 2:15-Trivia Challenge 2:45-Puzzle Station 3:00- Poker 5:30-Chapter Read	9:00-Morning Patio Stretch 10:00-UNO 1:30-Bocce Tournament 2:30-Puzzle Station 3:00- BINGO 5:00-Chapter Read
23/30	24	25	26	27	28	29
9:00-Morning News 10:00-Morning Exercise 10:30- Whittier Church 1:00- Movie & Popcorn 2:00-Rummikub 3:00-Scrabble	9:00-Morning News 10:00-Chair Workout 1:00-Bible Hour 2:00-Rummikub 3:00-Puzzle Station 4:00-Chapter Read	DOCTORS' DAY 9:00- Morning Stretch 10:00- Carol, Carol and Anta Sing Along 10:30-Bible Study 1:30- Shared Programming 3:00- Flower Club 5:30-Kings in a Corner	9:00-Morning Exercise 10:00- Chicken Soup for the Soul 10:30- Word Find 1:15-Community Workout 2:15-Arts & Crafts 2:45-Puzzle Station 3:00- Bingo Tournament 5:30-Scrabble	9:00-Morning Stretch 10:00- RacketBall 1:30-BANDS Exercise 2:00-Nail Art 3:00-Craft Corner 5:30-Chapter Read	9:00- Community Workout 10:00- Bible Hour 10:45- St. Gregory's Communion 11:15- Lunch @ JACK'S Restaurant 1:15-Community Workout 2:15-Trivia Challenge 2:45-Puzzle Station 3:00- Poker 5:30-Chapter Read	9:00-Morning Patio Stretch 10:00-Indian Church 1:30-Bocce Tournament 2:30-Puzzle Station 3:00- BINGO 5:00-Chapter Read