

*Everyone Deserves
a Great Life*

May 2017



WHITTIER PLACE SENIOR LIVING

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

Administrative Team

Executive Director

Nate Diaz

Wellness Director

Hilda Ortega

Business Office Manager

Kenia Padilla

Community Relations Director

Brenda Bajo

Life Enrichment Coordinator

Mariah Ramirez

Facilities Manager

Ricardo Olvera

Memory Program Director

Annaliza Abat



Director's Corner

April Showers Bring May Flowers!

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

May 2nd, 2017

Resident Council Meeting @ 2PM

May 5th, 2017

Cinco de Mayo Celebration & Entertainment

May 12th, 2017

Resident's Birthday Celebration

May 13th, 2017

Mother's Day Celebration

May 26th, 2017

Memorial Day BBQ & Entertainment

***OUTINGS Are**

**Every - Other Wednesday
& Every Friday***

***Family Movie Night is**

Every Thursday Night @ 5:30PM*



Salute America's Military

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.





Memorial Day

Take Time to Remember

For many, Memorial Day is just an extra long weekend. This year, however, our community encourages you to really examine the contributions that were made by our country's fallen heroes.

Numerous books detail the lives, times and personal accounts of those who fought in war and those who participated in war efforts. Two great starting points are "The Greatest Generation" by Tom Brokaw and "Flags of Our Fathers" by James Bradley and Ron Powers. These books are both enjoyable and inspirational, so check them out.



**Memory Care Director
Annaliza Abat**

A Warm Welcome To Our Newest Directors!



**Life Enrichment Coordinator
Mariah Ramirez**

Annaliza Abat - Memory Care Director
Started in 2002 as a caregiver and over the fifteen years of hard work and dedication, Annaliza has earned her new entitlement as our new Memory Care Director!

Mariah Ramirez - Life Enrichment Coordinator
New to the community, Mariah thrives for the joy in our residents. Bubbly personality and all, her passion continues to grow, one smile at a time!

Hilda Ortega - Wellness Director
A very rewarding twenty years, Hilda has worked in the assisted living environment. Transferred from our sister community, she has become our new Wellness Director here at Whittier Place. Please feel free to stop by her office at any given time with questions or concerns.

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Congratulations!
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**Wellness Director
Hilda Ortega**



Out & About

Lunch Outings!

- May 4th @ Chili's Restaurant
- May 11th @ Black Bear Diner
- May 18th @ T.G.I.F.
- May 25th @ Olive Garden

Shopping Outing!

- May 10th @ Wal-Mart
- May 24th @ Costco



Mother's Day High Tea Party!

You take care of everybody else; let us take care of you! Keep your kitchen spotless and bring your family down on **Saturday, May 13th!** Join us in the morning for a scrumptious brunch! After, hang around for the entertainment to continue the great celebration! It's your day—let us treat you to some well-deserved time off!



Life Enrichment Corner

Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty. One of the easiest, yet most meaningful, is to offer a heartfelt thank-you to all service members, past and present.



Memory Care Neighborhood

Moments in Time!

Nancy is great at always bringing in new and fresh ideas to our Moments In Time. As you know, we all like to see our residents engaged in activities. We've continued to like to help their sensory stimulation with scenic drives around the city of Whittier.

We hope to share these beautiful moments and growth with all of you. We continue our shared programming with our Assisted Living on Tuesday afternoons!

In addition, our M.I.T. has begun their own snacks at snack time to help with the hands-on sensory stimulation they need throughout the day!

Wit & Wisdom

"All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."
—Winston Churchill

"Honor always comes at a price, else it would be worthless."
—Michelle Grieb

"Duty, Honor, Country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be."
—Douglas MacArthur

"There is no dishonor in losing the race. There is only dishonor in not racing because you are afraid to lose."
—Garth Stein

"No person was ever honored for what he received. Honor has been the reward for what he gave."
—Calvin Coolidge

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: right;">Resident's Choice 7</p> <p>9:30 - Morning News 10:30 - Whittier Church 1:00 - Movie & Popcorn 2:00 - Rummikub 3:00 - Scrabble 5:00 - Word Find</p>	<p style="text-align: right;">Resident's Choice 8</p> <p>9:30 - Morning News 10:00 - Bible Hour 1:00 - Scrabble 3:00 - Bingo W/ Jeri 5:30 - Chapter Read</p>	<p style="text-align: right;">Doctors Day 9</p> <p>9:00 - Morning News 10:00 - Carol, Carol & Anta Sing Along 10:30 - Bible Study 1:30 - Shared Programming 3:00 - Flower Club 5:30 - Kings in a Corner</p>	<p style="text-align: right;">3</p> <p>9:00 - Morning Stretch 10:00 - Racket Ball 1:15 - Hangman 2:00 - Table Volleyball 3:00 - Bingo Tournament 5:30 - Gazebo Chapter Read</p>	<p style="text-align: right;">4</p> <p>9:00 - Morning Stretch 10:00 - Hangman 11:00 - Lunch @ Chili's Restaurant 2:00 - Ladies Nail Hour 3:00 - Wii VS. Staff 5:30 - Rummikub</p>	<p style="text-align: right;">5</p> <p>9:00 - Morning Stretch 10:00 - Bible Hour 10:45 - St. Gregory's Communion 1:00 - Cinco de Mayo Celebration & Entertainment 3:00 - Jumbling Towers</p>	<p style="text-align: right;">6</p> <p>9:00 - Patio Stretch 10:00 - Uno Tournament 1:30 - Bocce Tournament 2:30 Puzzle Station 3:00 - BINGO</p>	
<p style="text-align: right;">Resident's Choice 14</p> <p>9:30 - Morning News 10:30 - Whittier Church 1:00 - Movie & Popcorn 2:00 - Rummikub 3:00 - Scrabble 5:00 - Word Find</p>	<p style="text-align: right;">Resident's Choice 15</p> <p>9:30 - Morning News 10:00 - Bible Hour 1:00 - Scrabble 3:00 - Bingo W/ Jeri 5:30 - Chapter Read</p>	<p style="text-align: right;">Doctors Day 16</p> <p>9:00 - Morning News 10:00 - Carol, Carol & Anta Sing Along 10:30 - Bible Study 1:30 - Shared Programming 3:00 - Flower Club 5:30 - Kings in a Corner</p>	<p style="text-align: right;">17</p> <p>9:00 - Morning Stretch 10:00 - Racket Ball 1:15 - Hangman 2:00 - Table Volleyball 3:00 - CAREMORE Bingo 5:30 - Gazebo Chapter Read</p>	<p style="text-align: right;">18</p> <p>9:00 - Morning Stretch 10:00 - Hangman 11:00 - Lunch @ T.G.I. Fridays 2:00 - Ladies Nail Hour 3:00 - Wii VS. Staff 5:30 - Rummikub</p>	<p style="text-align: right;">19</p> <p>9:00 - Morning Stretch 10:00 - Bible Hour 10:45 - St. Gregory's Communion 1:15 - Racket Ball 2:30 - Hangman 5:30 - Poker</p>	<p style="text-align: right;">20</p> <p>9:00 - Patio Stretch 10:00 - Uno Tournament 1:30 - Bocce Tournament 2:30 Puzzle Station 3:00 - BINGO</p>	
<p style="text-align: right;">Resident's Choice 21</p> <p>9:30 - Morning News 10:30 - Whittier Church 1:00 - Movie & Popcorn 2:00 - Rummikub 3:00 - Scrabble 5:00 - Word Find</p>	<p style="text-align: right;">Resident's Choice 22</p> <p>9:30 - Morning News 10:00 - Bible Hour 1:00 - Scrabble 3:00 - Bingo W/ Jeri 5:30 - Chapter Read</p>	<p style="text-align: right;">Doctors Day 23</p> <p>9:00 - Morning News 10:00 - Carol, Carol & Anta Sing Along 10:30 - Bible Study 1:30 - Shared Programming 3:00 - Flower Club 5:30 - Kings in a Corner</p>	<p style="text-align: right;">24</p> <p>9:00 - Morning Stretch 10:00 - Shopping @ Costco 1:00 - Hula Class 2:00 - Table Volleyball 3:00 - Bingo Tournament 5:30 - Garden Walk</p>	<p style="text-align: right;">25</p> <p>9:00 - Morning Stretch 10:00 - Hangman 11:00 - Lunch @ Olive Garden 2:00 - Ladies Nail Hour 3:00 - Wii VS. Staff 5:30 - Rummikub</p>	<p style="text-align: right;">26</p> <p>9:00 - Morning Stretch 10:00 - Bible Hour 10:45 - St. Gregory's Communion 11:30 - Memorial Day BBQ 1:00 - Patriotic Entertainment 3:00 - Hangman 5:30 - Poker</p>	<p style="text-align: right;">27</p> <p>9:00 - Patio Stretch 10:00 - Indian Church 1:30 - Bocce Tournament 2:30 Puzzle Station 3:00 - BINGO</p>	
<p style="text-align: right;">Resident's Choice 28</p> <p>9:30 - Morning News 10:30 - Whittier Church 1:00 - Movie & Popcorn 2:00 - Rummikub 3:00 - Scrabble 5:00 - Word Find</p>	<p style="text-align: right;">Memorial Day 29</p> <p>9:30 - Morning News 10:00 - Bible Hour 1:30 - Patriotic Music 3:00 - Bingo W/ Jeri 5:30 - Chapter Read</p>	<p style="text-align: right;">Doctors Day 30</p> <p>9:00 - Morning News 10:00 - Carol, Carol & Anta Sing Along 10:30 - Bible Study 1:30 - Shared Programming 3:00 - Flower Club 5:30 - Kings in a Corner</p>	<p style="text-align: right;">31</p> <p>9:00 - Morning Stretch 10:00 - Racket Ball 1:15 - Hangman 2:00 - Table Volleyball 3:00 - Bingo Tournament 5:30 - Gazebo Chapter Read</p>				