

Everyone Deserves
a Great Life

May 2017



MERIDIAN
OF WEST HILLS
SERENITY LANE

6833 FALLBROOK AVENUE · WEST HILLS, CA 91307 · (818) 883-4123

**Community
Representatives**

- Executive Director
- » Mariano Perez
- Memory Care Director
- » Vanathda Pensuriya
- Resident Care Coordinator
- » Devin Martens
- Dining Services Director
- » Patrick McCormack
- Community Relations
- » Silvy Masarian
- Business Office Manager
- » Miguel Lino
- Life Enrichment Director
- » Holly Hollander
- Environmental Services
- » Maria Perez
- Maintenance Director
- » Joel Hernandez



Gardening in Small Spaces

There's something about spring that makes everyone wish they had a green thumb. You don't need a big yard to get your gardening fix, just pick out a couple of pots (ceramic is best), some bright cheerful flowers (begonias, geraniums, marigolds and pansies are great) and you're ready to go! It's a great way to liven up your home, patio or balcony (plus, you can clear away any clutter while you're at it!).



DIY Planters by using old drawers



**Save the
Date**



- May 7 Family Event
- May 25 Support Group
- May 28 Spring Art Show
- *Dates are tentative



Lilly M. and Irene K.

Join Us!

We offer a wide variety of activities each month and invite each and every one of you to come and join in on the fun. It's a great way to meet up with friends, both old and new, and maybe even try something new!



An Eggs-ellent Hunt

We had an egg hunt with treats and fun for kids. The bunny likes to hide lots of eggs on our property, so we needed all the help we could get to find them.

Featured Artist



Joan Shatuck



"Never stop doing what you love."
Joan S.



Ready...Set...GO!



A Taste of Mexico

Whether you have been south of the border several times or have merely eaten at a Mexican restaurant now and then, we think you'll learn something new at our Mexican-themed cooking class. Bring your adventurous spirit and join your fellow residents for this hands-on demonstration. Because May is National Salsa Month and Cinco de Mayo is upon us, we hope you'll come help us turn up the heat on this festive event. When you taste it, we're sure you'll shout, "Olé!"



Rosa making fresh salsa!



Pet Pals

If you've ever had a pet, you know the special kind of joy they bring to your life. They can be furry, feathery or scaly, big or small, playful or pompous. No matter what form you find them, most importantly, it is their mere presence that can be the needed lift that pills in a bottle can never provide.

They are pets. And anybody, seniors in particular, may not realize how much a pet can improve their quality of life. Seniors with pets have better physical health than those who don't, according to a study by the "Journal of the American Geriatrics Society." It, like other sources, indicates that contact and caring for pets can lower blood pressure, reduce bone loss and increase survival rates. Pets also can benefit the cardiovascular system because you need to walk, groom, play with and pet them. They also help eliminate that feeling of loneliness.



Joseph C. with Nikko



Ed C. with Bridgette

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 Griep

"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



Happy Birthday Bob!

Bob S. - May 15

"This Month In History"

MAY

1875: The first Kentucky Derby is held, and the horse Aristides is the winner. The Derby is now the longest-running sporting event in the U.S.

1910: Glacier National Park in Montana is established.

1935: Thanks to newly installed lights, Cincinnati's Crosley Field hosts the first MLB night game.

1945: Celebrations erupt after President Harry S. Truman announces the end of World War II in Europe.

1959: Starring Ethel Merman, the musical "Gypsy" opens on Broadway.

1968: The Gateway Arch in St. Louis is dedicated.

1971: Soul singer-songwriter Marvin Gaye releases the album "What's Going On."

1986: Five million people across the country join in "Hands Across America" to raise money for the nation's hungry and homeless.

1997: In a six-game chess match in New York City, IBM's Deep Blue supercomputer defeats world champion player Garry Kasparov.

2003: The Treasury Department unveils a redesigned \$20 bill that includes added colors to prevent counterfeiting.

2005: Carrie Underwood wins the televised singing competition "American Idol," launching the country star's career.

2011: After 25 years, the daytime TV talk show "The Oprah Winfrey Show" airs its final broadcast.