

*Everyone Deserves
a Great Life*

April 2017



MERIDIAN
OF WEST HILLS

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

Facility Representatives

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



Easy Reading

To get the best light while you're reading, table lamps should project their glow just over your shoulder. Choose a lamp no shorter than 35 inches, or place a shorter lamp on a decorative box to increase its height.

Eat Eggs to Feed Your Brain

Experts say including eggs in your diet may help enhance brain function by providing your body with key building blocks. Along with vitamins B-12 and D, egg yolks are a rich source of choline, an essential nutrient needed to produce neurotransmitters, which are chemicals that brain cells use to communicate with each other.

The Birth of Baby Carrots

Did you know that baby carrots were created to give ugly carrots a chance at being sold? In 1986, a California carrot farmer sprouted the idea to cut and peel imperfect, unwanted full-grown carrots into identical 2-inch pieces, and they were an instant hit at grocery stores. Packaged baby carrots now make up nearly 70 percent of carrot sales.

Fragrant Forecast

Loved by many people, there's actually a name for the unmistakable scent of rain: petrichor. When certain plants and soil-dwelling bacteria get wet, they release oils and chemicals that create the earthy odor.

Diamonds In the Sky

Here on Earth, rainy days are a rite of spring, but you'd never expect diamonds to fall from the sky. However, that may be just what is happening on some other planets in our solar system. Scientists speculate that during storms on Saturn, Jupiter, Neptune and Uranus, lightning transforms methane in the atmosphere into graphite. As the graphite falls, intense pressure transforms it into diamonds. Although the hot temperatures of Saturn and Jupiter cause the diamonds to melt quickly, the cooler climates of Neptune and Uranus allow the precious stones to stay solid, even as they reach the planets' cores.

Easy Way to Cut Calories

Before you sit down to eat a meal, drink a large glass of water. You will feel more full and be less likely to overeat.

Sleep on It

Whenever you have writer's block or get stuck doing a word game, a snooze might give you some fresh insight. Research shows that there is a link between sleep and creativity, as long as you doze long enough to reach the dream cycle.



Write Away

From composing thank-you notes to keeping a journal, the physical act of writing by hand is a great boost to the brain. Take notes on these advantages of putting pen to paper.

Activates the brain. Visual input, motor skills and memory are all in action when we form letters and words. One of the main reasons handwriting benefits the brain is because we're using so much of it. These linked regions are not activated when typing or texting.

Improves memory. Studies show that jotting down words, such as taking notes when learning a new skill or listening to instructions, strengthens memory and helps retain information.

Promotes creativity. Composing sentences on paper is a slower process than typing and tends to inspire more creative thinking. Even in this age of technology, many professional writers still create first drafts in longhand.



Provides a workout. Just like our bodies need exercise, our brains need regular workouts, too. Some physicians believe that the act of writing is good cognitive exercise for people who want to keep their minds sharp as they age.

Helps concentration. Writing in longhand, without the distractions of the internet just a click away, enables us to focus better.



Trivia Whiz

Busy Beavers

Known for their unique ability to adapt their environment to suit them, beavers are fascinating animals.

With powerful jaws and strong teeth, beavers fell trees and use them to build log and mud structures that block streams. These dams turn fields and forests into ponds.

Beaver dams are an important part of the ecosystem, helping slow floodwaters and control erosion.

These semi-aquatic rodents move easily through the water thanks to their stiff, flat tails and webbed feet. Their thick fur is waterproof, and they can hold their breath underwater for up to 15 minutes.

Beavers have orange teeth that never stop growing. They eat bark, roots and leaves from trees, as well as aquatic plants.



A Rose for Peace

Distinguished by luscious, creamy yellow petals edged with pink, it's a flower that symbolizes the end of a war and hope for the future—the Peace rose, introduced to the world on April 29, 1945.

The beautiful blossom's story begins in France, where it was developed by

third-generation rose breeder Francis Meiland between 1935 and 1939. With World War II looming, Meiland sent cuttings of the hybrid tea rose to friends in Germany, Italy and the U.S., who were able to grow the roses with great success. Marked by hardiness and large, long-lasting blooms, the new variety was destined to be a favorite in the gardening world.

Days before Germany's surrender, a ceremony for the new rose was held. As two doves were released, it was announced that the variety would be "named for the world's greatest desire: peace."

The Peace rose has been called the most popular rose in the world, with an estimated 40 to 50 million plants grown around the globe.



The Shoeshine Tradition

In years past, it was a regular habit for a man to make a stop at his local barbershop for a haircut, shave, and the finishing touch: a shoeshine.

In addition to barbershops, shoeshine stands were a fixture at train stations, where businessmen and other travelers could stop for a polish, ensuring they reached their destination looking their best.

“Shoeshine boys” would also patrol busy city streets, carrying their supplies in a box and offering a shine to passersby.

Shiners are still around today, and they continue to have a deep pride in their work, viewing their profession as an art and devoting years to perfecting their polishing techniques. Many people choose to have their shoes shined while they are wearing them, resulting in a personal, relaxing experience that shiners are honored to provide.

Due to workplace and everyday fashions becoming increasingly more casual, today’s shoeshine stands are a little harder to come by, and are typically found in airports and specialty shops.

Appealing Apricots

Tasty, versatile and loaded with nutrients, apricots are a standout selection for those who crave nature’s sweet treats.

With yellow-orange skin tinted red on one side, apricots resemble peaches but are more closely related to plums. Classified as stone fruits—meaning a large “stone” or pit surrounds the seed—they are in season from April through July.

Originating in Asia about 4,000 years ago, apricots were later introduced to Europe, where they soared in popularity. The Greeks called them “golden eggs of the sun.” Spanish and French explorers brought the fruit to the Americas in the 1700s.

Apricots are good sources of vitamins A and C, and are loaded with potassium, fiber and antioxidants. Kernel oils and other extracts from the crop are often used in skin and hair care products.

In addition to the fresh seasonal offerings at stores and farmers’ markets, apricots are available frozen, canned and dried year-round. Their sweet flavor makes them an ideal ingredient in jams, sauces and baked goods. They are also found in many savory dishes and are used to complement chicken and pork.

California grows nearly all of the apricots in the U.S.; Turkey and Iran are the largest producers worldwide.



\$\$MONEY\$\$

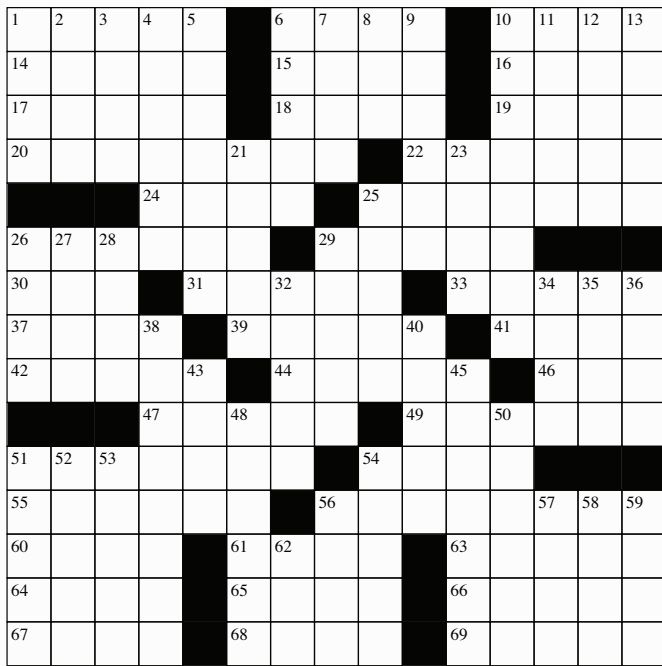
MONEY IN YOUR POCKET!!!

Refer a “**NEW**” resident to us and after they have been at Meridian of West Hills for 30 days **\$2,000** will be taken off your next month’s rent. Refer a second “**NEW**” resident and after their initial 30 days **\$1,000** will be taken off of your next month’s rent!! WOW ... what a great deal! This is a limited special so hurry and spread the word to your friends and family and let them know what a wonderful place this is!! If you have any further questions please do not hesitate to ask our wonderful Management Team!

Sun to Rain

Umbrellas were invented as protection from the sun’s rays, not rain showers. The word umbrella comes from the Latin word *umbra*, meaning “shade.”

Crossword Puzzle



ACROSS

1. Caught some Z's
6. "Shoot!"
10. Wedge-shaped piece of wood
14. Modern surgical device
15. "I cannot tell ___!"
16. Piece of glass
17. Bridal path
18. Bud holder
19. Fitzgerald, for one
20. Bishops
22. Dug
24. Boys' school
25. Use up
26. 2 altos, 3 tenors and 2 baritones
29. ___ Osmond
30. Flurry of activity
31. Wicked one
33. Part of a pie
37. Feral
39. Cook chopped onions
41. Word with crazy or fry
42. Impassive
44. Martin or Allen
46. Lemony concoction
47. Cut
49. Irritating skin sensations
51. Sacred cup
54. Suffix for mob or old
55. Luxembourg's location

56. Sudden outbursts
 60. Among
 61. December purchase
 63. Variable stars
 64. Half of a prison?
 65. Worked on a birthday cake
 66. On the ball
 67. Do a lawn chore
 68. Morris and Garfield
 69. Complaints to a plumber
- DOWN**
1. Strike
 2. Refuge
 3. To be: Lat.
 4. Tiny stone
 5. Gave medical care to
 6. Crow
 7. "Ach!"
 8. Poet's contraction
 9. Sower's device
 10. Bee entrants
 11. Split down the middle
 12. Stream
 13. Union General George
 21. Bears
 23. Heroic tale
 25. Poet who attended Bologna University in 1287
 26. Sharp tools
 27. Make scholarly corrections
 28. Outdoor sport
 29. Dentist's view



"This Month In History"

APRIL

1789: George Washington is inaugurated as the first president of the United States.

1792: Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

1805: Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

1817: Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

1822: Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

1925: "The Great Gatsby" by F. Scott Fitzgerald is published.

1949: The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

1970: Earth Day is observed for the first time.

1974: Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

1976: Steve Jobs and Steve Wozniak form Apple Computer Inc.

1981: The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

1990: The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.