

*Everyone Deserves
a Great Life*

September 2016



DE PALMA TERRACE

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WWW.DEPALMATERRACE.COM · FACILITY LICENSE #306003829

De Palma Terrace Management Team

Susan Ihrig

Executive Director

Hilda Ortega

Director of Wellness

Ginny Hubacek

Community Relations Director

Leslie Nepote

Life Enrichment Coordinator

Ana Verduzco

Business Office Manager

George Ortiz

Food Service Director

Tony Barrera

Maintenance Director

Flattering for All

When it comes to looking good, take a color cue from vibrant gemstones like rubies, emeralds, amethyst and smoky quartz. Style experts say jewel-toned clothing and accessories flatter all complexions.

Send Your Supplies to School

If you have art or craft supplies you won't use, call an area school and ask if they would like the items. The teachers will probably be thrilled to receive some donated supplies.



Do You Have Our Emails?

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Winds of Change

If you have been to DePalma Terrace lately, you may have noticed some new faces, in addition to the renovations! Our new Executive Director, Susan Ihrig, comes to us from San Diego, where she previously owned and operated three facilities. We have a new driver, Max Lee, who will be driving our new bus. He also plays the guitar and sings for our residents. Ginny Hubacek came to us from a Meridian facility in Anaheim to be our Community Outreach Director. Leslie Nepote, our new Life Enrichment Coordinator, enjoys singing with residents.

Spell Check

You might attend the theater to watch a musical revue, but when you critique the event in your blog, you're writing a review.

Nature's Helicopters

Before the leaves begin to fall, some varieties of maple trees drop their winged seedpods, commonly called helicopters or whirligigs. The unique shape of the pods allows them to swirl through the air for miles before they finally land, with hopes of sprouting the following year.

Autumn Décor

It doesn't take much to give your room a touch of fall. Place a table runner on a coffee table or dining table. Line up a few miniature pumpkins down the middle. That's it; you're done!



Trivia Whiz

The Supreme Law of the Land

The U.S.

Constitution was approved and signed on Sept. 17, 1787. Celebrate Constitution Day with some historical trivia:

In May 1787, 55 delegates from 12 states attended the Constitutional Convention in Philadelphia to revise the Articles of Confederation, America's first constitution.

George Washington was unanimously elected president of the convention.

At 81, Benjamin Franklin was the oldest delegate in attendance.

Pennsylvania delegate Gouverneur Morris is said to have written most of the final document's text, including the famous "We the people" preamble.

A total of 39 delegates signed the Constitution.

Intergenerational Activities

From Grandparents Day on the Sunday after Labor Day to Intergeneration Month throughout September, this season offers plenty of reminders to take some time to bond with younger people. Whether they're your grandchildren, other relatives, friends, or community members in need of a mentor, here are a few ways you can connect with them:

Teach your grandkids your favorite card game or a classic game like mahjong or chess. In return, have them show you a favorite video game or fun mobile app.

Volunteering together is a great way to teach younger folks the importance of giving back to the community. Visit an animal shelter, pick up trash at a local park, or spend time helping out at a food bank.

Like the song says, "Everything old is new again." Many in today's generation are interested in traditional

hobbies like sewing, knitting and gardening. If you possess skills in these areas, offer to teach the basics. Working on projects together gives you a chance to chat about other topics as well as foster the love of learning.

Speaking of learning, ask your younger peers for some tips on using a computer, tablet or smartphone. As a result, you can send emails, photos and text messages to each other to stay in touch.



Meditation and Pain Management

An estimated 100 million adults in the U.S. live with chronic pain, caused by conditions like arthritis, fibromyalgia, migraine and sciatica, among others. Often, this type of pain is compounded by poor sleep, stress and anxiety. Meditation is gaining use in the health care field as a way to treat chronic pain.

Doctors are still unsure exactly how meditation works to alleviate pain, but research shows that the practice may actually change the areas of the brain that process both the physical and emotional responses to pain and injury. Not only is it possible for a person's actual pain level to be reduced, but meditation can also help the person learn to cope with it better.

Stress and negative thinking—often brought on by pain—can exacerbate pain even further, creating a vicious cycle. But mindfulness meditation, which focuses on awareness of thoughts and sensations, can help break that cycle. By acknowledging their pain rather than trying to ignore it, chronic pain sufferers may be able to change the way they experience pain, resulting in a higher tolerance and happier outlook.

Meditation is not meant to replace traditional treatments like medication and physical therapy, but instead works with other methods to improve a person's quality of life. Recent studies indicate that even beginners practicing simple techniques can see results in a relatively short time.

ERIDIAN

NIOR LIVING



The Tailgating Tradition

Each fall, football, food and fun combine for the uniquely American pastime known as tailgating. This popular social ritual has become a much-anticipated feature of the sporting experience. It's estimated that each year about 50 million fans spend up to \$12 billion on these parking lot picnics that take place before, during and after a game.

There are several theories about the origins of the tradition. Some liken tailgate parties to harvest festivals, where farm families gathered to celebrate and share their bountiful crops, feasting outside before retreating indoors for the winter.

Another possibility dates back to the Civil War. In 1861, onlookers reportedly gathered around the battlefield in Manassas, Va., at the First Battle of Bull Run, cheering on soldiers while eating picnic-style meals.

In the late 1800s and early 1900s, when people traveled to football and baseball games by train, they brought their own food since stadiums then didn't provide any. As the automobile became common, fans would arrive early to get a parking spot and passed the time enjoying food, drink and camaraderie.

The Core of Apple Sayings

A favorite fruit, apples have also become a prevalent part of our language. Here are the stories behind some common expressions.

Apple of my eye. Signifying someone who is cherished, this idiom first appeared in Old English texts back in the ninth century. Its original, literal meaning referred to the pupil of the human eye, which was once thought to be spherical, like an apple.

An apple a day keeps the doctor away. While apples are loaded with disease-fighting nutrients, this adage is not meant to be a prescription. First recorded in Wales in the mid-1800s, it means that good nutrition can help you stay healthy.

As American as apple pie. This phrase is used to describe something that is undeniably American, such as blue jeans and the Fourth of July. However, apple pie actually originated in England.

One bad apple spoils the bunch. In the same way one piece of rotten fruit can cause other fruits around it to spoil, one misbehaving person can be a negative influence on everyone in a group. This proverb is often credited to 14th-century poet Geoffrey Chaucer.

The Big Apple. New York City's nickname comes from a catchphrase first used in horse racing circles in the 1920s and referred to the area racetracks' big money prizes. A local sports columnist used the term, and it soon spread throughout the country.



Wit & Wisdom

"Education is the key to unlock the golden door of freedom."
—George Washington Carver

"An investment in knowledge pays the best interest."
—American proverb

"Develop a passion for learning. If you do, you will never cease to grow."
—Anthony J. D'Angelo

"All I want is an education, and I am afraid of no one."
—Malala Yousafzai

"Education is the movement from darkness to light."
—Allan Bloom

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."
—Martin Luther King Jr.

September 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September

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4	Labor Day	5	6	7	8	9	10
11	12	13	14	15	16	17	18
18	19		20	21	22	23	24
25	26	27	28	29	30		



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