

*Everyone Deserves
a Great Life*

February 2017



CRESCENDO
SENIOR LIVING OF PLACENTIA

351 EAST PALM DRIVE · PLACENTIA, CA 92870 · (714) 528-4990
FACILITY LICENSE: CA #306005257

**Crescendo Management
Team**

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Carmen and her family enjoy Sunday Brunch in our Dining Room.

**Sunday Brunch
at Crescendo!**

On Sunday January 15, 2017, Crescendo hosted our first Champagne Brunch. Eggs Benedict, beef tenderloin, fresh fruit and potatoes were served. Residents and family sipped champagne, mimosas and Flo's Café coffee, while enjoying live entertainment.

Marty Kraemer, one of our favorite Happy Hour entertainers, strummed through the decades in the bistro, much to the delight of residents, families and staff.

Please join your Crescendo Management Team on the third Sunday of every month from 11 a.m. to 1 p.m. for a Champagne Brunch.

Sharing the Love

You'll find towns named Valentine or Valentines in a few states, including Arizona, Nebraska, Texas and Virginia.

'Dear' Is One

How many words can you come up with using the letters in "kindhearted"?

Renewal of Vows

In this month of Love, we wanted to honor the married couples. On February 11 at 10:30 a.m., we will be holding a Renewal Ceremony in the Activity Room. Residents, Family and Staff are invited to attend and bear witness to our celebration of Love!



Family Council Meetings

Please join Resident Council President, Rob Lammers, at 6:30 p.m. in our Upstairs Activity Room on the 2nd Wednesday of each month to discuss questions, comments and concerns about Crescendo.



Trivia Whiz

The Human Heart

Not only is the heart a familiar symbol of Valentine's Day, but it's also the focus of another February observance:

American Heart Month. Celebrate this incredible organ with these facts:

Every day, the heart beats around 100,000 times. During the average person's lifespan, the heart may beat 3 billion times.

A healthy adult heart beats 60 to 100 times a minute at rest.

Make two fists and hold them together. This is roughly the size of your heart.

The average heart weighs between 8 and 10 ounces, or about the same weight as an apple.

The heart does the most physical work of any muscle during a lifetime, pumping 1.5 gallons of blood every minute.



Simple Ways to Spread Kindness

"No act of kindness, no matter how small, is ever wasted," wrote the ancient Greek storyteller Aesop. Random Acts of Kindness Week, the second full week in February, was created to encourage thoughtful gestures toward others. Here are a few ideas to spread joy:

Do you enjoy writing letters? Pen thank-you notes for local police and fire departments or those serving in the military. Make cards for patients at a children's or veterans hospital as a cheerful surprise. Or jot a note to a friend, recalling a favorite moment you shared with them.

Do you like getting compliments? Everyone does, so make a point to say something positive to people you encounter. Wish passersby a good morning or tell someone you like their outfit. Praise a server, nurse or aide for the work they do. A smile and a few



Counting Birds for a Cause

Every February, nature lovers across the globe have the chance to help out scientists by participating in the Great Backyard Bird Count.

Created in 1998 by the Cornell Lab of Ornithology and the National Audubon Society, the project collects real-time data on wild bird species over four days. You don't have to be a bird-watching expert to take part—in fact, Audubon scientists recommend the project as a fun and worthwhile



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kind words can brighten a person's day.

Do you like connecting with younger generations? Get involved with a day care, school or youth organization and read to the youngsters, share stories about your life or teach them a game or skill.



way to introduce yourself or someone else to birding.

After creating a free account at GBBC.BirdCount.org, simply tally the numbers and kinds of birds you see for at least 15 minutes on one or more days of the count and submit the results. Experts suggest familiarizing yourself with the key bird identification categories—size and shape, color pattern, behavior, and habitat—and consulting a field guide specific to birds in your region.

In addition to tallying species, the bird count also helps researchers study climate change, avian diseases and other factors that can affect bird populations and migration patterns.

This year's Great Backyard Bird Count takes place Feb. 17–20.

MERIDIAN SENIOR LIVING

Notes From Wellness

Happy New Year, residents and families,

Welcome 2017! Flu season is at its peak, and I cannot stress enough the importance of staying healthy.

Practice good nutrition, drink plenty of fluids and stay in your room when not feeling well to avoid spreading the virus.

Implementing good hand washing is also necessary for staying healthy. Most of you have already gotten your flu shot, but if you haven't, please do so. Please don't forget that if you are out in the hospital or in a skilled nursing, I must reassess you prior to your return. If you have any questions please see me.

Thank You,
Hilda Ortega
Director of Wellness



Did You Know?

If a current Crescendo resident refers someone to Crescendo, and he/she moves in, the current resident would be eligible for a reduction in his/her rent for that month.



An Easier Way to Pay!

At **Meridian Senior Living**, we believe you have more important things to do than worry about writing checks and making payments. That's why we have employed the services of **ACH - Automated Clearing House** - to assist our residents with making their lives less stressful, easier and giving them more quality time to do other life-enriching activities.

ACH payments are electronically deducted every month on a given date from the resident's bank account. **ACH** payments remove the hassles associated with paying your monthly bill every month. **Benefits of using ACH include:**

You never have to write a check for your monthly payment.

You never have to worry about being late or being charged a late fee.

It's quick and easy to set up.

You continue to receive your monthly detailed statement.

The transaction is safe and secure.

This reduces the possibility of errors in payments.

Meridian Senior Living employs this payment system at every one of our California communities. Just ask and we can help you set it up. It's that easy!

Make a Name For Yourself

If you have ever wanted to change your name, Feb. 13 is the day for you—it's Get a Different Name Day.

Wit & Wisdom

"Romance is the glamour which turns the dust of everyday life into a golden haze."
—Elinor Glyn

"In a great romance, each person basically plays a part that the other really likes."
—Elizabeth Ashley

"Romance is thinking about your significant other, when you are supposed to be thinking about something else."
—Nicholas Sparks

"Tradition wears a snowy beard; romance is always young."
—John Greenleaf Whittier

"To me, romance and suspense go hand in hand. What's more suspenseful than wondering how two wonderful people can manage to get together in spite of the world going crazy around them?"
—Maggie Shayne

"This Month In History"

FEBRUARY

1789: George Washington is unanimously elected the first president of the United States.

1909: The NAACP, the nation's oldest and largest civil rights organization, is founded in New York City.

1910: With the motto "Be Prepared," the Boy Scouts of America is incorporated.

1925: A heroic five-day dog sled relay across Alaska saves the population of Nome from a deadly diphtheria outbreak.

1933: The first issue of Newsweek magazine is published.

1941: Providing a home away from home for U.S. military personnel, the United Service Organizations is chartered. The USO tradition of entertaining troops continues today.

1959: NASCAR's first Daytona 500 race is run at the new Daytona International Speedway in Florida.

1962: First lady Jacqueline Kennedy hosts a televised tour of the recently renovated White House.





1982: The comedy talk show "Late Night With David Letterman" premieres.

1995: In the driver's seat of the Discovery, astronaut Eileen Collins becomes the first female pilot of a space shuttle mission.

2000: The last original "Peanuts" comic strip appears in newspapers nationwide.

2005: At the Grammy Awards, singer Ray Charles wins eight posthumous awards for his final album, "Genius Loves Company."

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February			1 3:30 Happy Hour	2	3	4
5	6	7	8 3:30 Happy Hour	9	10 	11 10:30 Renewal of Vows Activity Room
12	13	14 	15	16 3:30 Happy Hour	17	18
19 11:00 a.m. Champagne Brunch Dining Room	20  PRESIDENTS' DAY	21	22	23 3:30 Happy Hour	24	25
26 	27	28	Zumba with Darla every Tuesday at 10:00 a.m. in the Library area of the Bistro! Christian Church Service every Sunday at 10:30 a.m. in the Bistro!			