



# ARCADIA GARDENS

## RETIREMENT HOTEL

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### Arcadia Gardens Staff

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David Chirikian ..... Chief Operations Officer  
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Melissa Villan ..... Activities Director  
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Karina Bejarano ..... M/L Activity Director  
Anna Gugliemi ..... Community Care Director  
Robert Likadinata ..... Transport Concierge  
Dixon Baquero ..... Transport Concierge  
Tonia Tenerelli ..... Beautician



**St. Patrick's Day**  
March 17, 2016

### March 2016



**Easter Sunday**  
March 27, 2016

## Resident Council

Resident Council meetings are held once a month in the Oval Room. We encourage all residents to attend. Please check calendar for date, place and time.

### Council Members

President: Dorothy Williams  
Correspondence: Dorothy Hill  
Attendance Keeper: Clara Colasnonno

## Thank You

### A. G. Volunteers

A big thank-you goes to all of the volunteers who give time to the residents.

Holy Angels Parish  
Pastor Fan  
Pastor Phil Seigleer  
Pat Hunter  
Denise McNalley  
Harry Curley  
Connie Scolinas  
Debbie Loomis  
Bonita Lutz  
Parise Arakelian  
Dorothy Williams  
Clara Colasnonno  
Dorothy Hill  
Walter Prucha  
Cathy & George Allen

## Welcome New Residents

### Welcome New Residents

We are proud to have so many wonderful residents here at our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.

### New Resident List

Betty Sereet  
Pfredo Sereet  
Ida V. Jeraho  
Gloria Defantos

### Word for March: Growth

March brings the beginning of spring, a season of growth and renewal. Green blades of grass push through the ground, and green buds of leaves sprout on the trees. Regular growth is part of nature's cycle and ours, too. No matter how old we may get, we never stop growing! This March, consider ways you can grow your mind, heart, health and happiness.



## Happy Birthday

### Resident Birthday List

3/2 Stella Quinones  
3/3 Rebecca Sullivan  
3/5 Gloria De Santos  
3/8 Clara Colasuonno  
3/9 Robert Hensley  
3/10 Mary Lou Jordan  
3/11 John Harte  
3/12 Lois Fairthron  
3/16 Frank Karl  
3/17 Maybelle Alten  
3/19 Jose Salazar  
3/21 Dorothy Williams  
3/21 Mercedes O'Bryan  
3/23 Virginia McCullagh  
3/24 Angela Garcia  
3/28 Zeyad Kotob



### Employee Birthday List

3/1 Oswaldo, Almodovar  
3/4 Jasmine Pong  
3/5 Austin Luna  
3/7 Ramona Campos  
3/8 Joel Koviak  
3/22 Sandra Palacios  
3/27 Fidela Romo  
3/28 Lorraine Valenzuela  
3/28 Eliana Samaniego  
3/29 Maribeth Aquiningoc  
3/31 Melissa Villan



## Exploring a Charming Emblem

No symbol represents St. Patrick's Day more than the cheerful green shamrock. So what is a shamrock, exactly? Is it simply a three-leaf clover? The answer is a bit more complex.

The word "shamrock" comes from the Irish Gaelic word *seamrog*, which means "little clover." However, there are hundreds of varieties of clover, and similar-looking plants, such as wood sorrel and black medick, have been labeled shamrocks through the years. After the first references to the plant appeared in the 16th century, botanists have tried to identify the true species

of this seasonal sprig.

In the late 1800s, amateur botanist Nathaniel Colgan asked people in counties across Ireland to send him samples of what they regarded as real shamrocks. Among the specimens received, the two most popular versions were white clover and yellow clover. Nearly 100 years later, the study was duplicated with similar results, again showing there is no one plant species that can be called a true shamrock.



## Signature Salads

Do you ever wonder where some foods get their names? As salad season nears, savor the answers to a few of those mysteries.

**Caesar salad.** This delicious mix of romaine lettuce and croutons dressed with Parmesan cheese, lemon juice, olive oil, egg, Worcestershire sauce, garlic and black pepper is the 1924 creation of restaurateur Caesar Cardini, an Italian immigrant

who operated eateries in Mexico and the United States.

**Cobb salad.** Robert Cobb, owner of the Brown Derby restaurant in Hollywood, put this concoction together as a late-night snack in 1937. The combination of chopped greens, avocado, tomatoes, hard-boiled egg, bacon, cheese and chicken was a big hit.

**Waldorf salad.** Although not a chef, Waldorf Hotel headwaiter Oscar Tschirky created the Waldorf salad for the hotel's first banquet in 1896. The mix of chopped apples and celery dressed with mayonnaise—walnuts were added to later versions—was an instant success and became a signature dish.

## Wit & Wisdom

"Fortune favors the bold."  
—Virgil

"Luck is not chance, it's toil;  
fortune's expensive smile  
is earned."  
—Emily Dickinson

"No man ever wetted clay and  
then left it, as if there would be  
bricks by chance and fortune."  
—Plutarch

"Live as brave men; and if  
fortune is adverse, front its  
blows with brave hearts."  
—Marcus Tullius Cicero

"An aim in life is the only  
fortune worth finding."  
—Robert Louis Stevenson

"Too much good fortune can  
make you smug and unaware.  
Happiness should be like an  
oasis, the greener for the desert  
that surrounds it."  
—Rachel Field

"A wise man turns chance into  
good fortune."  
—Thomas Fuller

"Industry is fortune's right hand,  
and frugality its left."  
—John Ray

"Your life will be no better than  
the plans you make and the  
action you take. You are the  
architect and builder of your  
own life, fortune, destiny."  
—Alfred A. Montapert

## Alleviate Allergies

For those who suffer from seasonal allergies, spring often means sneezing, congestion and itchy eyes. There are ways to lessen the symptoms and still enjoy the season. Here are a few tips:

*Keep it clean.* Cleaning your home will reduce pollen and other allergens. Vacuum and dust regularly, and wash your sheets weekly. Leave your shoes at the door to prevent tracking allergens throughout your home. Shower or bathe before bed to keep pollen your hair has gathered throughout the day off your pillow.

*Be aware outside.* Avoid going outside on days with particularly high pollen levels. Check [www.Pollen.com](http://www.Pollen.com) or download a smartphone app that offers regular pollen updates. When outside, wear sunglasses to help keep allergens out of your eyes.

*Curb congestion.* Eat more spicy foods to reduce nasal congestion. Chewing gum and eating peppermint can also help. Drinking more water and juice will improve hydration and help clear nasal passageways.

*Consult an allergist.* If your allergies are disruptive to your life, consider seeing a health care professional who specializes in allergies. An allergist can help you pinpoint what you are allergic to and offer guidance on whether prescription medication or allergy shots are right for you.



## The Amazing Brain

With its billions of cells and trillions of connections, the brain is the most complex organ in the human body. Here are some mind-blowing facts about how it works.

The brain weighs about 3 pounds, and 73 percent of it is water.

When you picture the brain, you probably visualize its largest part, the cerebrum, which is divided into two hemispheres. The cerebrum's outer layer is composed of many folds of gray matter.

Although it represents just 2 percent of total body weight, the brain uses 20 percent of the body's oxygen to complete tasks.

The average brain has 100 billion neurons that communicate messages to each other throughout the nervous system.

It processes information at a speed of 260 mph.

Scientists say despite comparisons to computers, the brain's storage capacity is so large that we don't have to worry about running out of space.

Even during sleep, the brain continues to work, processing information, creating memories, and clearing out toxins.

## Motivational Tip: Take a Break

Sometimes we push ourselves too hard and become impatient and frustrated if we don't meet all our own expectations. When this happens, consider making whatever you are doing right now the priority, instead of focusing on the end result. Find fulfillment in your present state, and soon you will feel re-energized and ready to tackle what comes next.

## Hit the Green for Brain Health

Along with the many benefits that come from the physical nature of golf, your gray matter also gains from hitting the green. The hand-eye coordination and balance needed to hit a long drive or sink a short putt utilize the cerebellum. Focusing on the ball before you hit it and watching it roll toward the hole provide a visual workout and stimulate the brain's tracking function. Plus, players must engage the left brain to strategize and problem-solve when considering shot angles and playing conditions.





## More Than Just a Four-Leaf Clover

We all know the four-leaf clover is a symbol of good luck. But do you know about these other good luck charms?

*Crickets.* In Asia, crickets are considered good luck. If crickets stop chirping, danger is present. It is considered very bad luck to kill a cricket. American Indian tribes believed that imitating a cricket's chirp was disrespectful.

*Tigers.* According to Chinese folklore, tigers are the enemies of evil spirits. Tigers also protect against misfortune such as theft or fire. Clothing for babies and children is often decorated with images of tigers to ward off evil.

*Chimney sweeps.* The English consider chimney sweeps to be good luck. This belief dates to a legend that claims a chimney sweep saved the life of King George when the king's horse panicked. If a bride sees a chimney sweep on her wedding day, she will have good luck!

*Acorns.* Vikings believed that oak trees were sacred to Thor, known for creating lightning and thunder with his powerful hammer. Acorns were considered protection from lightning and a general good luck charm.



## Final Four Fundamentals

It's an annual rite of spring: March Madness, the NCAA tournament that crowns the best team in men's Division I college basketball. If you're unfamiliar with the court action, get off the sidelines with this quick guide.

*Selection Sunday.* A total of 68 teams are invited to play in the tournament. The teams are announced live on TV on Selection Sunday, the Sunday before the tournament's first game. The teams are also divided into four geographic regions: East, West, South and Midwest.

*Seeds.* A selection committee ranks the teams in each region and assigns each a seed number from 1 to 16, with 1 being the best. The No. 1 seed plays the No. 16 seed; No. 2 plays No. 15, and so on. A No. 1 seed has never lost to a 16th seed.

*The bracket.* Fans often track and try to predict the winners of each matchup and the eventual champion by filling out a form known as a tournament bracket. The odds of filling out a perfect bracket are 1 in 9.2 quintillion.

*The Big Dance.* Over two weeks of single-elimination games, the teams are whittled down to the Sweet 16, then the Elite Eight. Finally, the teams remaining in each of the regions are the Final Four. The last two teams go on to the championship game, also called the Big Dance, usually played the first weekend in April.

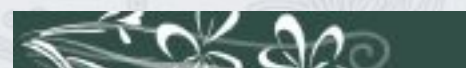
## A Woman Who Did Not Fail

Women's History Month traces its beginnings back to the first International Women's Day in 1911. It is celebrated annually to highlight the contributions of women to events in history and contemporary society; it corresponds to International Women's Day on March 8th.

The highly thought of Bishop Fulton Sheen gave a thought-provoking speech that was entitled "Woman Who Do Not Fail." He asserted that *women who do not fail* have feminine qualities that demonstrate the attributes of sympathy, kindness, tenderness and being merciful to others—which demonstrate their ultimate goal to preserve the spiritual values of human society.

An example of a woman who epitomized the preservation of spiritual values was Mother Teresa, known the world-over as the woman who, throughout her life and work as a missionary in Calcutta, India, demonstrated her spiritual values through her dedicated life to the Lord.

"If you can't do great things, do little things with great love. If you can't do them with great love, do them with a little love. If you can't do them with a little love, do them anyway." Mother Teresa. Submitted By: Parise Arakelian



## Delicate Seasonal Décor

Brighten up your home for spring with these unique eggs.

### Materials:

- Small latex balloons
- Balloon pump (optional)
- Liquid starch
- Small bowl
- Embroidery floss (one skein per egg), various colors
- Straight pin

### Directions:

Blow up several balloons (one balloon equals one egg). Use a balloon pump if necessary. Tie off the balloons and set aside.

Pour liquid starch in a small bowl. Unravel the skein of floss, but do not pull apart the twisted threads. Gently coil the floss into the bowl of starch.

Lift the wet floss out of the bowl and wrap it around a balloon, crisscrossing the thread as you wrap to create an open, lacelike pattern. Wipe off excess starch from the floss as you go and let it drip back into the bowl. One skein of floss should be enough for one balloon.

When you've finished wrapping the number of balloons desired, set them aside to dry overnight. When completely dry, pop the balloons with a straight pin and pull each popped balloon out of the hardened egg form.

Arrange eggs in a bowl for use as a centerpiece, or string them on a piece of floss or ribbon to create a seasonal garland.



## Refinement on the Rails

In the mid-1800s, railroads made traveling faster, but there was still a lack of refinement in the new mode of passenger transportation. Then George Pullman came on board, and soon his name became synonymous with traveling in comfort and style.

Pullman was an entrepreneur in Chicago, and after reportedly suffering through an unpleasant overnight train ride, he came up

with the idea to build comfortable sleeping cars for railroads and started his venture in 1859.

There were a variety of Pullman passenger cars, but all were luxurious and lavishly outfitted with carpeting, hand-carved woodwork and decorative fixtures. Plush seating converted into sleeping berths with fine sheets and pillows. Some cars included private suites with sitting areas, bedrooms and bathrooms. The company's dining cars rivaled the best restaurants of the day.

During its height in the mid-1920s, Pullman leased a fleet of nearly 10,000 passenger rail cars.



## France's Twinkling Tower

One can't imagine the Paris skyline without it. The Eiffel Tower is one of the world's most popular attractions, with around 7 million visitors a year.

Inaugurated on March 31, 1889, the iron tower was built as the centerpiece for that year's world's fair in Paris. The 1,063-foot structure was designed by architect Gustave Eiffel and engineer Maurice Koechlin, who had previously

worked together on the Statue of Liberty.

Since the tower was intended to be temporary, it was almost torn down in 1909 until city officials decided it had worth as a radio and telegraph station. The tower played a pivotal role in World War I, and today, the 120 antennas atop it are used to broadcast radio and TV signals.

At nightfall, the tower's 20,000 bulbs light up the Paris sky for five minutes every hour, on the hour, until 1 a.m.

The Eiffel Tower is nicknamed the Iron Lady, thanks to 7,300 tons of wrought iron that form the tower's structure. The total weight of the tower is 10,100 tons.





### A High-Five for the Food Experts

While many of us enjoy eating, food can be a confusing topic. New data and scientific studies are constantly emerging, changing views about sugar, fat, portion sizes, and much more. Luckily, there are professionals who interpret that nutritional information, explain it and prescribe advice in a way that's easy to digest—dietitians.

Many people consult a dietitian in order to develop a personalized eating plan. Rather than prescribing a one-size-fits-all strategy, dietitians recognize that each person has different nutritional needs and goals based on overall health, genetics, exercise and eating habits, and other factors. They can also provide advice to help manage conditions like high cholesterol, high blood pressure, diabetes, and food allergies or sensitivities.

Dietitians work in a variety of settings, including hospitals and assisted living communities; schools, grocery stores and restaurants; and government agencies and research centers.

March 31 is Registered Dietitian Nutritionist Day.

### Decades of Refreshment

When John S. Pemberton invented Coca-Cola in 1886, it's unlikely the Atlanta pharmacist could have imagined the impact the "delicious and refreshing beverage" he advertised would have on the world. Here's why the soft drink, which turns 130 years old this year, is more than just pop—it's a pop culture icon.

*Legendary logo.* Pemberton's business partner, Frank M. Robinson, named the product and penned its trademark script logo, which is still used today.

*Global market.* Coke, the soda's nickname, is sold in more than 200 countries around the globe. Sales figures show that Mexico drinks more Coke than any other nation.

*Classic formula.* In 1985, the company changed the drink's formula, increasing the sweetness, and launched "new Coke." After a deluge of consumer complaints, the original version was brought back within just three months.

*Space splash.* Coca-Cola has the distinction of being the first soft drink consumed in space. In 1985, astronauts aboard the space shuttle Challenger drank Coke from specially designed cans.



### Laugh Lines: Full-Court Fun

Net some laughs with these basketball riddles!

Q: What did March say to all the madness?

A: What's all that bracket?

Q: Why do basketball players love cookies?

A: Because they can dunk them.

Q: What's the difference between a dog and a basketball player?

A: One drools, and the other dribbles.

Q: Why are frogs so good at basketball?

A: Because they always make jump shots.

Q: Why was Cinderella thrown off the basketball team?

A: She ran away from the ball.

Q: Why can't you play basketball with pigs?

A: They hog the ball.

Q: Why did the basketball player sit on the bench and sketch pictures of chickens?

A: He was learning how to draw fowls.

Q: What do you call an unbelievable story about a basketball player?

A: A tall tale.

Q: Why can't you play a fair basketball game while on a safari?

A: Because of all the cheetahs.





## *Spring Forward!*

*Don't forget,*

daylight saving time begins the  
second Sunday in March!

Move your clocks ahead one  
hour at 2 a.m.