



ARCADIA GARDENS RETIREMENT HOTEL

720 W Camino Real Ave. • Arcadia, CA 91007 • (626) 574-8571

Arcadia Gardens Staff

Julie Chirikian Chief Executive Officer
 David Chirikian Chief Operations Officer
 Pat Redner Executive Director
 Valentina Ashjian Business Director
 Maria Khanzadian Marketing Director
 Yolanda V. Romo Activity Director/Editor
 Melissa Villan Activities Director
 Rick Stubbs Activity Director
 Nathan Rojas Culinary Service Director
 Karina Bejarano M/L Activity Director
 Anna Gugliemi Community Care Director
 Robert Likadinata Transport Concierge
 Dixon Baquero Transport Concierge
 Tonia Tenerelli Beautician

Contact Numbers

Main Office (626) 574-8571
 Fax Number (626) 574-2094
 Memory Lane Care (626) 574-1500
 Mobile Number (626) 698-8645
 Beauty Shop (626) 574-0469



May 2016



Remembering the Fallen on Memorial Day

In 1868, three years after the Civil War ended, Maj. Gen. John A. Logan, leader of a Union veterans' organization, established Decoration Day as a time for the nation to decorate the graves of soldiers who had died in the war. He chose May 30, possibly because he knew flowers would be in bloom all over the country on that day.

Logan's declaration, in part, said: "We should guard their graves with sacred vigilance. ... Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic."

Arlington National Cemetery was the site of the first official observance.

After World War I, May 30 became a day to honor fallen soldiers from all wars. In 1971, Congress declared Memorial Day a national holiday that would be celebrated on the last Monday in May.

Since 2000, Americans have been encouraged to observe a National Moment of Remembrance by pausing at 3 p.m. local time on Memorial Day for a minute of silence to honor those who have died serving the nation.



Welcome New Residents

Welcome to Our Family

We're always excited to welcome new residents. We know that moving to a new place can be an overwhelming experience, which is why we do everything we can to make the transition a little easier. We host a regular Welcome to Our Community social each month to give our newest residents the chance to meet each other and the rest of our community family. We hope that everyone will join us in making our newest residents feel right at home!

- Delina Black
- Frances Napoliello
- Shigenoby Yoza
- Irene Vitelli
- Armida Maria Mira Montes
- Sam Moreyana



Resident Council

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

Council Members

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

We look forward to seeing everyone on the second Thursday of every month. Your voice is important in order to make our community the best that it can be to make you feel at home.

With Sympathy

Teresa Mary Sprecher
 4/26/1922 to 4/5/2016
 Gay Jordon
 2/1/1947 to 4/14/16



Happy Birthday

Resident Birthday List

- 5/3 Marilyn Leidig
- 5/7 Joan Heller
- 5/11 Virginia Carr
- 5/19 Dorothy Hill
- 5/19 Virginia Steinwinter
- 5/21 Olive Belzer
- 5/21 Carolyn Feng
- 5/25 Harry Curley
- 5/25 Virginia Nossett
- Geraldine Christiansen



Happy Birthday

Employee Birthdays

- 5/1 Jessica Valdez
- 5/8 Fatima Chavez
- 5/14 Maria Warren
- 5/24 Maria Banuelos
- 5/24 Ricardo Lemus
- 5/27 Marianna Sidella
- 5/28 Valeria Melendez
- 5/29 Alice Masihi
- 5/30 Maria Esparza

Eye-Opening Eye Facts

In recognition of Healthy Vision Month during May, here's some clarity on common eye care myths:

Myth: Reading in poor light will harm your eyes.

Fact: Reading in low light can strain your eyes and make them feel tired, but it will not permanently damage your eyes.

Myth: Wearing glasses or contacts will make your vision worse.

Fact: Corrective lenses like glasses and contacts cannot change any part of your eyes themselves. They simply change the light rays that the eyes receive, helping you see better. It is common for people's vision to

change over time due to age.

Myth: Sitting too close to the TV or staring at a computer screen for too long is bad for your eyes.

Fact: It's true that looking at screens can dry your eyes out, causing irritation and fatigue. But you can avoid these problems by taking breaks from watching the screen and resting your eyes.



Wit & Wisdom

"The best way to find yourself is to lose yourself in the service of others."

—Mahatma Gandhi

"The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service."
—Henry Wadsworth Longfellow

"Let us go forward in this battle fortified by conviction that those who labor in the service of a great and good cause will never fail."

—Owen Arthur

"Service to others in their time of need is a privilege and an honor."

—Harley King

"How can I be useful, of what service can I be? There is something inside me, what can it be?"

—Vincent Van Gogh

"We are all here to be a service to those who can't be a service to themselves. We can give people hope and more reasons for being human."

—Dionne Warwick

"Being of service to others is what brings true happiness."

—Marie Osmond

"Life is for service."

—Fred Rogers



'Start Your Engines!'

This Memorial Day weekend will bring high-octane thrills to race fans. The Indianapolis 500, called "The Greatest Spectacle in Racing," will celebrate its 100th running at the Indianapolis Motor Speedway, in Speedway, Ind.

The track was built in 1909, and the first race dates back to May 30, 1911. It was canceled several times during both world wars, so 2016 will be the

100th time drivers will race the 200 laps of the 2.5-mile oval course, which equals 500 miles.

The IndyCar race features open-cockpit, open-wheeled, turbocharged cars.

It is the world's largest single-day sporting event, with more than 350,000 fans following the action from the speedway's viewing stands and infield, and millions more watching live TV coverage.

Among the race's many traditions are the pre-race ceremonies that feature the singing of "Back Home Again in Indiana," and the famous command for the 33 drivers to "Start your engines!"

Snapshot Memories

Photographs capture special moments in our lives, freezing them in time so we can look back at them later. Use the following questions to reminisce with friends and family about your photo memories.

- What is the first camera you remember seeing or using?
- Did you own your own camera? If so, how old were you when you got it? What kind was it?
- Who or what was your favorite subject to photograph, and why?
- Were family portraits a regular tradition in your household?
- Did you take a camera on family vacations? If so, what was your favorite travel destination that you photographed?
- Did you arrange your photos in albums, use them to decorate your home, store them in boxes, or a combination of these? Do you now share digital images on a computer or phone?
- Do you have a favorite personal photograph? What about it makes it special to you?
- You've heard the saying, "A picture is worth a thousand words." Do you think photographs can tell stories and convey emotions better than words?



Literature's Memorable Moms

Throughout literature, mothers are among the many characters beloved by readers. Peruse these memorable moms who come from the pages of classic novels.

Mrs. Bennet. With five daughters, this English matriarch from Jane Austen's "Pride and Prejudice" is anxiously preoccupied with ensuring they all marry well.

Margaret March. Marmee, as she is called by her daughters, is kind and patient and provides wise counsel to Jo, Meg, Beth and Amy, the "Little Women" created by Louisa May Alcott. Mrs. March advises her girls to value education and self-reliance.

Caroline Ingalls. This real-life pioneer wife to Charles and "Ma" to five children was immortalized by daughter Laura Ingalls Wilder in her "Little House" children's books.

Marilla Cuthbert. Crusty spinster Marilla becomes adoptive mother to fiery young orphan Anne in Lucy Maud Montgomery's "Anne of Green Gables." Stern but fair, Marilla grows to show her love for Anne despite their differences.

A Friend Indeed

Did you ever consider the impact friends have on your life? Experts agree that good friends not only provide comfort and prevent loneliness, but they can also relieve stress, which improves your health. With a little effort, you can make friends at any age.

If you don't have much opportunity to meet new people currently, there are plenty of ways to change that. Volunteer at a local library, museum or animal shelter. Take a class or join a book club. Attend a concert in the park, art gallery opening, book reading or community festival.

When socializing, focus on other people, not yourself. When you show interest in someone else's experiences and stories, they will like spending time with you. Make an effort to remember other people's preferences, backgrounds, and even the names of their family members and pets.

Shared experiences can turn an acquaintance into a friend. Invite a neighbor to lunch or a movie. Other people likely feel just as uncomfortable about reaching out as you do, so be the one to make the first move.

As your new friendships develop, continue to treat others with respect, care and courtesy, and you will become the type of friend everyone wants to have.



Mexican Food Favorites

Whether throwing a fiesta or just having an everyday meal, many say "Olé!" to Mexican fare. Tempt your taste buds with some of these favorites.

Salsa. The Aztecs are credited with mixing chopped tomatoes, chilies and other ingredients to create early versions of this sauce that is served as a condiment or with tortilla chips as an appetizer.

Tacos. Consuming more than 4 billion a year, America is *loco* ("crazy") for tacos! This crunchy or soft folded tortilla staple—usually filled with meat, cheese, lettuce and tomatoes—evolved from a variety of recipes brought to the U.S. by Mexican immigrants beginning in the early 20th century.

Enchiladas. Translating to "chili-filled," the rolled tortilla of an enchilada is traditionally stuffed with meat and cheese, then covered in a spicy red, green or cream sauce.

Tamales. The tamale dates back as far as 7,000 B.C., and was created as a portable food that could be prepared ahead of time. These packets of savory or sweet fillings inside cornmeal dough are wrapped in corn husks or banana leaves before steaming.

Classic Cop Shows

It's no surprise plot twist that cop shows have fascinated audiences for decades. Here's a lineup of some of TV's most unforgettable crime dramas:

"Hawaii Five-O." A catchy theme song and memorable lines like "Book 'em, Danno!" helped this drama about an elite police unit in Hawaii remain on the air for 12 seasons.

"Starsky & Hutch." This action-packed show with a '70s flair featured one of the best buddy-cop duos, who fought crime in Southern California in their iconic red Ford Gran Torino.

"Hill Street Blues." Running from 1981 to 1987, this series invented the concept of the gritty police drama, focusing on the flawed, complex lives of its main characters.

"Miami Vice." Showcasing a soundtrack of the day's pop hits, this '80s show was all about style—from the neon fashions to the flashy Ferraris.

"Law & Order." Chung-chung! That's the sound of the cultural relevance left behind by this cops-and-lawyers drama, which lasted for 20 seasons and lives on today in syndication and popular spinoffs.



Remember Me?

Art imitated life when it came to Katharine Hepburn. The actress was much like the smart and spirited women she portrayed on screen. Take a look back at this film legend.

- She was born May 12, 1907, in Hartford, Conn., the second-oldest of six children. Her mother was a suffragette and her father was a doctor.
- Hepburn decided to become an actress while attending Bryn Mawr College.
- Her career started with parts on Broadway.
- In 1932, she made her film debut in "A Bill of Divorcement," and her star quickly rose.
- A year later, she earned her first Academy Award nomination and win for "Morning Glory."
- Of the 12 best actress nominations during her lifetime, Hepburn won a record four Oscars. Three she earned after the age of 60—for "Guess Who's Coming to Dinner," "The Lion in Winter" and "On Golden Pond."
- She met actor Spencer Tracy when they starred in the 1942 film "Woman of the Year." They famously became a couple on screen and off, and made nine hit movies together.



Discover the Art of Tangling

Many people find drawing and other creative activities relaxing. But the Zentangle Method of drawing—created by artists Rick Roberts and Maria Thomas in 2004—is meant to be a truly meditative experience.

The method involves drawing tangles, which are simple patterns created by repeating basic shapes such as lines, dots, circles and ovals. The patterns are abstract.

Traditionally, a Zentangle drawing begins with a 3.5-inch square, although you can draw Zentangle-inspired art on any size of paper. Using a pencil, lightly draw a border around the edge of your paper, followed by a “string”—a random line or lines that overlap and create other shapes. These shapes are then used as spaces to draw tangles.

Tangles should be drawn with black ink and on white paper to keep the process as right-brained as possible. Tangling—the act of drawing tangles—is not the same as doodling, which is often done as your mind wanders. Instead, the Zentangle Method requires the artist to focus on each stroke at a time, not worrying about what the final drawing will look like.

Manager's Corner

U.S. Stamps

As of March 2016, we will no longer be going to the U.S. Post Office to purchase books of stamps; however, you may purchase stamps at Vons Pavilion or CVS Pharmacy.

We apologize for the inconvenience. Due to the high volume of doctors appointments and outings, we are no longer able to make trips to the Post Office.

Thank you for your cooperation.

Vintage-Inspired Vase

Celebrate spring—or Mother's Day!—by displaying some fresh blooms in this pretty vase.

Materials:

- Paintbrush
- Mason jar
- Chalk paint, any color
- Sandpaper
- White chalk
- Clear acrylic spray

Directions:

Paint the outside of the Mason jar with chalk paint. Let dry for an hour, then apply another coat of paint.

When the jar is completely dry, use sandpaper to remove the paint from the raised, designed areas of the jar. Complete the distressed look by

Blossoms of Remembrance

During the month of May, you might see someone wearing a red poppy flower. The mementos, known as Buddy Poppies, have been assembled by veterans since 1924 and are sold by the Veterans of Foreign Wars to raise money for programs that assist men and women who have served our country. Red poppies are an international symbol of remembrance made famous by John McCrae's World War I poem “In Flanders Field.”



rubbing a piece of white chalk all over the jar.

Spray the jar thoroughly with clear acrylic spray and let dry for at least two hours.



Protecting Human Rights

Many people dream of freedom and human rights for all. For more than 50 years, Amnesty International has been working to make that dream a reality.

The roots of the organization began with an article written by lawyer Peter Benenson and published in the British newspaper *The Observer* on May 28, 1961. After reading that Portugal's government had jailed two Portuguese students for raising a toast to freedom in a public restaurant, Benenson wrote an appeal titled "The Forgotten Prisoners," which urged readers to action.

Benenson's goal was to bring attention to these students and other unjust imprisonments around the world. It worked: Newspapers across the globe reprinted his article.

Later that year, delegates from Belgium, the United Kingdom, France, the U.S., Germany, Ireland and Switzerland met to establish "a permanent international movement in defense of freedom of opinion and religion."

Today, the more than 7 million members of Amnesty International work to release "prisoners of conscience"—those who are unfairly imprisoned for their opinions and who do not advocate violence—as well as protect human rights as a whole.



Fancy Footwork

Tap dancing, with its energetic moves and engaging clickety-clack sound, is one of the unique creations of the melting pot that is America.

Its roots can be traced back to African tribal dances and European clogging and jigs. Dancers made rhythmic percussion sounds, striking the floor with leather- or wooden-soled shoes before footwear with metal taps became common.

By the 1800s, styles had merged and tap dancing had evolved into entertainment that became popular in variety shows and vaudeville.

In the 1920s, tap dancing found a perfect partner in the new sound called jazz, and for the next several decades, it took center stage in clubs, Broadway and Hollywood. Bill "Bojangles" Robinson, considered one of history's best tap dancers, gained fame in several Shirley Temple movies.

Another generation of performers breathed new life into the art form in the 1970s and '80s.

National Tap Dance Day was first celebrated in 1989 on May 25, the date of Bill Robinson's birthday.



The Aviary

Matthew 10:29, 31 - What is the price of two sparrows- one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. So don't be afraid; you are more valuable to God than a whole flock of sparrows. (NLT)

Have you taken the opportunity to view the new Plexiglass enclosure in the sitting room on the 2nd floor near the breezeway? The birds that are housed there are the brainchild of our owner, Julie Chirikian.

What has interested me the most are the five recent hatchlings of papa and mama finch. Watching this family has brought joy to my soul, which brings to mind the words of an old gospel song entitled, "His Eye is on the Sparrow."

"Why should I feel discouraged, why should the shadows come, why should my heart be lonely, and long for heaven and home, when Jesus in my portion? My constant friend is He: His eye is on the sparrow, and I know He watches me."

by Civilla D. Martin

Let me encourage you to visit the aviary. Share how you were blessed with others.





Best wishes to everyone celebrating this festive holiday!



Cinco de Mayo