



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
Jonathan Masayon	Wellness Director
Maria Warren	MC Activity Director
Anna Guglielmi	Community Care Director
Nathan Rojas	Culinary Service Director
Melissa Villan	Activity Director
Maria Khanzadian	Marketing Director
Rick Stubbs	Activity Director/Arts



WELCOME HOME!

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

www.arcadiagardensretirement.com

August 2016





RESIDENT BIRTHDAYS

8-1	Ona Trube
8-3	Marie Fay
8-14	Helen Lum
8-14	David Hempstead
8-15	Dorothy Vargo
8-16	Joe Rosati
8-19	Teresita Lo
8-19	Robert Pitzer
8-21	Mollie Peterson
8-21	Frances Nopoliello
8-21	Frederick Tressel
8-24	Joan Cee
8-25	Harley Hart
8-26	Marguerite Mallen
8-31	Jack Lamp

EMPLOYEE BIRTHDAYS

8-3	Ligia Khatchaturyan
8-15	Teresa Vera
8-17	Ping Dong
8-17	Rodrigo Soriano
8-17	Elsy Patronilo
8-18	Julianna Mendez
8-19	Maria Lopez
8-25	Marlene Mendez
8-26	Johanna Haugen
8-26	Francisco Estrada
8-27	Maral Mardirossian

'Lemon' Is One

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



NATHAN ROJAS
CULINARY SERVICE DIRECTOR

ARCADIA GARDENS FINE DINING

Breakfast

8:00 am - 9:00 am

Lunch

12:00 pm - 1:00 pm

Dinner

5:00 pm - 6:00 pm

Remember to Hydrate

Staying hydrated through your summer workout is essential to fitness success. Losing too much water from your body through sweat stresses your cardiovascular system and impairs performance and mental acuity. In the two hours before a workout, drink at least 16 ounces of water. During your workout, refresh with 5 to 10 ounces of water every 15 to 20 minutes. Continue to take in fluids after you're done exercising.



ARCADIA GARDENS TRANSPORTATION

Got somewhere to go?
Come and sign up with our helpful Concierge for your transportation needs.
Our 2 friendly drivers
ROBERT LIKADINATA

&

DIXON BAQUERO

are here to make sure you get where and when you need to be.

In order to keep our transportation schedule on time, please make sure you book your day and time 24 hours in advance.

Thank You!

Drivers Available
MONDAY - FRIDAY

7:00 am - 4:00 pm

SUNDAY

8:00 am - 1:00 pm



CONCIERGE

Come talk to our helpful concierge team that is ready to help you 24 hours a day.

Playgrounds Made for Seniors

Playgrounds aren't just for kids anymore. Senior and multigenerational play spaces are becoming more common, giving older adults a place to work out, walk, swing and simply have fun. Already popular in Asia and Europe, the trend is spreading across the U.S. with several companies building the outdoor facilities, which are designed with low-impact exercise equipment that promotes flexibility, balance and coordination. The fitness parks also serve as social hubs for seniors.

Remember When: Iceboxes

Keeping food and drinks cool was a chore before electric refrigerators and freezers became common household appliances. At the turn of the 20th century, nearly every home's kitchen or pantry had an icebox—a wooden cabinet that was lined with zinc or tin and kept cool by a large block of ice. As the ice melted, it drained into a drip pan that had to be emptied often. Some iceboxes included an exterior access door so the iceman could deliver ice without having to come into the house.



Word Play

Wordsmiths will be strategizing to score big at this month's National Scrabble Championship. Hundreds will gather to play the classic board game at the five-day tournament, which awards a cash prize to the top word wizard. For more than 60 years, players worldwide have been creating words using lettered tiles placed in crossword-style formation. Scrabble has been translated into 22 languages, and today, players can also compete using various online versions and smartphone apps.

Resident Council



DOROTHY WILLIAMS
Resident Council President

**Thursday, August 11th
3:15 pm in the Oval Room**

You are invited to come to our monthly meeting with department managers. Thank you for taking the time to come and join our discussion.





BOOM Workout

EXERCISE CLASSES

Come and join us in staying fit and healthy with our daily classes in OVAL ROOM

9:30 am Mon - Sat

Monday/Wednesday

Tai Chi

Tuesday/Thursday

Workout Fun

Friday

Boom

Saturday

Stay Fit For Life

Religious Services

We also offer spiritual support weekly in the OVAL ROOM

Friday

9:00 am

Catholic Communion

2nd Friday of the Month

9:00 am

Catholic Mass

Saturday

10:00 am

Rosary w/ Gladys

Sunday

8:15 am

Transportation to local Churches

9:15 am

Church Fellowship

11:00 am

Bible Study w/ Pat

'Paws' for Dog Day

They say every dog has his day. Celebrate man's best friend on National Dog Day, Aug. 26.

Logic Problem

Morgan got a new job as a secretary for a large company. Her first task is to organize the company's files into four categories: customer orders, personnel records, financial statements, and supply requisitions. There is a colored folder for each category, and each is stored in a different drawer in a vertical file cabinet. Can you use the clues below to help Morgan sort the files?

1. The green folders are filed below customer orders and above personnel records.
2. The bottom drawer doesn't contain red folders.
3. Personnel records are not stored in yellow folders.
4. Financial statements are filed above supply requisitions and below the blue folders.

(Answer: The top drawer has customer orders in blue folders; the second drawer has financial statements in green folders; the third drawer has personnel records in red folders; the bottom drawer has supply requisitions in yellow folders.)



Laugh Lines: Laughs From Lucy

Aug. 6 is the birth anniversary of beloved comedian Lucille Ball. In honor of the day, enjoy these memorable lines from her legendary TV sitcom, "I Love Lucy."

Lucy: I didn't tell a soul, and they all promised to keep it a secret.

Ricky: There you go again, wanting something that you haven't got.

Lucy: I do not. I just want to see what it is that I haven't got that I don't want.

Lucy: He's baba'd his last lu!

Boy: Is that red stuff (pointing to Lucy's hair) for real?

Lucy: It should be. I paid enough for it.

Lucy: Ever since we said "I do" there are so many things we don't.

Peggy: Ricky's middle-aged. He must be pushing 23.

Lucy: Yeah, he's pushing 23 alright. He's pushed it all the way to 35.

Lucy: Hello, Friends. I'm your Vitameatavegemin girl. Are you tired, run down, listless? Do you poop out at parties? Are you unpopular? The answer to all your problems is in this little bottle, Vitameatavegemin.



Just for Fun

Wild World: Platypus

The duck-billed platypus is one of the world's strangest animals. With the body of an otter, tail of a beaver, and the bill and webbed feet of a duck, this cat-sized creature is right at home in Australia's rivers and lakes. Using sensors on their bills to detect moving prey, platypuses spend up to two minutes underwater scooping up insects, worms and shellfish. Males have spurs on their hind feet that release venom when they feel threatened. In addition to these unique traits, platypuses possess another ability that contributes to their weird and wacky reputation: They are one of the only mammals that lay eggs.



Environmental Advice

Cleaning your bathtub? Think beyond the standard shower and tub cleaners. Instead, try this: Use baking soda, a scouring cloth, warm water and some old-fashioned elbow grease. Scrub. On the final wipe, try lime or lemon juice.

Activities



BINGO

Monday - Friday 1:45 pm
Game room

Check calendar for other days and times.

Remember When: Blackboards

For many students, the blackboard was a classroom fixture, and cleaning its erasers was a common school day chore. The black slate boards were reportedly first used at the U.S. Military Academy at West Point, N.Y., in 1801. In the 1960s, schools changed to boards that were made of steel, coated with porcelain-based enamel and tinted green. The color was considered easier on the eyes, and chalk lines erased more easily from the coated surface.

Music Programs

Our music program is sure to make you move and bring back all those great memories from life.

Come by and listen in to this program in the OVAL ROOM.

Monday

6:00 pm

Piano w/ Judy

Tuesday

2:00 pm

Musical Memory

Wednesday

10:30 am

Guitar n' Tunes w/Erik

3:30 pm

Accordion w/Helen

Friday

6:15 pm

Twilight Guitar w/Rick

Saturday

10:30 am

Sing A Long w/Rick

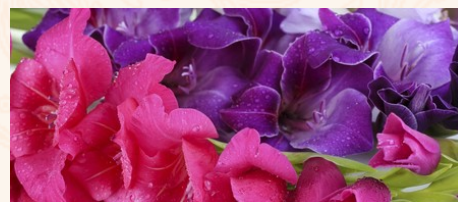
3:30 pm

Accordion w/Walter

Sunday

12:45 am

Piano Time w/Judy



5 Things About: Butterflies

- Butterflies can be found fluttering around every continent except Antarctica.
- The insects feed on nectar and pollen from flowers.
- They taste with their feet—that's where their taste receptors are located.
- A butterfly's two eyes have 6,000 lenses each.
- Their wings are actually transparent and covered with thousands of tiny scales. Light reflecting off the scales creates the colors and patterns we see.

August Namesakes

The eighth month was named for Emperor Augustus, who founded the Roman Empire in 27 B.C., but he wasn't the only famous Augustan.

- Auguste Rodin was a 19th-century French sculptor known for lifelike works such as "The Thinker" and "The Kiss."
- In 1858, German astronomer and mathematician August Möbius discovered a one-sided, three-dimensional puzzle that would become known as the Möbius strip.
- Author, playwright and patron of the arts Lady Augusta Gregory was an influential member of the late-1800s Irish literary movement.

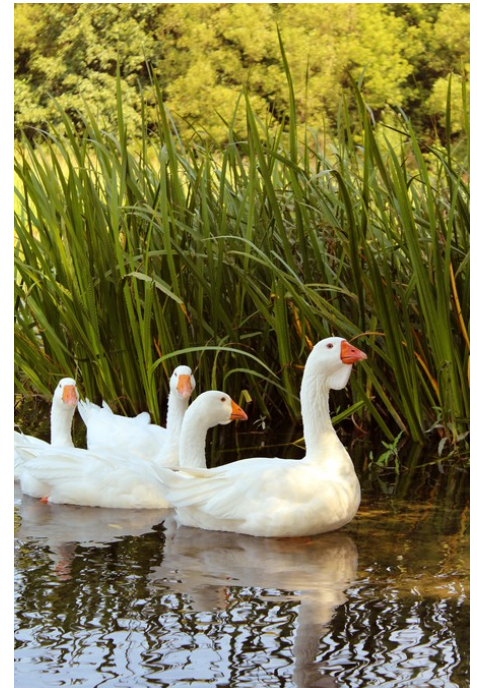


Popcorn Pick: 'On Golden Pond'

Each summer, the loons return to Golden Pond, just like retired couple Norman and Ethel Thayer (Henry Fonda and Katharine Hepburn), who own a cottage at the New England lake. Their routine is interrupted when their grown, somewhat estranged daughter, Chelsea (Jane Fonda), asks the couple to look after her fiancé's teenage son. Curmudgeonly Norman must learn to relate to young Billy and eventually make peace with Chelsea. The family drama earned Henry Fonda a best actor Oscar for his performance.

The Year Was: 1948

- The stock car racing organization NASCAR is founded by Bill France Sr.
- "Kiss Me, Kate," a musical by Cole Porter, opens on Broadway.
- The first color newsreel is shown in theaters. It featured the Tournament of Roses Parade and the Rose Bowl.
- Cadillac introduces the first automobile to sport tail fins.



Enjoy a Safe Summer

Outdoor summer fun can sometimes lead to injuries. Be prepared for any seasonal hazards with the following prevention and first aid tips.

Bee stings. A blunt-edged object like a credit card works best to remove a bee's stinger. Clean the area with soap and water, then apply cortisone cream or calamine lotion. If a serious reaction develops, seek medical attention.

Poison ivy or poison oak. The plants' oils often cause an allergic reaction, so remove the oils as soon as possible by washing the affected area with soap and water. If a rash develops, soothe skin with a baking soda bath. An over-the-counter oral antihistamine and topical cortisone cream can ease the itching.

Tick bites. Wear long pants and long-sleeved shirts in tick-infested areas; insect repellent also helps. If you find a tick on your skin, remove it with tweezers, then clean the bite and apply antiseptic. If the bite site expands or develops a rash within 30 days, see your doctor.

Sunburn. Reduce the risk of sunburn by staying indoors between 11 a.m. and 3 p.m. and always wearing sunscreen. If you get sunburned, treat the pain and inflammation with cool compresses and ibuprofen. Seek medical advice if the sunburn is severe.



Freshly Cut Grass Stimulates Your Brain

The scent of just-cut grass is a familiar one this time of year. Not only is it instantly recognizable, but it can also be powerful. Neuroscientists say a freshly mowed lawn releases chemicals that can affect the parts of the brain that produce happiness and relaxation and may prevent cell damage that can cause age-related memory loss. The researchers have even bottled the aroma into a spray so that people can reap the benefits anytime.



A Home Fit for a King

The name Graceland is almost as famous as the estate's owner, the King of Rock 'n' Roll, Elvis Presley. Each August, tens of thousands of fans gather in Memphis, Tenn., to celebrate Elvis Week and take part in events at Graceland. Here are some details about the place Elvis called home.

Presley's purchase. At age 22, Elvis bought the estate in 1957 for \$102,500, which would be about \$870,000 today. Among his first additions to the 10,000-square-foot house were the famous music-themed iron gates.

Relatives in residence. The mansion was also home to Elvis' parents, Vernon and Gladys, as well as his paternal grandmother, Minnie Mae. Later, wife Priscilla moved in, and their daughter, Lisa Marie, grew up at Graceland.

Hawaiian hangout. Elvis' love of Hawaii influenced the legendary Jungle Room, which was decorated with Polynesian-style wood-carved furniture, green shag carpet on the floor and ceiling, exotic plants and an indoor waterfall.

Television trio. Like today's "man caves," Elvis' TV room featured comfortable furniture and what was an extravagance at the time—three side-by-side TV sets so he could watch multiple sporting events or programs at once.

"This Month In History" AUGUST

1846: An act of Congress establishes the Smithsonian Institution. The museum and research complex was named for British scientist James Smithson, who bequeathed his \$500,000 estate to the U.S.

1902: Theodore Roosevelt becomes the first U.S. president to make a public appearance riding in a car.

1909: The Indianapolis Motor Speedway holds its first race. The track is home to the annual Indy 500, called the "Greatest Spectacle in Racing."

1926: At the age of 19, American Gertrude Ederle becomes the first woman to swim the 21 miles of the English Channel.

1932: Famed pilot Amelia Earhart flies from Los Angeles to Newark, N.J., making her the first woman to fly solo from coast to coast.

1959: President Dwight D. Eisenhower signs an executive order proclaiming Hawaii the 50th state of the union.

1961: Singer Patsy Cline records the ballad "Crazy" in Nashville.

1969: More than 500,000 people attend the three-day Woodstock Music and Art Fair at a farm near Bethel, N.Y. The Who, Jimi Hendrix and the Grateful Dead were among the festival's famous acts.

1996: Sprinter Michael Johnson breaks the world record in the men's 200-meter and wins a gold medal at the Summer Olympic Games in Atlanta.

2009: The U.S. Senate confirms Sonia Sotomayor as the nation's first Hispanic Supreme Court justice.

Word Search

Today's Category: Where Shall We Go?

S W A P M E E T P B C D
Z R C O N C E R T G I S
O C E C D E N T I S T C
O H G S T O R E N C R H
Y U H G T P P E D E J O
E R C H G A Y A B H M O
U C A C H L U R R U O L
R H E R A G A R E K V P
O S B N B B G S A C I A
P D D D C I U D D N E R
E C N A D M L L A M T T
M O U N T A I N S N B Y

1. Concert
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Word Search Solution:

1. Barber
2. Beach
3. Church
4. Concert
5. Dance
6. Dentist
7. Disneyland
8. Europe
9. Library
10. Mail
11. Mountains
12. Movie
13. Museum
14. Park
15. Party
16. Restaurant
17. School
18. Store
19. Swap meet
20. Zoo

