



ANAHEIM CROWN PLAZA

SENIOR LIVING COMMUNITY

641 S Beach Blvd. • Anaheim, CA 92804 • (714) 827-7007
www.anaheimcrownplaza.com

Staff Directory

Gerry Perez Rodriguez	Administrator
Michelle CATERON	Asst Administrator
Pinky Quintana	Operations Management
Jemily Tamayo	Resident Care Manager
Marcelo Parra	Lead Chef
Araceli "Hilda" Guzman	Activity Director
Danny Martinez	Maintenance Director
Nelly Rodriguez	Housekeeping Supervisor
Laura Huitron	Lead Med Aide
Mary Rebollar	Med Aide
Laura Hernandez	Med Aide
Kenneth Francisco	Med Aide
Alex Galan	Med Aide
Angelica Torres	Med Aide
Elka Hernandez	Med Aide
Juana "Vianey" Aguirre	Lead Caregiver AM
Laura Elena Ulloa	Lead Caregiver PM
Susan Mortozie	Transportation Coordinator
Sherri Korn	Resident Council President



April 2026



A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton

Green Spaces Linked to Longevity

Recent studies indicate that access to green space may contribute to longer life expectancy. The presence of trees, gardens and houseplants can reduce air pollution and improve mental well-being, leading to increased health and happiness.

Thank a Tree

Breathe easy on National Arbor Day, the last Friday in April: One large tree provides a day's supply of oxygen for up to four people.

Good With Chimps

Anthropologist and conservationist Jane Goodall, well-known for her intensive study of chimpanzees, was born in London, England, on April 3, 1934, and passed away in October 2025 at the age of 91. Her formal title was Dame Jane Morris Goodall, though she preferred to be called Jane.

Wit & Wisdom

"The Earth does not belong to us. We belong to the Earth."

—Chief Seattle

"Whether it's saving the Amazon or just being kind to those around you, we need to take care of each other and Mother Earth."

—Olivia Newton-John

"This Earth is our only home. Together, we must protect and cherish it."

—Ban Ki-moon

"Cherish sunsets, wild creatures and wild places. Have a love affair with the wonder and beauty of the Earth."

—Stewart Udall

"I consider the world, this Earth, to be like a school, and our life the classrooms."

—Oprah Winfrey

"We're all co-travelers on the spaceship Earth and must respect and help each other along the way."

—Stan Lee

"Once you've been in space, you appreciate how small and fragile the Earth is."

—Valentina Tereshkova

"The Earth is a very small stage in a vast cosmic arena."

—Carl Sagan



Welcome to Anaheim Crown Plaza

We are a senior community specializing in providing care and services in a home-like environment. Our personal care assistants are here to assist with activities of daily living, such as medication management, laundry, bathing/grooming, ambulation assistance and much more.

We offer a full array of transportation services, including shopping, medical appointments, banking and social outings. In addition, we have a licensed nurse and home health aides on the premises to provide the required medical care. Our chef designs our menus and offers a wide variety of gourmet meals. Our Activities Director develops our monthly calendar to ensure our residents stay active and engaged.

Thank you to our residents for choosing Anaheim Crown Plaza as your home! For more information, please contact us at (714) 827-7007.

Sincerely,
Gerardo "Gerry" Perez
Rodriguez, LVN
Administrator

Bingo

Bingo is played at 2:30 PM on scheduled days in the dining room. Please refer to the Activity Calendar for the exact days Bingo is scheduled.

Shopping & Church

Mondays Bank Run
Tuesdays Lunch Outings
Wednesdays Walmart/Target
Fridays Dollar Tree
Sundays 8:30AM . Catholic Com.
Sundays 10:00AM ... Cornerstone



Please submit your requests to the front office. Our maintenance director and assistant will follow up on them as quickly as they can. Please understand that they are busy & have other things to attend to. Please do not expect them to stop what they are doing when you call us for a maintenance request. Thank you for your understanding & consideration!

Our Rate Is One of the Lowest in Town

Shared room starts @
\$2,400.00

Private room starts @
\$2,900.00

plus: Additional Care Services
(please ask the Administrator)

Community Fee: \$1,500.00

License # 306005316



Taking Care of Your Feet

Your feet are complex structures that require regular care to keep them in tiptop shape. April is National Foot Health Awareness Month, a reminder to give your feet the attention they deserve.

Regular inspections. Examine your feet daily, or have someone else inspect them for you. Pay attention to any changes, and see a doctor if you have pain,

swelling or discoloration.

Good hygiene. Wash your feet with a mild soap and dry them thoroughly, especially between the toes. Apply lotion to alleviate dry, cracked skin. Change your socks daily and alternate the shoes you wear.

Nail care. Toenails should be trimmed straight across, and any rough edges should be filed smooth. If you need help doing this, see a podiatrist or health care professional.

Proper shoes. Wearing shoes that fit properly will help ward off calluses and blisters and reduce the chance of falling. Your feet can widen as you age, so have them measured when buying new footwear.

Laundry Etiquette

Please be considerate to the other residents who use the washers and dryers, please do not leave your clothes unattended for hours. Effective immediately, we will remove any clothes that are in the washers and dryers that are unattended for an hour.

Yellow Cab, Taxi, Lyft and Uber Rides Pick Up

If you go to your program on a daily or weekly basis, please be at the front lobby and wait for your ride there. These drivers are impatient and are not willing to wait more than 5 minutes for you.

Grievance, Missing Items, Recommendations & Suggestions

If you have any issues and concerns, please fill out the form (that can be found right next to the elevator on the first floor).

Please let us know the dates, people involved and details of your concerns and issues. You can also fill out this form for missing items, suggestions and recommendations.

We will get back to you as soon as we can.

Ice Cream Social

Mondays @ 3:15 PM
Thursdays @ 3:15 PM
Sundays @ 3:15 PM



Laugh Lines: Bird Puns to Crow About

Here are some corny bird puns that are so funny, you won't be able to stop raven about them! Don't egret missing these!

- Someone has been robin banks lately. The police need help to quack the case.
- Did you hear about the woodpecker who found some really firm bark? It was im-peck-able.
- A restaurant tried adding pelican burgers to its menu, but the meal's big bill ruffled some feathers.
- My friend was keeping a sick bird in his house, but then he was told that it was ill eagle.
- Turkeys are terrible batters. They always hit fowl balls and get tagged out at first baste.
- The neighbors asked me to watch their pet parrot while they were on vacation, but it was too much of a bird-en.
- Her favorite dance is the chicken dance. It's poultry in motion.
- Watching chicks hatch is so egg-sighting!

Toucan play at this game!
Can you think of any bird puns?

Remember Me?

Here's a portrait of John James Audubon, artist and American bird enthusiast whose passion took flight.

He was born in the French colony of Saint-Domingue (now Haiti) on April 26, 1785. Audubon grew up in France and developed an interest in drawing birds at a young age. To avoid being drafted in Emperor Napoleon's army, he was sent to Pennsylvania at age 18.

Audubon failed at various business ventures in several states, but he continued his hobby of drawing birds and soon set out to illustrate every bird species he could find in the U.S.

In 1826, Audubon wanted to have his life-size watercolor portraits reproduced, but could find no American publisher. He took his work to England, where the project was an overnight success. The large, hand-produced prints were published as a series between 1827 and 1838. The complete set of prints, titled "Birds of America," has 435 portraits of birds in their natural habitats. It has been called a masterpiece of artistry and ornithology. Audubon also wrote several volumes in his "Ornithological Biography" that described each of the birds in detail. In 2010, a complete first edition of "Birds of America" sold for \$11.5 million, a record price for a printed book.



Hats Off to the Red Hat Society

One day, Sue Ellen Cooper in Tucson, Ariz., bought a red fedora at a thrift store. Later, she read a poem called "Warning," which described a woman who was wearing a purple outfit with a red hat. Cooper decided to give a friend a vintage red hat with a copy of the poem. Then she did the same with another friend. And another.

Soon, the friends formed a self-proclaimed Red Hat Society. They decided to shop for purple dresses, which did not fashionably match their red hats, and go out for tea. After more friends were added and the group swelled to 18, they encouraged others to start their own chapters.

This "dis-organization" is proud of its lack of rules and by-laws. But the group does have one strict guideline that cannot be broken—the uniform. Members of the Red Hat Society are women age 50 or over. They attend functions in full regalia: a red hat and purple outfit. The group also accepts women under the age of 50, but these ladies must wear different attire: a pink hat and lavender ensemble.



Health & Wellness



Pioneer for Parkinson's

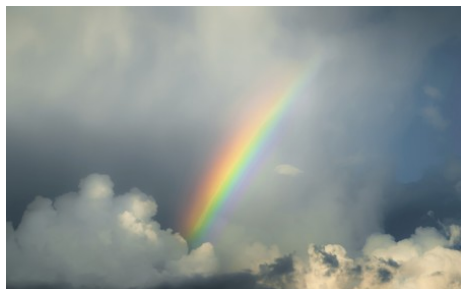
April is Parkinson's Disease Awareness Month, with World Parkinson's Day taking place on April 11. The date marks the birthday of Dr. James Parkinson, the English neurologist and scientist whose research laid the groundwork for the study and treatment of the disease.

The condition, which affects specific parts of the brain, was noted by several ancient cultures, but Parkinson's 1817 publication "An Essay on the Shaking Palsy" was the first clinical, detailed description of the disease. From his observations of six people, the London doctor identified key symptoms, noted the slow progression of the disease and called for further research by the medical community.

More than 50 years later, French neurologist Jean-Martin Charcot expanded on Parkinson's work and, recognizing its importance, suggested the condition bear his name. Since then, doctors and researchers have gained more knowledge about the disease and developed treatments to help manage symptoms.

APRIL IS
PARKINSON'S
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MONTH





Colors Decoded

Seeing a rainbow in the sky is a rare treat and sure to bring a smile. In fact, color in general can influence our emotions and our actions. Colors often have different meanings in different cultures. The following are some examples of how Western culture views colors:

Red symbolizes energy, power, passion, love, ambition and determination. It is also the color of anger and danger.

Orange represents enthusiasm, creativity, determination, optimism and success, but it is sometimes a sign of superficiality.

Yellow, the color of sunshine, is associated with joy, wisdom and energy, or it can suggest impatience and cowardice.

Green is the color of nature and symbolizes growth, harmony, health and stability. It may also indicate greed and jealousy.

Blue is associated with peace, truth, loyalty, wisdom, confidence, intelligence and tranquility.

Purple represents wisdom, dignity, independence, creativity, mystery and imagination.

\$350.00 Referral Bonus

We offer a \$350.00 referral bonus for any of your friends or relatives who move into and live in Anaheim Crown Plaza. The referral bonus will be given to you as a rent credit after 90 days from move-in.

We thank you for making Anaheim Crown Plaza your home.

A Clean Sweep

April is National Decorating Month, a time to spring into action and freshen up your home's interior. Transform your home with these simple changes:

Lighten up! Replace heavy drapes and comforters with lighter, brighter sheers.

Clear clutter. Use decorative baskets to store everyday items rather than placing everything on countertops or tables.

Create a room with a view. Rearrange your furniture's focal point toward windows or position pieces at intriguing angles.

Accentuate the shine. Clean reflective surfaces, such as mirrors, appliances and computer and TV screens. Replace dark decorations with glassware to catch the sun's rays.

Bring the outdoors in. Add wooden garden chairs, lush plants and fresh flowers to your indoor living areas.



Arts
& Crafts



Funny Bunny Flowerpot

Hop into spring with this quick craft that creates an adorable bunny burrowing in some flowers.

Materials:

- Mini flowerpot with a 2-inch opening
- Plastic or paper grass
- 3 to 5 small artificial flowers
- Hot glue gun and glue
- Large brown pompom
- Small white pompom
- Scissors
- One-hole punch
- Brown and pink felt

Directions:

Fill the flowerpot with the grass. Tuck in the flowers, securing with glue if necessary. Leave enough room for the large pompom.

To create the bunny's backside, glue the small pompom to the center of the large pompom. Cut 2 oval shapes out of the brown felt, then punch out 6 small circles from the pink felt. Glue 3 circles at the bottom of each brown oval to form the rabbit's paws. Glue both paws to the bottom of the large pompom.

Glue the pompom bunny inside the flowerpot in front of the flowers to make it appear as if the curious critter is digging in the grass. Display on a table or shelf.

Bunny Basics

Rabbits can be found living in city parks, suburban yards and country meadows. These cute critters are often seen as a symbol of spring. As the weather warms and the grass turns green, hop on in to these fun facts about rabbits.

- Although baby rabbits are often called bunnies, they are actually kits or kittens. A female rabbit is a doe, and a male rabbit is a buck.
- When rabbits are happy, they jump in the air, twist and kick, an athletic leap known as a binky.
- Strong hind legs give rabbits their speed and jumping ability. Eastern cottontails, the most common rabbit in North America, can run up to 18 mph.
- Like cats, rabbits groom themselves by licking their fur and paws. They also purr when they are content and relaxed.
- Some types of rabbits dig underground burrows called warrens; others make nests above ground under dense cover.
- A rabbit can see behind, above and to the sides without turning its head.
- Their long, sensitive ears can detect sounds up to 2 miles away. The large surface area of the ears releases body heat, helping the animals stay cool.



Winged Wartime Heroes

As part of the U.S. Army Pigeon Service, homing pigeons provided a vital service during World War I and World War II.

Their intelligence, speed and homing ability made carrier pigeons a proven communication tool. In 1917, at the request of Gen. John J. Pershing, a pigeon unit of the Army Signal Corps was created. During World War I, about 600 of the birds were used, and over

90% of the messages sent by pigeons were received.

World War II saw the peak of the winged force, with more than 50,000 pigeons managed by over 3,000 enlisted men. The birds were bred and trained to travel far and fast, flying up to 600 miles at about 40 mph, even under fire, at night and over open water. They courried messages encased in small tubes on their legs or pouches looped over their backs. They also parachuted with troops.

After advances in technology, the Pigeon Service ended in 1957, and the veteran birds found homes in zoos or were sold to the public.

Breaking Barriers, Making History

When baseball team members across the country put on No. 42 on April 15, they're honoring one of the biggest moments in sports history, when Jackie Robinson became the first Black player in the major leagues.

In the late 1800s, major league team owners agreed to make the sport segregated. By the 1940s, several teams wanted to get rid of baseball's color barrier.

On April 15, 1947, Robinson suited up in his No. 42 uniform and took the field as a first baseman for the Dodgers. In his first season, he was named the National League's Rookie of the

Year. Later accomplishments included an MVP title, six All-Star games, multiple league pennants and a World Series win with the Dodgers.

In 1997, the MLB retired No. 42 across all teams, a first in any professional sport. However, every year on Jackie Robinson Day, the league's players, managers, coaches and umpires wear the number as a tribute to the legendary athlete.





The Benefits of Digital Games

Video and computer games are no longer just child's play. Surveys say more than 57 million Americans over the age of 50 play video games regularly. Research shows they offer benefits beyond entertainment.

Like other muscles in the human body, the brain needs regular workouts to stay in shape. A variety of digital games, from puzzles and word games to role-playing adventures, have been shown to engage the brain by using skills such as multitasking, memory, critical thinking and hand-eye coordination.

Some games can provide physical exercise as well. Most of today's popular gaming consoles offer games that require players to move their bodies to take part in virtual versions of sports and activities, providing cardiovascular benefits and helping improve balance.

Digital gaming also helps seniors stay socially engaged. Lots of games can be played online with people all over the world and are a fun way to stay in touch with loved ones.

Senior Savings

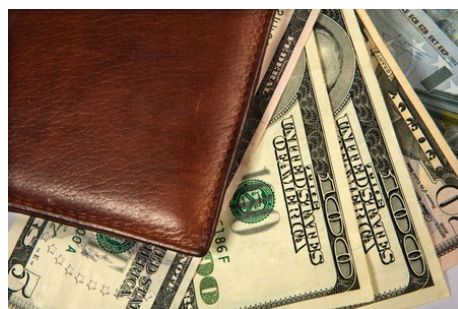
Your status as a senior comes with more than just wisdom and experience; it can save you money, too! There is a plethora of discounts available to seniors, ranging from groceries and pharmaceuticals to travel and entertainment.

You may be surprised by the variety of places that offer a discount, which could include museums, home and garden stores, state and national parks, legal and financial advisors, and sporting events.

Many retailers, restaurants and theaters promote certain days of the week as Senior Discount Day. Other potential savings include senior discounts on services you may already have, including cell phone plans, streaming services and delivery subscriptions.

Some businesses offer a discount for those 50 and older; for others it may be 55, 60 or 65 years of age.

Being a member of senior-oriented organizations, like AARP, often comes with organization-specific discounts on big ticket items like travel and prescriptions.



Spring Fever

The days are getting longer, temperatures are warming and plants are blooming. Take a break and share your memories of spring.

- What were your favorite springtime activities when you were a child? What about as an adult?
- Did you get a spring break from school? If so, how did you spend the time off?
- Spring is known for its budding flowers and trees. What are your favorite seasonal plants?
- Was planting a garden an annual practice in your family? What did you grow?
- Did you spend time doing yardwork or home improvement projects? How did you feel about those activities?
- What types of warm-weather outings do you enjoy?
- Did you ever play or watch spring sports, such as baseball, tennis or track and field?
- How do you feel about rainy spring days? Talk about some things you like to do when it's wet outside.
- From bunnies to butterflies to birds, many animals become more active at this time of year. Which ones do you enjoy seeing?
- What is your idea of a perfect spring day?



"This Month In History" APRIL

1912: Considered the first movie palace, the Strand Theatre opens in New York City. The lavish building could seat nearly 3,000 people.

1924: The first book of crossword puzzles is published.

1935: Congress votes to establish the Works Progress Administration. The WPA created jobs for out-of-work Americans during the Great Depression.

1947: A two-lane bowling alley built inside the White House is unveiled. It was an early birthday present for President Harry S. Truman.

1956: World heavyweight champion Rocky Marciano retires from boxing undefeated.

1969: At the 41st Academy Awards ceremony, Katharine Hepburn and Barbra Streisand tie for best actress. Hepburn won for "The Lion in Winter" and Streisand for "Funny Girl."

1976: Barbara Walters is named the first female coanchor of a network evening news program. She teamed with Harry Reasoner on ABC.

1983: Alice Walker wins the Pulitzer Prize for her novel "The Color Purple."

1993: The U.S. Holocaust Memorial Museum is dedicated in Washington, D.C.

2008: Pop star Beyoncé Knowles weds rapper Jay-Z in New York City.

2011: In the largest outbreak ever recorded, more than 300 tornadoes hit a third of the states in the U.S. over four days.

2018: Prince Louis, the third child of England's Prince William and his wife, Catherine, is born in London.