



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
Laura Huitron Lead Med Tech
Mary Rebollar Med Tech
Laura Hernandez Med Tech
Kenneth Francisco Med Tech
Alex Galan Med Tech
Angelica Torres Med Tech
Marcelo Parra Lead Chef
Marcella Aguilar-Barba Activity Director
Danny Martinez Maintenance Director
Nelly Rodriguez Housekeeping Supervisor
Juana "Vianey" Aguirre Lead Caregiver AM
Araceli "Hilda" Guzman Lead Caregiver AM
Laura Elena Ulloa Lead Caregiver PM
Susan Mortozie Transportation Coordinator
Sherri Korn Resident Council President
Vacant Resident Council Vice President
Vacant Resident Council Secretary



February 2026



Love and Be Loved

"How you love yourself is how you teach others to love you." —Rupi Kaur

Smitten With Gloves

Gloves have long been associated with romance. Knights were said to carry the glove of a sweetheart in their helmets to bring them good luck. In Victorian England, a suitor would gift a pair of gloves to the girl of his dreams, who'd wear the gloves in public if she returned his affections. And a Latvian tradition calls for brides to fill a hope chest with hundreds of handmade mittens as a sign of devotion.

Layered in Warmth

Older adults are more sensitive to cold weather yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

Be My Green Valentine

Valentine's Day makes us think of red and pink, but green is the best way to express your love for Mother Earth. Make eco-friendly choices as you prepare to celebrate the holiday.

Instead of buying a new greeting card, send a thoughtful text message or a short but sweet video message. Alternatively, you could also use recycled materials to create your own romantic message that's sure to be treasured for years.

The manufacture of new gold jewelry produces tons of waste from mining and processing. Consider buying a gift of vintage jewelry instead, or look for jewelry made from recycled metal or repurposed materials.

A traditional bouquet of flowers is even more charming if it is arranged with locally grown, pesticide-free blooms. For longer-lasting flora, give a blooming plant as a symbol of your enduring love.

Bypass processed and packaged chocolates, and opt instead for homemade candies, cupcakes or pastries, either from your own recipes or locally sourced from a small business or farmers' market.

Share the love. Connect with friends and perhaps future valentines by volunteering with local environmental groups and attending events where eco-conscious people gather, such as outdoor music and arts festivals.



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



Boost Your Immunity

Your immune system fights off illness and disease, and several everyday habits can make it stronger.

Eat healthy foods. Colorful fruits and vegetables are rich in vitamins and antioxidants, which strengthen immunity. The good bacteria found in yogurt and sauerkraut also helps fight infections. Limit sugar, unhealthy fats and processed foods.

Stay hydrated. Consuming plenty of fluids flushes out toxins and keeps the respiratory system moist, providing a protective barrier against germs. In addition to drinking water, sip on herbal teas and soups.

Exercise. Regular physical activity, such as walking, swimming and other low-impact exercise, promotes good circulation, helping boost immunity.

Get plenty of sleep. Seven or eight hours a night is ideal for most people. Sleep restores the body and lowers cortisol, a stress hormone that can damage the immune system.

Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.

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 @ 3:30 PM
Thursdays @ 3:30 PM
Sundays @ 3:30 PM

Remember Me?

Pioneering entertainer Eubie Blake was a ragtime pianist and composer whose career spanned more than eight decades. Like his music, he was an American original.

He was born James Hubert Blake in Baltimore on Feb. 7, 1883. His nickname was Hubie, which evolved into Eubie. Blake began playing organ around age 5. By age 16, he was performing the syncopated rhythms of ragtime at clubs and had written his first composition, "Charleston Rag."

In 1915, he teamed up with singer Noble Sissle, and they went on the vaudeville circuit as the Dixie Duo. Blake and Sissle co-wrote the landmark musical "Shuffle Along," which opened in 1921. It was the first Broadway show to be created and performed by African Americans and helped launch the Harlem Renaissance.

In all, he composed more than 300 songs, including the standard "I'm Just Wild About Harry," adopted as a campaign song by Harry S. Truman, and the timeless hit he is best known for, "Memories of You."

Ragtime experienced a revival in the 1970s, and Blake performed at concerts, festivals and on TV into his 80s. Charming audiences with his jovial persona and amazing longevity, Blake was still performing and composing until age 98 and lived to be 100.



Random Acts of Kindness

Of all the observances that fill the calendar, one of the most meaningful takes place the second full week of February—Random Acts of Kindness Week. This week is a time to promote the kindness people can share through simple gestures.

What can you do? Ask a new resident to sit with you at mealtime or join you for an activity. Offer to read to a friend or neighbor who is visually impaired. Make a point to smile and offer a sincere greeting to everyone you meet today. Thank a caregiver or volunteer for their help.

No matter how you choose to grace the lives of those around you, your impact may be greater than you realize. Researchers point to what renowned psychologist Abraham Maslow called "peak experiences." According to Maslow, these are moments of awe and inspiration that make us feel grateful for simply being alive. Studies show that when people witness a kind exchange between others, they experience that feeling of wonderment and can benefit nearly as much as the doer or recipient of the kindness itself.

Groundhog Stars

Every year, in the early hours of Feb. 2, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a stoic rival across the way in eastern Pennsylvania: the taxidermic Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection. And there's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.





Brain Bender: At the Movies

Four couples went to the movies. Each couple chose a different movie—comedy, musical, thriller or sci-fi. Each couple sat in a different theater—theater A, B, C or D. Use the clues to find out the names of the couples, what kind of movie they saw and where they sat.

- Only one couple shares the same initials. They saw a musical.
- No one sat in a theater with the same letter as their initial.
- Artie doesn't like romantic comedies, and his wife doesn't like thrillers, so they saw something else.
- The sci-fi movie, which neither Annie nor Diane saw, was not in theater A.
- Of Clara and Dustin, one of them saw a thriller, and the other was in theater A.
- Annie didn't see a thriller, Bo didn't see a comedy and Betsy did not sit in theater D.
- Bo and Chip were not in adjacent theaters.

(Answer: Dustin and Diane saw a musical in theater A. Chip and Annie saw a comedy in theater B. Artie and Betsy saw a sci-fi movie in theater C. Bo and Clara saw a thriller in theater D.)

\$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 because of your referral. The referral bonus will be given to you as a rent credit after 90 days of move-in.

We thank you for your continued support and for making Anaheim Crown Plaza your home.

Brain Bender: Poetic Pairs

Each answer to the following clues is a two-word phrase that rhymes. For example: A sleepy winter ride = sled bed. How many can you solve?

1. A chameleon caught in a snowstorm
2. Game pieces in the freezer
3. William is shivering
4. Superior knitwear
5. The value of an icicle
6. Beautiful evergreen
7. How cats keep their paws warm
8. Frozen assets
9. A cozy caterpillar
10. Rethinking your January goals

(Answers: 1. blizzard lizard; 2. ice dice; 3. chilly Billy; 4. better sweater; 5. frost cost; 6. fine pine; 7. kittens' mittens; 8. cold gold; 9. snug bug; 10. resolution revolution)

Wit & Wisdom

"A flower cannot blossom without sunshine, and man cannot live without love."

—Max Muller

"Love is sharing your popcorn."

—Charles Schulz

"We love life, not because we are used to living but because we are used to loving."

—Friedrich Nietzsche

"If love is the answer, could you rephrase the question?"

—Lily Tomlin

"Love isn't something you find. Love is something that finds you."

—Loretta Young

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us."

—Helen Keller

"Love is always bestowed as a gift—freely, willingly and without expectation. We don't love to be loved; we love to love."

—Leo Buscaglia

"To love and be loved is to feel the sun from both sides."

—David Viscott

"People think love is an emotion. Love is good sense."

—Ken Kesey

A Landmark for Lincoln

The Lincoln Memorial on the National Mall in Washington, D.C., honors the 16th president of the United States, Abraham Lincoln. Born Feb. 12, 1809, Lincoln served from 1861 to 1865.

- The memorial's cornerstone was set in 1915. The building contains inscriptions of Lincoln's Gettysburg Address and his second inaugural address.
- Carved from 28 blocks of white Georgia marble, the statue of Abe is 19 feet tall.
- The structure was dedicated on May 30, 1922. About 50,000 people attended the ceremonies, including hundreds of Civil War veterans and 78-year-old Robert Todd Lincoln, the president's son.
- Famous African American contralto Marian Anderson performed at the Lincoln Memorial in 1939 with the support of Eleanor Roosevelt. A generation later in 1963, Martin Luther King Jr. gave his "I Have a Dream" speech at the memorial, 100 years after the Emancipation Proclamation.
- The Lincoln Memorial is open to the public 24 hours a day. About 8 million people visit the site each year.



Military-Made Movies

During World War II, a group of Americans served the nation by combining their specialized talents to form the First Motion Picture Unit, a division of the U.S. Army Air Forces.

The unit was formed in 1942. Recognizing the urgent need for a recruitment film, the commander of the USAAF, Gen. Henry "Hap" Arnold, called upon Jack Warner, the

head of Warner Bros. movie studios. Warner and scriptwriter Owen Crump quickly produced "Winning Your Wings," a short film starring actor and USAAF pilot Jimmy Stewart and directed by John Huston. It played in theaters nationwide, prompting more than 150,000 men to enlist.

Staffed by professionals recruited from the movie industry, the FMPU began producing high-quality training films from its base at a Hollywood studio lot. Throughout the war, the unit made more than 400 movies, covering topics such as survival skills and how to recognize enemy aircraft.

A Fortune to Last Forever

Send a sweet message to a friend with this fortune cookie craft, perfect for Valentine's Day.

Materials:

- Scissors
- Felt (any color)
- Pipe cleaner (same color as felt)
- Hot glue gun and glue
- Pen
- Slip of paper

Directions:

Cut a 4 1/2-inch circle from the felt. Next, cut the pipe cleaner so it is 4 inches long.

With a hot glue gun, apply a vertical line of glue down the middle of the felt circle, then quickly and carefully align the pipe cleaner on top. Let dry.

Fold the felt circle in half along the pipe cleaner. Then bend the pipe cleaner in half so the folded felt circle resembles a fortune cookie. (The unfolded edge of the circle is the curved edge of the cookie.)

Write a fortune, favorite quote or other sweet saying on a slip of paper. Peel back one side of the felt cookie and place the slip of paper inside. Fold the felt back so the cookie is closed. Secure the edges of the cookie with hot glue, if needed.



Arts
& Crafts





The Telehealth Trend

Since COVID-19, the telehealth trend, already growing before 2020, has exploded. The terms telehealth, telemedicine and virtual health all refer to the practice of using technology to connect people to medical services.

A key component of telemedicine is the virtual doctor visit, where a patient communicates with a physician via videoconferencing, using a computer, tablet or smartphone.

Another aspect of virtual health care is remote patient monitoring. That's when patients record medical information on a device at home, and a doctor or nurse reviews the data at another location. Online secure patient portals that show test results and smartphone apps that track fitness and diet information are also common telehealth tools.

Experts say that virtual health care is not a replacement for all medical visits, but can be ideal for follow-up appointments, preventive care and monitoring chronic illness, and can also help more people receive health care.

Take Control of Documents

Most financial records fall into one of three categories: papers you need to keep for the calendar year; tax records, which you should save for three years; and papers to keep indefinitely.

The time frames below are general guidelines. If you are unsure about whether to keep a document, consult an accountant or tax specialist.

If any of the items listed below are needed for tax purposes, physical copies should be stored with tax returns.

Keep one year. Paycheck stubs, utility bills, canceled checks, bank statements and quarterly investment statements.

Keep three years. Income tax returns, medical bills, records of selling a house or stock, and business records, unless retention periods are specified to be longer.

Keep forever. Marriage licenses, birth certificates, wills and estate planning documents, adoption papers, divorce decrees, records of paid loans and military discharge papers.

When it's time to dispose of physical copies of financial records, consider storing digital copies on a secure device if you feel uneasy losing the information forever.



Laugh Lines: Erma's Observations

Erma Bombeck saw the humor in everyday life and wrote about it as a newspaper columnist and bestselling author. Celebrate her birthday, Feb. 21, with a look back at some of her witty writing.

On marriage. "One never realizes how different a husband and wife can be until they begin to pack for a trip."

"A friend never defends a husband who gets his wife an electric skillet for her birthday."

On motherhood. "I take a very practical view of raising children. I put a sign in each of their rooms: 'Checkout time is 18 years.'"

"When a child is locked in the bathroom with water running and he says he's doing nothing but the dog is barking, call 911."

"Grandparenthood is one of life's rewards for surviving your own children."

On food. "I come from a family where gravy is considered a beverage."

"When the going gets tough, the tough make cookies."

"The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are 3 billion-to-1."

On shopping. "How come anything you buy will go on sale next week?"

"I will buy any creme, cosmetic or elixir from a woman with a European accent."



"This Month In History" FEBRUARY

1887: The first official Groundhog Day is celebrated in Punxsutawney, Pa., starting a tradition of the town's groundhog, named Phil, forecasting spring's arrival.

1913: Imposing a federal income tax, the 16th Amendment to the U.S. Constitution takes effect.

1936: With the mission of conservation, the National Wildlife Federation is formed.

1940: College basketball is televised for the first time.

A New York station broadcast the Pittsburgh vs. Fordham game from Madison Square Garden.

1955: "Sincerely" by the McGuire Sisters tops the pop music chart.

1963: Julia Child's pioneering cooking show "The French Chef" premieres on PBS.

1971: Wanting to do something special during the Apollo 14 mission to the moon, astronaut Alan Shepard hits two golf balls on the lunar surface.

1986: Pulitzer Prize winner Robert Penn Warren is named the first U.S. poet laureate.

1994: At the Winter Olympics in Norway, 13-year-old South Korean Kim Yun-Mi won the gold medal in the 3,000 meter speed-skating relay.

2011: Celebrated author Maya Angelou is awarded the Presidential Medal of Freedom, the nation's highest civilian honor.

2018: The Philadelphia Eagles win their first Super Bowl title after defeating the New England Patriots 41–33.

2022: Queen Elizabeth II celebrated her Platinum Jubilee, marking 70 years as queen. She passed away seven months later at the age of 96.