



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



January 2026



Bring on the New Year

"What the new year brings to you will depend a great deal on what you bring to the new year."

—Vern McLellan

Frozen Wonderland

The annual Harbin Ice Festival in China is the world's biggest ice and snow sculpture festival, featuring incredible frozen creations for two months in the winter. Artists from all over the world make giant snow sculptures in different parks. Famous past favorites have included a to-scale ice train, castles and historical figures like Napoleon carved into the snow. Visitors have wandered giant ice mazes, ridden down ice slides and taken in all the sights from atop the giant Snowflake Ferris Wheel.

Freedom and Service

Monday, Jan. 19, is Martin Luther King Jr. Day, also known as MLK Day, remembering the legacy and work of American civil rights activist and minister Dr. Martin Luther King Jr. This federal holiday is also a designated National Day of Service.

Wit & Wisdom

Remember and reflect on the life, legacy and wisdom of civil rights activist Martin Luther King Jr. with some of his most treasured words:

"Life's most persistent and urgent question is: 'What are you doing for others?'"

"I have decided to stick with love. Hate is too great a burden to bear."

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"In the end, we will remember not the words of our enemies, but the silence of our friends."

"Everyone has the power for greatness, not for fame but greatness, because greatness is determined by service."



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 2:00 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 @
\$2,250.00

Private room starts @
\$2,750.00

plus: Additional Care Services
(please ask the Administrator)

Community Fee: \$1,500.00

License # 306005316



A Life-Saving Bracelet

Seventy years ago in 1956, Dr. Marion Collins invented the MedicAlert Bracelet, so his teenage daughter and all people with invisible health conditions could be protected in emergency health situations.

Collins' then 14-year-old daughter Linda nearly died from a severe allergic reaction. As his family wracked their brains

trying to make sure Linda never was exposed to her allergens again, Linda suggested that jewelry could be the solution. Her father designed the first medical ID bracelet and commissioned a jeweler to make the life-saving device.

The original medical IDs were only available in silver or stainless steel. In the 1980s, medical ID bracelets got an upgrade, featuring 14K gold, crystal and silver beaded options. Today, many people who wear medical IDs choose comfortable silicone bands or convenient electronic medical IDs, which can be worn as watch sleeves or stickers.

Blood Donation Basics

In the United States alone, someone needs blood or platelets transfused every 2 seconds, and each year nearly 7 million people in the U.S. donate blood to answer this need. During National Blood Donor Month in January, learn more about the history of this lifesaving practice.

British physician William Harvey discovered how blood circulates within the human body in 1628. Human blood was successfully transferred to another human patient for the first time in 1818.

In the early 1900s, scientists identified the four blood types, A, B, O and AB, and developed a transfusion method that matched recipients with compatible donors. Early transfusions had to be made directly from donor to receiver, but researchers discovered that adding sodium citrate to blood kept it from clotting, and refrigeration made it possible to store blood for future use, a practice that was implemented during World War I.

Later, hospitals began storing blood for patients. In 1937, the term "blood bank" was first used for the blood storage program at Chicago's Cook County Hospital.

World War II brought the need for more donations, and donating blood became a way to give back to the community.

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?

In the years following World War II, the name Doak Walker was a familiar one to football fans across the country. Replay some highlights of this champion's legendary career.

Walker, who was nicknamed "the Doaker," was born Jan. 1, 1927, in Dallas. A standout high school player, he stayed in his hometown to play at Southern Methodist University, where he was named an All-American three times. He led the Mustangs to the Cotton Bowl in 1947 and 1948. Cotton Bowl Stadium in Dallas was enlarged because of the crowds that came to see him play. Voted the best college player, Walker won the Heisman Trophy in 1948.

He made his NFL debut in 1950. In his first of six seasons as a Detroit Lion, he was named the league's rookie of the year and top scorer, with 128 points. With Walker, the Lions won NFL championships in 1952 and 1953. He was chosen for five Pro Bowl teams.

The prestigious Doak Walker Award, created in 1989, honors his legacy and is presented annually to college football's top running back who shows achievement not only in the game, but also in the classroom and community. Both the Lions and SMU retired his jersey number, 37. Walker was inducted into the Pro Football Hall of Fame and the College Football Hall of Fame.



Hibernation for Humans

If you'd rather hibernate through the darkest days, take a note from these animals' extraordinary adaptations to survive the winter.

Food for the freeze. Hedgehogs and bears pack on extra pounds before their long winter's nap. Humans also can feel hungrier during winter, because our bodies burn more calories in the cold. However, dieticians don't recommend a bear's calorie count. We just need a few extra nutrient-dense calories, plenty of protein and warming foods like soups.

Stay in, together. Bats and North American garter snakes hibernate in groups to conserve heat. Humans need community, too, and gathering to watch movies, read books or craft will help warm a dark winter night.

Freeze to life. An Alaskan wood frog's winter can reach sub-zero temperatures. These amphibians survive the chill by burying themselves in the forest floor, stopping their heartbeats and freezing up to 60% of their bodies. Some people opt for cold water therapy and ice baths to recover from exercise and improve immune function, though all therapies should be approved by a doctor.

Skiing Through History

From families hitting the slopes for fun to athletes competing in fierce races, snow skiing is enjoyed by millions around the world.

The cold-weather pastime was first used for survival rather than thrills. Dating back to prehistoric times, people in snowy climates skied as a way to travel across frozen terrain.

A shift toward skiing as a sport began in the 18th century, when the armies of Scandinavian countries trained on skis and staged races down mountain slopes and around obstacles. The first nonmilitary ski competitions were held in the 1840s in Norway. The popularity of the sport spread, and in 1924, skiing events were part of the first Winter Olympics in Chamonix, France.

With improvements in equipment, including the development of metal and fiberglass skis and the invention of the chairlift, skiing became easier and accessible to more people. It took off as a recreational activity, and ski resorts worldwide opened in response.





Making the List

Despite its relative youth, the United States has a wealth of treasures on its National Register of Historic Places—more than 100,000, in fact!

Authorized by the National Historic Preservation Act of 1966, and administered by the National Park Service, the National Register serves to support public and private efforts to identify, evaluate and protect the nation's historic and archaeological resources.

To be considered for a listing on the National Register, a nomination must be associated with historic figures or events; embody distinctive characteristics of a type, period or method of construction; or hold pertinent historic information.

Nominations may include buildings, sites, structures, districts and objects. Typically, nominations must be 50 years old, but exceptions are occasionally granted, such as the Gateway Arch in St. Louis, Mo., which was added in 1987—well before its 50th birthday.

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*)

\$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.



Arts & Crafts



Frosty Bird Feeder

Transform a few natural ingredients into a beautiful bird feeder.

Materials:

- Bundt or tube pan
- Distilled water
- Apple slices
- Whole cranberries
- Star anise
- Evergreen needles
- Ribbon or twine

Directions:

Fill the pan with about an inch of water and freeze. Next, scatter the apple slices, a handful of cranberries, some star anise and a few evergreen needles on top of the ice. Pour another inch of water on top and freeze.

After a few hours, add another inch of water to the pan and freeze; then repeat a final time. Once the last layer is solid, run the pan under warm water to loosen the ice ring. Remove it from the pan and loop the ribbon or twine through the center, tying the ends together to make a hanger.

Hang the ring from an outdoor hook or sturdy tree branch. Watch birds enjoy a winter snack as the ice melts. Take pictures of the birds you notice and make an album of the winged visitors you hosted this winter.

Low-Budget Blockbusters

These forward-thinking filmmakers made waves at the annual Sundance Film Festival with budgets of less than a half-million dollars.

"Clerks" (1994). Kevin Smith dropped out of film school to put his tuition, along with his parents' savings, toward the \$27,000 total budget for a film based on working as a clerk in a New Jersey convenience and video store. The store owner let Smith shoot his movie at the store overnight. "Clerks" was a Sundance sensation and earned more than \$3 million at the box office.

"The Blair Witch Project" (1999). Shaky camera footage allegedly found in an attic follows three amateur filmmakers running from something in the woods. Daniel Myrick and Eduardo Sánchez, the two filmmakers who actually wrote and directed the film, produced it with a \$60,000 budget. Audiences at Sundance were terrified by the style of filming and the actors' unscripted performances. "The Blair Witch Project" amassed more than \$248 million.

"Napoleon Dynamite" (2004). Married filmmakers Jerusha and Jared Hess wrote this coming-of-age cult classic based on their own childhood experiences and made the movie with a \$400,000 budget. "Napoleon Dynamite" brought in more than \$46 million.



The Hallmark Hall of Fame

For 75 years, TV viewers have tuned in to watch "Hallmark Hall of Fame" productions.

Before venturing into television, Hallmark Cards sponsored two popular radio series. In 1951, the NBC network asked the greeting card company to sponsor the world premiere of the first opera composed specifically for TV,

"Amahl and the Night Visitors." The live broadcast was a hit.

After that first program, the Hallmark Hall of Fame regularly presented biographies, historical dramatizations and adaptations of literary classics. In 1953, "Hamlet" was the first Shakespeare play shown on TV, and it is believed that more people watched that broadcast than had seen the stage play in its then 350-year history.

Famous plays and books gained a larger audience through the "Hallmark Hall of Fame." The series won more than 80 Emmy Awards, producing its most recent Hall of Fame movie in 2019.

That's Entertainment

Entertainment comes in many forms, and it often brings people together. Join an audience of your friends and share some entertaining milestones from your past.

- What was the first movie you saw in a theater? How old were you? Who went with you? What was the price of the ticket?
- Talk about other memories of going to the movies as a youngster. What feature films, shorts or newsreels do you remember seeing? Did you ever go to a drive-in theater?

- Growing up, did your family have a radio or record player? What programs did you enjoy? What was the first record you recall listening to?
- Do you enjoy stage musicals or plays? What is your favorite show? Have you attended a Broadway production?
- What's your favorite type of entertainment? Why?





Health App Helpers

Worried about fall risk, remembering medications or managing chronic conditions? Odds are, there's an app for that.

According to the Centers for Disease Control and Prevention, 3 million adults 65 and older go to the emergency room each year for fall-related injuries. Different apps can measure gait, detect potential falls and alert caregivers and emergency medical services.

A World Health Organization study found that nearly half of Americans failed to adhere to their blood pressure medication regimen. Pill reminder apps can send medication and medical appointment reminders, offer symptom tracking and side effect information and even send refill alerts.

Many apps offer management tools for specific chronic conditions. For example, people with heart conditions can use apps to monitor their blood pressure and cholesterol and even take electrocardiogram (EKG) readings on their phones.

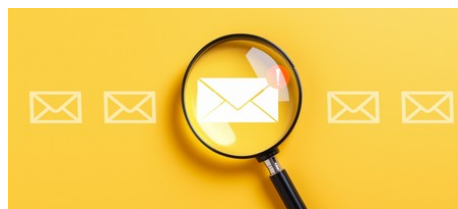
As always, remember all medical-related decisions should be discussed with health care professionals.

New Tech Tips for Older Adults

"Never trust a computer you can't throw out a window," famously warned Steve Wozniak, the cofounder of tech giant Apple Inc. If learning how to use technology is overwhelming or frustrating, try these tips:

If you're ready to pull a Wozniak on your smartphone or tablet, consider choosing a device designed for older adults. Senior-friendly smartphones feature longer lasting batteries, enlarged icons and zooming capabilities, call captioning, integration with hearing aids and other practical tools. The GrandPad, for example, is a tablet "designed by seniors, for seniors" and features wireless charging, on-demand customer support and a closed network where spammers and scammers can't call.

Free classes and tutorials on all things digital are available both in person and online. The AARP Foundation connects users to free local and online workshops. Platforms like YouTube and Facebook also offer digital literacy initiatives directed toward helping older adults navigate the newest technology.



Uncrackable Codes

Imagine a secret language so tricky, no one has figured it out—even the cleverest code-crackers and historians.

The Nazca Lines. In Nazca, Peru, ancient geoglyphs are etched in the desert floor and only seen fully from the sky. The glyphs resemble animals, plants and geometric shapes, and researchers still don't understand their purpose.

Voynich Manuscript. This 15th century text features more than 200 illustrated pages of strange plants, unknown star charts and more—all in a language scholars have failed to decipher since 1912, when rare book dealer Wilfrid Voynich bought the manuscript. Voynich even employed renowned World War II cryptologists to decipher the strange language to no avail.

Rongorongo. Rapa Nui, also known as Easter Island, is an island deep in the Pacific Ocean famous for its more than 900 "moai," which are stone busts that average about 16 feet tall, with the tallest complete bust reaching more than 30 feet tall. Wooden tablets covered in the rongorongo language have also been discovered, dating back to as early as about 1500 A.D., two centuries before European arrival. This suggests that the still undeciphered rongorongo language is one of the few independently invented writing systems, along with cuneiform and Chinese.



“This Month In History” JANUARY

1892: On New Year’s Day, Ellis Island opens, and 17-year-old Annie Moore from Ireland is the first person to be processed through the new federal immigration station.

1901: In southeastern Texas, oil gushes from a drilling site, marking the birth of the modern oil industry.

1915: An act of Congress creates the U.S. Coast Guard.

1920: The Treaty of Versailles, the peace document that ended World War I, goes into effect.

1932: Hattie Caraway of Arkansas becomes the first woman elected to the U.S. Senate.

1946: The first of almost 78 million baby boomers are born.

1959: Alaska is admitted to the union as the 49th state. With more than 660,000 square miles, it is the largest U.S. state.

1962: Singer Tony Bennett records his signature song, “I Left My Heart in San Francisco.”

1977: Millions tune in to watch the TV miniseries “Roots,” based on Alex Haley’s best-selling novel. The finale broke all previous ratings records.

1985: New York begins enforcing its mandatory seat belt law, the first in the nation.

1997: Madeleine Albright is sworn in as America’s first female secretary of state.

2001: Apple CEO Steve Jobs introduces the company’s new iTunes music software in response to what he called the “digital music revolution.” The “jukebox” program would change the way people buy and consume media.

2005: Called a “superjumbo” jet, the Airbus 380 is unveiled in France. The world’s largest commercial airliner, with room for up to 800 passengers, is now in service worldwide.

2016: “Star Wars: The Force Awakens” breaks box office records, becoming one of the highest-grossing installments in the film franchise.