



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
Araceli "Hilda" Guzman	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



March 8th, Sunday, @ 2 AM:
Set your Clock 1 hour ahead.

March 2026

Pet Precautions for St. Paddy's Day

It's time once again for the wearing o' the green, and there are a few things to keep in mind so your festivities are safe for your furry best mate.

Food and drink. The traditional foods associated with St. Patrick's Day tend to be rich, fatty and salty and should be kept for human consumption only. Remember, never give alcohol to your pet.

Attire. If your pet enjoys going green, choose to do so with clothing, costumes and collars instead of dyes, which can be toxic if ingested or licked off fur.

Celebrations. Your pet may become overwhelmed by the noise and revelry of the holiday. Know your pet's temperament and leave him home if partying St. Paddy's style will be more than he bargained for.

Shamrocks. These traditional symbols of the holiday can be toxic if consumed. Keep them out of reach of your pet.



Sherri Korn, Elected
President of the Resident
Council at Anaheim Crown
Plaza 2025-2027

We are thrilled to extend our warmest congratulations to **Sherri Korn**, who has been elected President of the Resident Council at **Anaheim Crown Plaza**, the vibrant senior living community located in Anaheim, California.

This is Sherri's second term as President of the Anaheim Crown Plaza Resident Council. Sherri has served as the President since 2023. We thank you for the work that you do!

Wit & Wisdom

"Diligence is the mother of good luck."

—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."

—Maya Angelou

"Good luck beats early rising."

—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."

—Franklin D. Roosevelt

"Luck is believing you're lucky."

—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."

—Emily Dickinson

"Nothing is as obnoxious as other people's luck."

—F. Scott Fitzgerald

"People always call it luck when you've acted more sensibly than they have."

—Anne Tyler

"The day you decide to do it is your lucky day."

—Japanese proverb

"I busted a mirror and got seven years' bad luck, but my lawyer thinks he can get me five."

—Steven Wright



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



Blood Pressure: Know Your Numbers

Seven in 10 adults age 65 and older have hypertension, also known as high blood pressure, and many don't even realize they have it. Hypertension increases the risk of major health complications such as stroke, heart attack, dementia and kidney disease. Fortunately, checking your blood pressure—for free—can be pretty straightforward.

Routine medical visits, which

are covered by Medicare, include high blood pressure checks. Be prepared to discuss with your doctor any family history or lifestyle factors that may affect your risk factors for hypertension.

Many health insurance providers offer at-home monitors with no out-of-pocket cost. Charitable organizations may also provide at-home monitors to qualifying individuals.

The American Heart Association (AHA) often provides blood pressure kiosks around the country, which provide free readings and recommendations. Visit heart.org to learn more.

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

Poetry Puzzlers

Readers around the world celebrate World Poetry Day on March 21 each year. Roses are red, violets are blue, can you match these verses to writers and poems, too?

1. "Two roads diverged in a wood, and I—I took the one less traveled by, and that has made all the difference."

2. "But still, like air, I'll rise."

3. "What's in a name? That which we call a rose by any other name would smell as sweet."

4. "This being human is a guest house. Every morning a new arrival."

5. "Hope is the thing with feathers that perches in the soul ..."

6. "I love you without knowing how, or when, or from where ..."

7. "O Captain! my Captain! our fearful trip is done ..."

Answers:

1. Robert Frost, "The Road Not Taken"

2. Maya Angelou, "Still I Rise"

3. William Shakespeare, "Romeo and Juliet"

4. Jalaluddin Rumi, "The Guest House," translated by Coleman Barks

5. Emily Dickinson, "'Hope' is the thing with feathers"

6. Pablo Neruda, "Sonnet XVII"

7. Walt Whitman, "O Captain! My Captain"

Homefront Heroines

Most fifth-grade school projects don't become national movements. Most.

In 2012, when Washington, D.C. fifth graders were tasked with designing a monument for an unsung hero, Raya Kenney understood the assignment.

Kenney had already noticed the lack of memorials recognizing women on the National Mall, and she was fascinated with World War II icon Rosie the Riveter, the fictional flexing woman in a red bandana who represented the American women on the homefront. During the war, more than 18 million women worked as pilots, welders, farmers, code breakers and engineers to earn American victory, and they were nicknamed "Rosies" in honor of Rosie the Riveter.

Decades after World War II, school-aged Kenney flexed her own Rosie-inspired fighting spirit. She emailed every woman in Congress to sponsor legislation for the monument, met many of the real-life Rosies (by then, in their 80s and 90s) and, as a teen, started the official nonprofit organization the WWII Women's Memorial Foundation, which was authorized to establish the memorial by law after years of advocacy. Now, the monument is in the planning phases of construction.



WWII's Leading Ladies

These household names were instrumental in the Allied forces' efforts in World War II against Nazi Germany.

Born into poverty in St. Louis, Mo., iconic performer Josephine Baker started in show business as a teen. She later skyrocketed to fame on Broadway and went on tour in Paris. Upon returning to the U.S., Baker faced backlash and so went back to Paris, where she became a French citizen. During World War II, Baker raised money, hid refugees and became a spy, using ostentatious traveling tours as a cover to glean information from powerful people. In 1961, she received two of France's highest military honors.

The Oscar-nominated actress Marlene Dietrich renounced her German citizenship and became an American after the rise of the Nazi party, rejecting Hitler's personal attempts to recruit her for propaganda films. Instead, she performed for Allied troops overseas to raise morale, created anti-Nazi propaganda directed towards German citizens and raised money to help Jewish people and dissidents escape the Nazis.

Remember Me?

Irish-born actress Maureen O'Hara lit up movie screens as the fearless heroine in many Hollywood classics.

- She was born Maureen FitzSimons outside of Dublin on Aug. 17, 1920.
- O'Hara began acting as a child.
- After seeing her in a screen test, actor Charles Laughton cast her in the 1939 British thriller "Jamaica Inn." At his advice, she took the stage name O'Hara. That same year, she made her U.S. film debut as Esmeralda in "The Hunchback of Notre Dame."
- O'Hara went on to portray spirited, strong-willed women in "How Green Was My Valley" and the holiday classic "Miracle on 34th Street."
- O'Hara is best remembered for the iconic Irish romance "The Quiet Man," which co-starred John Wayne. She played opposite Wayne in four other films.
- O'Hara received an honorary Oscar in 2014.





The Producers: Rock Star Edition

"Monty Python and the Holy Grail," the 1975 comic film reimagining of King Arthur's Round Table recruitment, is a cult classic and box office hit that almost didn't get made.

Traditional producers didn't have much faith in Monty Python, the six-man British comedy crew who created an award-winning sketch show that ran from 1969 to 1974, when they pitched their movie.

Enter the rock stars.

Famous record labels and bands including Pink Floyd and Led Zeppelin pooled their personal funds to produce the film. Even with the cash, the Pythons had to flip the script, like replacing real horses (too expensive) with the coconuts used onscreen by the knights' porters to mimic hoofbeats.

Coconuts notwithstanding, "Monty Python and the Holy Grail" was such a success that it made more profit in proportion to its budget than the rest of the British films produced in the same year, and it remains a beloved and quotable satire for fans today.

Silence Scammers "RESIDENTS BEWARE"

Scammers stole a record-setting \$12.5 billion in 2024, according to the Federal Trade Commission. Here are three strategies to protect yourself from fraud:

Download an app. Most wireless carriers offer their customers free apps that block scam calls and texts.

Let it ring. If you receive a call from an unknown number, let it go to voicemail, where legitimate callers will likely leave a message.

Use your settings. Many phones have settings that allow you to silence unknown callers, label calls as likely spam, or enter "do not disturb" mode during times when you frequently receive unwanted calls.

\$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.



Fireside Chats With FDR

Throughout his presidency, Franklin D. Roosevelt led Americans through the historic challenges of the Great Depression and World War II by coming into their homes with his radio fireside chats.

In March 1933, just over a week into his first term as president, Roosevelt delivered a nationwide radio broadcast from the White House, offering reassurance about the banking crisis. It was the first of what became known as fireside chats, so named by a radio executive due to their calm, down-to-earth style.

Occurring several times a year, the fireside chats grew to be a hallmark of Roosevelt's time in office and drew tens of millions of listeners. In a conversational tone and using simple analogies to explain policies and global events, the president spoke for 10 to 45 minutes, informing the public and offering encouragement through the difficulties. Many of the chats began with FDR addressing the nation personally as "My friends," and at the end of every broadcast, "The Star-Spangled Banner" was played.

Roosevelt gave around 30 fireside chats, the last one airing in June 1944. The original recordings have been selected for preservation by the National Recording Registry at the Library of Congress.

Winter Paralympics Wonder Woman

Team USA's 36-year-old legend Oksana Masters will participate in her eighth Paralympics games from March 6-15 in Italy, marking the Paralympics Winter Games' 50th anniversary. Masters holds the record for most decorated American Winter Paralympian with 14 medals, specializing in the winter sport of Para Nordic skiing.

Masters was born in Ukraine in 1989 with significant birth defects, likely caused by radiation poisoning from the nearby Chernobyl nuclear power plant disaster a few years earlier. She lived in orphanages from birth until the age of 7, when her adoptive American mother was able to bring her home. After moving to the U.S., Masters went through several surgeries to address her health complications, including having both legs amputated during childhood.

Masters started rowing at the age of 13, and her passion for sports blossomed. The rest is history that Masters is still making, including earning 19 total medals over both Summer and Winter Paralympics Games. "I'll always be active because that's the power of sports," Masters said in a Team USA interview. "It can heal your body physically, but also emotionally and mentally."



Final Four Fundamentals

It's an annual rite of spring: March Madness, the NCAA tournament that crowns the best team in men's Division I college basketball. If you're unfamiliar with the court action, get off the sidelines with this quick guide.

Selection Sunday. A total of 68 teams are invited to play in the tournament. The teams are announced live on TV on Selection Sunday, the Sunday before the tournament's first game. The teams are also divided into four geographic

regions: East, West, South and Midwest.

Seeds. A selection committee ranks the teams in each region and assigns each a seed number from 1 to 16, with 1 being the best. The No. 1 seed plays the No. 16 seed; No. 2 plays No. 15, and so on.

The bracket. Fans often track and try to predict the winners of each matchup and the eventual champion by filling out a form known as a tournament bracket. The odds of filling out a perfect bracket are 1 in 9.2 quintillion if completed at random, and 1 in 120 billion with basketball knowledge.

K-9 Comrades

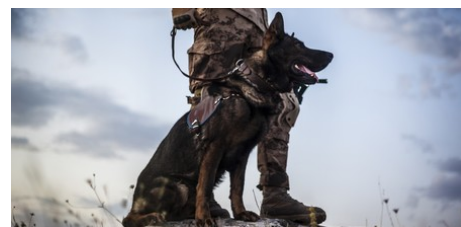
Just like their human counterparts, military working dogs have devoted their lives to keeping our nation and its citizens safe. It's only fitting that they have their own day to be honored and appreciated: K-9 Veterans Day, celebrated every March 13. Salute these service animals by learning some facts about their history:

On March 13, 1942, the U.S. Army implemented the War Dog Program, also known as the United States K-9 Corps. Before then, the U.S. military had unofficially employed dogs as mascots and guard dogs. However, this new program trained dogs in specialized roles,

including sentry, scout and patrol, messenger and mine-detection duties.

If they are no longer able to serve, military dogs are often adopted by their handlers or by a member of the general public.

In addition to military dogs, K-9 Veterans Day also pays tribute to other working dogs serving our country in different capacities, including police K-9s, U.S. Customs K-9s, FBI K-9s and Secret Service K-9s.





Tax Season Tricksters

Each year, the Internal Revenue Service (IRS) compiles the “Dirty Dozen,” a list of common scams that peak during tax season. Read on for recent years’ frequent frauds, and visit IRS.gov for more information.

Phishing and smishing. Con artists often pose as the IRS through email (phishing) or text message (smishing). These frauds can threaten recipients with penalties or criminal charges or tempt them with false refund promises. If you receive one of these communications, don’t reply or open links or attachments. Instead, block the caller and safely report it using guidance from IRS.gov.

Ghost preparers. The IRS warns folks to beware of “ghost” tax return preparers, such as those who refuse to sign a return or charge a fee based on the size of your refund. The IRS offers a directory of qualified federal tax preparers on their website.

Social media scammers. Some fraudsters urge social media followers to misuse common tax documents. Rely only on tax preparation guidance from reputable sources, such as the IRS and verified tax pros. Taking bad advice could result in fraud, leaving you subject to civil and even criminal penalties.

Use Your Voice

If you find yourself fumbling with your phone or squinting to see your screen, using a voice assistant could make life easier.

First, choose a voice assistant. Popular versions include Amazon’s Alexa and Apple’s Siri. Some smartphones come pre-loaded with a voice assistant, or you can simply download an app. When making your selection, be sure to consider the capabilities and privacy policies.

Next, set up your chosen voice assistant. During setup, you may be prompted to familiarize the assistant with your voice and create a “wake word” for pending instructions, like “Hey (wake word), set a reminder to wish my granddaughter happy birthday tomorrow.” Instructions are designed to be easy to follow. If you run into trouble or need help reviewing privacy settings, feel free to ask a friend or family member for help.

Now that the technology is in place, practice! You may be able to direct your device to set reminders, make calls, order deliveries, play music and more, all without lifting a finger.



Laugh Lines: Whimsical Rhymes

Limericks are humorous poems that consist of five lines, have a bouncy rhyming pattern, and often feature quirky subjects and wordplay. Enjoy these amusing classics:

There was a young lady
named Perkins,

Who just simply lived
on gherkins.

In spite of advice,

She ate so much spice,

That she pickled her
internal workin’s.

A cheerful old bear at the zoo,
Could always find something
to do.

When it bored him,
you know,

To walk to and fro,

He reversed and walked fro
and to.

Use your fingers and rotate
the cob

on some butter, a generous
glob.

Eat across or around,

But one thing that I’ve found,

Corn is best when you eat like
a slob.

A circus performer
named Brian,

Once smiled as he rode on
a lion.

They came back from the ride,

But with Brian inside,

And the smile on the face of
the lion.



"This Month In History" MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1959: Barbie makes her debut at the American International Toy Fair in New York City.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.