



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
Beda Zavala	Office Assistant
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



May 2026



A Splendid Gift

"Live life when you have it. Life is a splendid gift—there is nothing small about it." —Florence Nightingale

Celebrating Moms

Greeting cards, flowers and special outings are the top three most popular purchases for Mother's Day gifts. According to the National Retail Federation, U.S. consumers spend more than \$34 billion celebrating the moms in their lives.

Walk It Off

May is Osteoporosis Awareness and Prevention Month, American Stroke Month and Better Hearing Month. Research links regular walking to reduced risk for all three of these conditions. Talk to your health care provider about what works best for you.

Wit & Wisdom

"There is nothing as sincere as a mother's kiss."

—Saleem Sharma

"Mother's love is peace. It need not be acquired, it need not be deserved."

—Erich Fromm

"Being a mother is learning about strengths you didn't know you had."

—Linda Wooten

"It may be possible to gild pure gold, but who can make his mother more beautiful?"

—Mahatma Gandhi

"Youth fades; love droops; the leaves of friendship fall: A mother's secret hope outlives them all."

—Oliver Wendell Holmes Sr.

"There's no way to be a perfect mother and a million ways to be a good one."

—Jill Churchill

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie."

—Tenneva Jordan

"When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."

—Erma Bombeck



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



Team Up

Whether it's a pickup game after school or a weekend rec league, many Americans of all ages and fitness levels participate in some kind of team sport. Sure, they're fun, but team sports are good for your health, too—physically and mentally. In observance of Mental Health Awareness Month this May, consider the latest research in mental health benefits for team players.

While regular exercise of any kind is a well-documented mental health boost, team sports pack an extra punch. A 2023 review of nearly 30 different studies found that adults aged 18-84 experienced the most potent individual mental health benefits and social benefits when participating in a team sport versus individual sports.

A 2024 survey by the American Psychiatric Association found that 73% of adults believe sports benefit the mental health of kids and teens, and studies back up this commonly held belief. Research from different countries indicates that kids who play team sports may be less likely to develop addictions.

Melanoma Monday Is May 4

Melanoma is the deadliest form of skin cancer. It may develop in a mole or suddenly appear as a new dark spot on the skin. Early diagnosis is crucial for the successful treatment of melanoma.

To raise awareness of melanoma and other skin cancers, and to encourage early detection through self-exams, the American Academy of Dermatology recognizes the first Monday in May as Melanoma Monday.

In a skin self-exam, you check all the spots on your body. If you notice any changes, you should make an appointment with your dermatologist. To look for changes, follow the ABCDEs of melanoma:

A is for asymmetry, which means the two halves of the spot look different.

B is for border. Check for moles with scalloped, irregular or poorly defined borders.

C is for color. Look for moles that have more than one color, and pay attention to moles that are black, white, red or blue.

D is for diameter. Watch for moles bigger than a pencil eraser.

E is for evolution. A mole or spot that looks different from your others or is changing in shape, size or color is cause for concern.

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

Remember Me

Legendary jazz trumpeter Miles Davis was born on May 26, 1926, in Alton, Ill. His father, a dental surgeon, encouraged Davis to begin playing the trumpet when he was 13 and arranged private lessons. It didn't take long for Davis to join the pros on stage. When Davis was 17, jazz icons Charlie Parker and Dizzy Gillespie asked him to fill in for their sick trumpeter.

At 18, Davis moved to New York City, enrolled in Julliard and performed in Harlem nightclubs with Parker. He soon dropped out of Julliard, became a member of the Charlie Parker Quintet and started recording. Davis experimented with instruments not commonly heard in jazz at the time, like trombone and tuba, resulting in singles that were released in one of his earliest famous albums, "Birth of the Cool."

After overcoming addiction in the 1950s, Davis teamed up with John Coltrane and other bandmates, releasing "Kind of Blue," which many critics hail as one of the greatest jazz albums of all time.

Davis won eight Grammy Awards throughout his career. In his later years, he continued to push the boundaries of musical genres, taking inspiration from artists like Jimi Hendrix and James Brown. He continued to perform until his death in 1991 at the age of 65.



Focus on Photo Booths

The past 140 years (or so!) of photo booth technology are a blur. Capture some new knowledge with these fun photo booth facts:

In 1889, millions crowded the streets of Paris to see the brand-new Eiffel Tower and marvel at the "Auto-Photo," a coin-operated machine that could produce a poorly visible portrait on a sheet of metal that took 5 minutes to process.

In 1925, folks waited in line for hours to visit the "Photomaton" near New York City's Times Square. Creator Anatol Josepho added curtains enclosing the photo booth, and the prints—processed in about 8 minutes—were high-quality compared to the prints from Paris decades prior, making Josepho a millionaire.

Throughout the last half of the 20th century, photo booth technology continued to develop (pun intended), offering color photos and eventually digital prints. Today, photo booths are commonly found at weddings and shopping malls, offering personalized digital backgrounds, filters and videos sent to personal devices.

Eras of Eastwood

Go ahead, make his (birth)day. Director and actor Clint Eastwood celebrates his birthday on May 31. He has acted in or directed more than 80 films over his career; his most recent work, "Juror #2," was released in 2024, when Eastwood was 94.

Born in 1930 in San Francisco, Eastwood grew up during the Depression and World War II. As a young man, Eastwood worked as a lifeguard, logger, pool digger and truck driver before being drafted into the Army. After his discharge, he started in show business.

Eastwood caught his big break in the 1960s with spaghetti Western films like "The Good, the Bad and the Ugly," and solidified his tough guy acting persona in later years with films like "Unforgiven." Eastwood started directing films in the 1970s, later winning Academy Awards for directing blockbusters like "Mystic River" and "Million Dollar Baby."

Eastwood famously encouraged others to "Respect your efforts. Respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power."





Bountiful Blooms

Nothing says summer like a beautiful display of bountiful, container-overflowing blooms. To start, simply find a container with good drainage and room for your growing plant (small pots restrict plant roots and dry out quickly).

Here are some additional tips for a healthy garden:

Choose a soil-less planting medium or potting mix designed for containers. Container gardens have different needs than plants growing in the ground, so choose a mix especially designed for containers.

Calculate your sunlight. To determine which flowers will grow most successfully in your containers, first determine how much sunlight the area gets each day. Most plants need at least six hours of direct sunlight daily. Some can use even more. Choose only those plants that will grow most successfully in your conditions.

Watering. Research the right watering frequency for your plant and set a recurring reminder to give your greenery a drink.

\$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.

Alma Mater Memories

Fall back into your fondest school memories with these prompts. Then, share what you remember with your friends and family.

- Do you remember your high school anthem or fight song? What lyrics stand out to you?
- How was homecoming celebrated at your alma mater? Did you have a special football game and dance?
- Did you participate in your school's marching band? If so, what instrument did you play?
- Do you remember any traditions or rivalries specific to your high school?
- Did your school have clubs? Did you belong to one?
- What was your school's mascot? What were your colors?
- Picnic or potluck?
- Iced tea or lemonade?
- Flowers or houseplants?
- Car or plane?
- Cake or pie?
- Bunco or bingo?
- Casual or dressy?
- Baseball game or tennis match?
- Taco or burrito?
- Classic films or new movies?
- Ma? Mama? Mom? Mommy? Mother?
- Early bird or night owl?
- Parade or festival?
- Socks or sandals?
- Rain or shine?
- "Star Wars" or "Star Trek"?
- Art or history museum?
- Plant or harvest?
- Barbecue sauce or dry rub?
- Mystery or romance?
- Paperback or e-book?
- Strawberries or blueberries?
- Tea party or tailgate?
- Fishing or bird-watching?
- Jokes or riddles?
- Sudoku or crossword?
- Early or late?
- Save or spend?
- Park or library?
- Cityscape or countryside?

This or That: Springtime Edition

Spring is in the air! Use these simple seasonal either/or questions to get to know both old friends and new acquaintances even better.

- Picnic or potluck?
- Iced tea or lemonade?
- Flowers or houseplants?
- Car or plane?
- Cake or pie?
- Bunco or bingo?
- Casual or dressy?
- Baseball game or tennis match?
- Taco or burrito?
- Classic films or new movies?
- Ma? Mama? Mom? Mommy? Mother?
- Early bird or night owl?
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✧ ✧ ✧ Just For ✧ ✧ ✧
✧ Fun ✧

Recognizing Our Heroes

May brings Memorial Day and National Military Appreciation Month. Here are some ways to honor the sacrifice of those who have served and those who are still serving our nation.

Wear an American flag pin or a red, white and blue ribbon throughout the month.

Gather a group of friends and visit a veterans hospital to chat with residents and play cards.

Cut coupons to send to families stationed at U.S. military bases overseas.

Visit area monuments and memorials that honor military heroes.

Recite the Pledge of Allegiance before club and special interest meetings.

Are you a veteran or a veteran's spouse? Record your experiences in a journal or via video to share with younger generations.

Visit cemeteries on Memorial Day and place U.S. flags and flowers on the graves of those who have served.

Hang an American flag on your door or in your window.

Share photos of servicemen and women in your family, past and present.

On Memorial Day, participate in the National Moment of Remembrance by pausing for one minute of silence at 3 p.m.



Heroes on Two Wheels

During WWII, dispatch riders (DRs) rode motorcycles to rescue downed pilots, transport emergency supplies and share urgent life-saving intelligence.

By 1940, all the British Navy's DRs were women, so men could fight at the front. The DRs worked around the clock during the Blitz. In 1941, DR Pamela McGeorge was blown off her motorbike during a bombing

raid and ran through continued explosions to deliver her message. Nearly 100,000 British women served during WWII, and almost a third of the more than 300 who died during active duty were DRs, according to "Motorcyclist Magazine."

"Every day was a close call. Let's put it that way," DR Ewart Tucker told "Legion Magazine" in 2018. The Canadian motorbike riders traveled up to 7,000 miles a week. More than 2,000 riders died in less than two years at the beginning of the war, according to "The Winged Wheel Patch: A History of the Canadian Military Motorcycle and Rider."

'The Black Angels'

In honor of Nurses Week (May 6-12), learn about some real-life heroes who risked everything to heal people in need.

A century before the outbreak of COVID-19, another airborne illness caused fear and suffering in the U.S.: tuberculosis. Tuberculosis, also known as TB, killed one in seven people in the U.S. during the 1880s.

In the early 20th century, Sea View Hospital on Staten Island, N.Y., was built to house those infected by TB, which ran rampant in New York City.

Meanwhile, many trained African American nurses struggled to find work during

segregation. Sea View recruited these nurses from the South. These brave nurses answered the call for decades, working 16-hour shifts when the hospital was at 200% of its capacity.

In the early 1950s, the Black Angels, as they came to be known, were entrusted to oversee the first human trials of the TB treatment isoniazid, which local papers later branded a "wonder cure."

To learn more, check out Maria Smilios' biography "The Black Angels: The Untold Story of the Nurses Who Helped Cure Tuberculosis."

**National Nurses Day is
Wednesday, May 6.**



Passwords vs. Passkeys

Tech giants including Apple, Google and Microsoft want to make passwords a thing of the past, replaced with passkeys. So, what's a passkey, and how is it any different than a password?

A password is a string of characters that grants you access to things like email accounts, health portals and more. Think of a password as the secret code that gets you to where you want to go, like "open sesame." The trouble is that passwords can be easy to forget and easy to hack.

Passkeys are a combination of a public key, hosted by the account or service you want to access (like a bank), paired with a private key that is on your device. The private key is not a string of characters. It could be a swiping pattern, facial recognition or some other pattern unique to you. You unlock the account with both your private key and the bank's public key at the same time in the same place.

For more information about passkeys and the quest for a passwordless future, visit FIDOalliance.org.

Keys to Success

Class of 2026 graduates and students of the school of life can benefit from this sage advice backed by the latest research. Share these tips with your loved ones as they embark on new ventures.

"Wisdom is not a product of schooling but of the lifelong attempt to acquire it." —Albert Einstein. Today's experts agree with Einstein, suggesting that people who stay curious, adaptable and resilient are better able to navigate the changing workforce, evaluate emerging technologies and hopefully succeed in a job that may not have even been invented yet.

"If you want to go fast, go alone. If you want to go far, go with others." —African proverb. A study by the popular social media professional networking platform LinkedIn found that 70% of new hires had a prior connection with someone at their new workplace.

"You're braver than you believe, stronger than you seem and smarter than you think." —Winnie the Pooh. Research shows that individuals can increase their confidence during seasons of change by prioritizing their mental health and setting realistic, measurable goals.



Laugh Lines: Commencement Comedy

Along with the strains of "Pomp and Circumstance," graduating students are likely to hear a commencement address. These celebrity speakers delivered laughs as well as advice.

- "I didn't go to college at all ... And I'm not saying you wasted your time or money, but look at me; I'm a huge celebrity." —Ellen DeGeneres, Tulane University, 2009
- "Those of you who are graduating this afternoon with high honors, awards and distinctions, I say 'well done.' And as I like to tell the C students, you, too, can be president." —George W. Bush, Southern Methodist University, 2015
- "I'm going to give you real, practical advice that you will need to know if you are going to survive the next few years. ... Guys, this is important: You cannot iron a shirt while wearing it." —Conan O'Brien, Dartmouth College, 2011
- "Take your risks now. As you grow older, you become ... less flexible—and I mean that literally. I hurt my knee on the treadmill this week, and it wasn't even on." —Amy Poehler, Harvard University, 2011



"This Month In History" MAY

1914: Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

1926: Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

1935: Under the glow of 600 lights, Crosley Field, the original home of the Cincinnati Reds, hosts Major League Baseball's first night game.

1959: Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

1963: Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

1977: With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

1986: At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

1998: An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

2003: Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

2014: TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

2021: Pro golfer Phil Mickelson wins the PGA Championship at 50 years old, becoming the oldest golfer to win a major championship