



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
Susan Mortozie Transportation Coordinator
Sherri Korn Resident Council President



November 2025



Thankfulness

"What if today, we were just grateful for everything?"
—Charlie Brown

Happy Thanksgiving!

As we celebrate Thanksgiving with family and friends in November, we'll be thinking how grateful we are to have such wonderful neighbors. Thanks for making our community such a pleasant place to live. We wish you a safe and enjoyable Thanksgiving holiday!

An Ounce of Prevention

Cooler weather signals the start of cold and flu season. We may thoroughly wash our hands only to contaminate them again by touching a germy doorknob, light switch, keyboard, phone or remote. Taking a few minutes regularly to clean these household surfaces with disinfectant wipes could help stave off a nasty bug.

Aboard the International Space Station

This month, the International Space Station (ISS) celebrates its 25th anniversary of people living and working in space! The ISS, first launched in 1998, has been continuously occupied by international crews since November 2000. These astronauts and cosmonauts from countries all over the world call the ISS home while they orbit Earth during long-duration expeditions.

It takes a village. Five partner agencies from different countries operate the ISS, with each one responsible for managing and controlling the hardware it provides.

Their digs are out of this world. The ISS is a giant science lab flying around Earth at about 17,500 miles per hour. It orbits Earth every 90 minutes, so astronauts see 16 sunsets every day! The station is larger than an average six-bedroom house and has hosted more than 260 visitors from over 20 countries.

Spaced out lifestyle. Astronauts usually stay for about six months. Living in space is very different. Due to the reduced gravity and orbital speed, astronauts float around. They exercise daily for two hours to keep their muscles strong.

Exploration and more. Over the years, astronauts have done thousands of experiments to learn about space, medicine and technology.



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

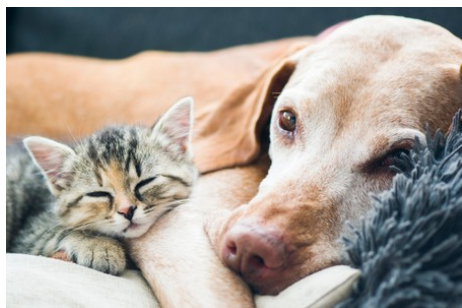
Shared room starts @
\$2,250.00

Private room starts @
\$2,750.00

plus: Additional Care Services
(please ask the Administrator)

Community Fee: \$1,500.00

License # 306005316



Healing Paws and Claws

Therapy animals—animals that undergo specific training to help people, often in a group setting—can bring comfort and joy to individuals facing physical or mental challenges.

Dogs lead the pack. Dogs are by far the most common therapy animals. Breeds like Golden Retrievers and Labrador Retrievers are fan favorites

because of their gentle, loving demeanor. They are known to be great with children and adults, often helping people recover from trauma or cope with mental health challenges.

Cats comfort, too. Cats are also effective therapy animals. They provide calm companionship and can help with emotional challenges. Cats tend to be less outgoing than dogs but still offer soothing support and snuggles.

Unusual choices. Pet therapy can go beyond dogs and cats and extend into more wild choices. Animals like pigs, rabbits, mini horses and llamas have all had careers as therapy animals.

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

Wit & Wisdom

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

—William Arthur Ward

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

—John F. Kennedy

"Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you."

—Eileen Caddy

"Gratitude is one of the least articulate of the emotions, especially when it is deep."

—Felix Frankfurter

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

—Melody Beattie

"The essence of all beautiful art, all great art, is gratitude."

—Friedrich Nietzsche

"A man's indebtedness is not virtue; his repayment is.

Virtue begins when he dedicates himself actively to the job of gratitude."

—Ruth Benedict

"Silent gratitude isn't much use to anyone."

—Gertrude Stein

Dance With Somebody

Your boots were made for dancing! Research indicates that dance can improve balance, heart health, memory and energy in older adults.

Dancers of all skill levels can enjoy these accessible country dances, along with a few song suggestions from country music and other genres.

Line dance. No partner needed for this fun group dance! For a classic country spin, try Billy Ray Cyrus' "Achy Breaky Heart," Darius Rucker's "Wagon Wheel" or Shania Twain's "Any Man of Mine." Break out Cupid's "Cupid Shuffle" or Marcia Griffiths' "Electric Boogie" for non-country favorites.

Two step. This upbeat partner dance is fun, free and can be a little fast, depending on your preference. Country two-steppers include George Strait's "Check Yes or No," "Home on the Range" sung by either Gene Autry or Bing Crosby, or Tim McGraw's "Just to See You Smile." Twang-free two-steppers include Queen's "You're My Best Friend" and Natalie Cole's "This Will Be (An Everlasting Love)."

Country waltz. This slower partner dance is one of the most beginner-friendly waltz styles. Country crooners include Deana Carter's "Strawberry Wine" and Vince Gill's "Live to Tell It All." For a non-Western spin, try Frank Sinatra's "Moon River" or Etta James' "At Last."



Banana Benefits

What's yellow, inexpensive and can help improve the health of your heart, skin, bones and brain? The mighty banana! This botanical berry can provide the following benefits to your body:

Heart. Potassium in bananas can help regulate blood pressure, which reduces the risk of hypertension and heart disease.

Skin. An average banana contains more than 10% of the recommended daily value of vitamin C, as well as other antioxidants, all of which promote collagen production and reduce inflammation, keeping your skin strong and hydrated.

Bones. The magical mineral potassium keeps your bones from losing calcium, which increases their density. The magnesium and vitamin C in bananas also support bone and ligament health.

Brain. One banana contains up to a quarter of a person's recommended daily intake of vitamin B6, an essential vitamin that helps make the neurotransmitters responsible for a good mood and a clear mind.

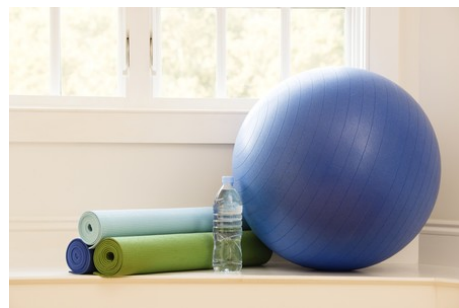
The Evolution of a Global Fitness Trend

Pilates, the popular mind-body exercise, was developed in the early 20th century. Grab a mat and concentrate on these fun Pilates facts:

What's in a name? Pilates got its name from creator Joseph Pilates, who was born in Germany in 1883. As a child, he struggled with asthma and other illnesses. Determined to get stronger, he studied many types of exercise, including gymnastics, yoga and martial arts.

Helping soldiers heal. During World War I, Pilates was placed in a British internment camp as a German national. He eventually began helping injured soldiers recover by teaching them exercises to rebuild their strength and mobility. He even created equipment using bed springs to support their rehabilitation.

Mind-body method. Pilates called his system "Contrology." He believed that the mind and body should work together, focusing on strong core muscles, good posture and careful breathing to improve health.





Did You Know?

Tuck some November trivia up your sleeve with these fun facts about Veterans Day, daylight saving time and the Macy's Thanksgiving Day Parade.

The red poppy is the symbolic flower of Veterans Day, which occurs on Nov. 11 each year. Poppies were the first flowers to bloom on the war-torn European battlefields after World War I.

Daylight saving time ends on the first Sunday of every November at 2 a.m., at least for those of us who live well away from the equator. The daylight hours don't vary with the seasons in countries near 0 degrees latitude. Daylight saving time is observed in many countries around the world, including Australia and much of Europe. This year, daylight saving time will end on Nov. 2.

The first Macy's Thanksgiving Day Parade, held in 1924, included animals from the Central Park Zoo. Three years later, the parade's signature balloons debuted with Felix the Cat. This year's parade is scheduled to begin the morning of Thanksgiving, Nov. 27.

\$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.

Wild World: Woolly Bear Caterpillar

These fuzzy insects, found across the Northern Hemisphere, have many names, including woolly bears, woolly worms and hedgehog caterpillars. But they'll all grow up into tiger moths in the spring. During the winter, they stay snug as a bug, thanks to a chemical in their bodies that acts as natural antifreeze. When they are disturbed, they curl into a ball, allowing their coarse hair to protect them. The most recognizable woolly bear has wide black and rust-colored bands and later transforms into the Isabella tiger moth. Folklore dating back to Colonial America says that the size of the bands can predict the weather—more black means a harsh winter, while more rust promises a mild season—but this is not scientifically proven.

Go! Fight! Sing!

Get into the spirit of the game with these stadiums' sacred songs and their stories.

"Sweet Caroline." Neil Diamond's "Sweet Caroline" is a staple at many stadiums today, but it all started with a new baby shoutout at Fenway Park. In 1997, a Boston Red Sox employee played the song for a newborn named Caroline, and it continued sporadically when the Red Sox were winning. In 2002, new leadership mandated the anthem be played every eighth inning to improve morale on the field and in the stands.

"Take Me Home, Country Roads." John Denver's 1971 hit has been played before every West Virginia University home football game since 1972, notably for its opening lyrics: "Almost heaven, West Virginia." Denver played the song in their new stadium in 1980, and the Mountaineers belted the ballad with him.

"You'll Never Walk Alone." This Broadway show tune has been covered by Frank Sinatra, Aretha Franklin and Elvis Presley, but soccer fans of England's Liverpool Football Club have been singing it at their home stadium for more than 60 years. The salute took on a special meaning after a 1989 tragedy that took the lives of nearly 100 Liverpool fans. Fans today honor those who passed when singing their ballad before every match.

American Cookbook Creators

Three women—Ira Rombauer, Mollie Katzen and Edna Lewis—changed American cooking, and their legacies are staples for both pantries and bookshelves.

Beginners on a budget. Novice and experienced cooks alike have found fresh ideas in “The Joy of Cooking” since it was first published in 1931. When the Great Depression began, recently widowed Ira Rombauer believed American home cooks needed a practical resource. Rombauer self-published the first edition of this iconic recipe collection with her own savings.

Vegetarian version. Mollie Katzen wrote, illustrated and self-published the first edition of “The Moosewood Cookbook” in 1974, which has since become a foundational resource in vegetarian cooking. Though she never attended culinary school, she was one of the founding chefs of the Moosewood Restaurant in New York.

Southern and seasonal. Renowned chef Edna Lewis broke her leg, and during her recovery, she traded her chef’s knife for a pen to write “The Taste of Country Cooking” (1976). This seminal work on Southern cooking connects the recipes to the land and her own childhood experiences being raised in Freetown, Va., a farming community founded by survivors of slavery.



Brain Bender: Friendly Feast

Edith, Joy, Oliver and Ty each brought a side dish and dessert to Thanksgiving dinner. The side dishes were mashed potatoes, stuffing, green bean casserole and cranberry sauce. The desserts were pumpkin pie, pecan pie, cheesecake and cinnamon rolls.

Using the clues below, can you determine who brought what dishes to share?

- The person who brought green bean casserole also made cinnamon rolls.
- Oliver brought mashed potatoes.
- Edith brought pecan pie.
- The person who made the stuffing also brought pumpkin pie.
- Ty did not bring cinnamon rolls.

(Answer: Edith brought cranberry sauce and pecan pie. Joy brought green bean casserole and cinnamon rolls. Oliver brought mashed potatoes and cheesecake. Ty brought stuffing and pumpkin pie.)

Tiny Turkey

This little turkey will be a cute addition to your Thanksgiving décor.

Materials:

- Large clothespin
- Craft glue
- Wiggle eyes
- Scissors
- Orange or yellow construction paper
- Fall leaves (real or fake)

Directions:

Create the turkey’s body from the clothespin. The clasp end will be the top of the turkey’s head. Glue the wiggle eyes onto one of the flat sides of the pin. Then, cut out a small triangle

from the construction paper to make the turkey’s beak. Glue the beak in place beneath the eyes.

Stack two or three leaves together to make the turkey’s feathers. Try a smaller, rounder leaf on top of larger, pointed leaves. Glue the stack of leaves together, then place a line of glue on the back of the clothespin and attach it to the center of the leaf stack.

Stand the turkey up on the “feet” of the clothespin. If desired, use the clasp to hold a small photo or a place card for your holiday table.



Arts
& Crafts





Think Before You Toss

From junk mail to junk food wrappers, the average American throws out 4.9 pounds of garbage each day. As you can imagine, these 4.9 pounds a day—34 pounds per week—pile up quickly. Nov. 15 is America Recycles Day, and citizens from sea to shining sea are encouraged to lower their litter quota.

This month, try to identify ways to reuse and recycle your trash before it hits the waste stream. For example, read through the items that are eligible for recycling through different services and programs.

- Paper is usually an easily recyclable item.
- Many retailers will accept plastic shopping bags for recycling.
- Different municipalities may have special locations or days when hard-to-recycle items—like household cleaning products or specialty batteries—can be dropped off.

Think twice about where you throw your trash, and you can make a huge difference.

Laugh Lines: A Pun-derful Day

Nov. 8 is Abet and Aid Punsters Day, celebrating those who enjoy witty wordplay. Laugh (or groan) at these:

After eating enough Thanksgiving leftovers, you will quit cold turkey.

What's the worst thing about throwing a party in space? You have to planet.

A clown held the door open for me. I thought it was a nice jester.

My son used to be a banker, but he lost interest.

It was an emotional wedding. Even the cake was in tiers.

I'm reading a book about antigravity. It's impossible to put down.

What does a house wear? Address.

Why couldn't the bicycle stand up on its own? It was two-tired.

Bakers trade recipes on a knead-to-know basis.

I asked a Frenchman if he played video games. He said, "Wii."

The pet store had a bird contest. No perches necessary.

It's hard to explain puns to a kleptomaniac because they always take things literally.



Just For Fun

Remember Me?

This November marks the 125th birth anniversary of American cartoonist Chester Gould, famous for creating "Dick Tracy," a comic strip about a detective in a yellow fedora with a sense of justice as sharp as his jawline.

- Chester Gould was born Nov. 20, 1900, in Oklahoma before it was officially a state. Gould's dad published the local newspaper, and Gould saw his first cartoon in print when he was 7 years old.
- Gould moved to Chicago as a young man. By day, he worked for the *Chicago Tribune*, and by night, he took classes at Northwestern University.
- Gould submitted the original version of "Dick Tracy" to more than 60 publishers before it was accepted and distributed in 1931.
- Readers loved "Dick Tracy," and the comic strip inspired radio shows in the 1930s, a TV series in the early 1950s and a feature film in 1990.
- Gould created "Dick Tracy" for 46 years, retiring the comic strip in 1977.

