



# 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
Cristina Gumataotao	Resident Care Manager
Jemily Tamayo	Med Tech
Emylyn Sabug	Med Tech
Mary Rebollar	Med Tech
Laura Huitron	Med Tech
Laura Hernandez	Med Tech
Ana Caldera	Med Tech
Marcelo Parra	Dietary Manager
Araceli Hilda Guzman	Activity Director
Danny Martinez	Maintenance Director
Raul Martinez	Maintenance Assistant
Susan Mortozie	Transportation Coordinator
Nelly Rodriguez	Housekeeping Supervisor
Sherri Korn	President - Resident Council

# Resident Council

**Meeting Every 2nd Monday of the Month @ 2PM In the Activity Room**

The resident council meeting is for all residents. Everyone is invited to attend this meeting. It is a community gathering where you can make suggestions and recommendations related to your care and community. Please come and join this meeting.

## February 2025



### Tart Is Smart

National Cherry Month in February gives you a good reason to choose cherries—specifically tart cherries. This sweetly sour snack contains anthocyanins, compounds that contribute to the fruit’s flavor, bright red color, and numerous health benefits. Research shows that tart cherries may lower the risk of heart disease; fight inflammation in arthritis and gout patients; provide relief to sore muscles; and promote better sleep.

### Be My Valentine

Each year on Feb. 14, people give cards, candy, gifts or flowers on the day of love and romance called Valentine’s Day. The observance dates back to the 5th century.

### Weekly News

The first issue of Newsweek magazine came out on Feb. 17, 1933. The publication, founded by Thomas J.C. Martyn, a former foreign editor at Time magazine, cost 10 cents a copy and had a circulation of 50,000. At its height in the early 2000s, Newsweek had a worldwide circulation of more than 4 million.

## Logos of Love

Symbols for love and romance are everywhere we look: in fine art and magazines, on billboards and greeting cards, and even on the clothes we wear. Hearts, flowers, gems and other motifs bring to mind the emotional qualities of love and how we feel about our loved ones.

The Romans believed diamonds, worn to symbolize eternal love, were splinters of fallen stars. The first diamond engagement ring can be traced to the 15th century.

The personification of love and courtship, Cupid is depicted with a bow and quiver of arrows. The notion that being hit by Cupid's arrow will make the victim fall in love comes from the myth of Cupid and Psyche.

Likely the most common symbol for love is the heart. At one time, scholars believed the heart was the seat of all human emotions. Giving a heart signified the act of giving everything to someone you love.

Roses represent beauty, purity and romance. Each color adds further meaning, with red depicting true love.

Doves have long been considered a sign of faithful and eternal love because they remain a pair for life.

The design of the Celtic knot, having no beginning and no end, is a testament to the enduring nature of true love.



## 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 10:00 AM or 2:00 PM on scheduled days. 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 Celebration of Sound

For more than six decades, the world of music comes to a crescendo when performers and other industry members gather for the Grammy Awards.

The Grammys were created in 1958 by the Recording Academy to honor achievements in the recording industry. Winners are chosen by their peers, and commercial aspects like record sales do not influence votes. Trophies in the form of gold gramophones are awarded in more than 90 categories in various genres, including pop, rock, rhythm and blues, country and classical music. The night's four most-coveted Grammys go to the album, record and song of

the year and best new artist.

The first Grammys, held in 1959, saw Rat Packers Frank Sinatra, Sammy Davis Jr. and Dean Martin join other entertainers like Gene Autry, Johnny Mercer and Henry Mancini in Beverly Hills, Calif., while a simultaneous event took place in New York City. These multi-city ceremonies continued for several years before being changed to a single venue, which today is in Los Angeles.



## 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

"To fall in love with yourself is the first secret to happiness."

—Robert Morely

"How you love yourself is how you teach others to love you."

—Rupi Kaur

"Not only do self-love and love of others go hand in hand, but ultimately they are indistinguishable."

—M. Scott Peck

"If you have the ability to love, love yourself first."

—Charles Bukowski

"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."

—Lucille Ball

"Self-love is not a place we get to but a place we choose."

—Shannon Kaiser

"It is only when you have mastered the art of loving yourself that you can truly love others."

—Robin Sharma

"You yourself, as much as anybody in the entire universe, deserve your love and affection."

—Buddha

"Talk to yourself like someone you love."

—Brené Brown

## Gather 'Round the Radio

Before the days of computers and television, the radio was a prized possession in many homes. From news reports and live music to comedy, drama and variety shows, the radio kept listeners informed and entertained. Use the following questions to tune in to your memories.

- What is your earliest memory of the radio? Did your family own one? What did it look like? Where was it kept?
- Did your family listen to the radio together? If so, when did you usually tune in?
- What was your favorite type of broadcast—news, sports, musical performances, a comedy or serial?
- Did you have a favorite show? If so, what was it? Who were its stars? Do you recall who sponsored it?
- Is there a major historical event you remember hearing announced on the radio? For example, wartime speeches, news of V-E Day or V-J Day, the play-by-play of a sporting event, or the official results of a presidential election?
- Do you remember when television became more popular than radio? Were you excited by the new medium, or were there things you missed about radio programming?



## In Honor of Our First President

Plans for a structure honoring George Washington began before he even became president: In 1783, the Continental Congress voted to erect a statue of Washington commemorating his leadership of the American army during the Revolutionary War. But Washington himself canceled the project after he took office, unwilling to spend federal funds on his own memorial.

In 1833, the Washington National Monument Society revived the idea and raised private donations. Construction began in 1848, but a dwindling budget and the Civil War interrupted its progress. The project was resumed again in 1879, and the monument was officially dedicated on Feb. 21, 1885, one day before Washington's birthday.

Because of the time gap between phases of construction, the quarry stone used in the monument couldn't be matched, which is why the bottom of the finished structure is noticeably lighter than the top.

## Polar Personalities

These cool characters personify the frosty time of year that is winter.

- *Old Man Winter*. The face of winter, this fellow puffs his cheeks and blows out icy breath, causing temperatures to plummet.
- *Jack Frost*. Credit or blame Jack Frost's frozen fingers for the icy glaze that patterns windows in winter. The nose-ripper of holiday song is a "happy little sprite" in nursery rhyme, but he also has a dark side. He's a wicked snowman in the 1997 horror film "Jack Frost" and an evil schemer in 2006's "The Santa Clause 3."
- *The Snow Maiden*. In one Russian fable, a childless couple creates a girl of snow who magically comes to life. But when she falls in love with a farm boy, the warmth of her heart causes her to melt and perish. In another tale, she's the beautiful daughter of Spring and Frost who is destroyed by a ray of sun on her wedding day.
- *The Abominable Snowman*. Also called Yeti, this mythical beast has been described as a large, apelike creature that treks through the Himalayas. Scientists say its tracks were left by animals, but that hasn't destroyed Yeti's legend.

## Famous Women Inventors

Many modern conveniences can be attributed to women inventors:

*Margaret Knight.* Until 1868, all paper bags were flat, like envelopes—hardly good for carrying groceries. That is until Knight, a factory worker, designed a machine that would fold and glue flat-bottomed bags. A man saw her creation and tried to patent it, claiming women couldn't develop intricate machinery. Knight sued, produced design evidence and won her patent.

*Sarah Breedlove.* Breedlove went from being a cotton picker to the first self-made woman millionaire in the U.S. Seeking a cure for a scalp malady in 1905, she developed a line of African-American hair care products under the name Madam C.J. Walker. Her innovations became popular throughout North and Central America.

*Hedy Lamarr.* This siren of the silver screen was a pioneer in wireless technology that led to the development of cellular phones. An Austrian emigrant, she and American composer George Antheil received a patent in 1941 for spread-spectrum technology, which manipulated radio frequencies at irregular intervals, preventing messages from being intercepted by enemy powers.



## Bamboo-Lovin' Bear

In the mountain forests of central China lives one of the world's most beloved wild animals: the giant panda.

For years, scientists debated whether these black-and-white mammals were bears or, instead, members of the raccoon family. Since 1995, pandas have been classified as bears, a decision supported by genetic testing.

Solitary in nature, pandas famously spend half or more of their day eating bamboo, and the remainder of their time resting. Because bamboo has a low nutritional value, the bears must eat between 20 and 40 pounds of it each day, although they will also occasionally eat birds, rodents, fish and other plants. All that eating and sitting around looking cute may make pandas seem lazy, but they are very skilled at climbing trees and swimming.

The bears are about 4 to 6 feet long and weigh between 200 and 300 pounds. Males are larger than females. Pandas have an elongated wrist bone that helps them grip and tear bamboo stalks. They also have the largest molar teeth of any carnivore.

## Remember Me?

As Major League Baseball's first African-American player, Jackie Robinson helped break racial barriers both on and off the playing field.

- The youngest of five, he was born Jack Roosevelt Robinson on Jan. 31, 1919, in Cairo, Ga. He was named for former President Theodore Roosevelt.
- He went to college at UCLA, where he was the school's first student to earn varsity letters in four sports: basketball, baseball, football and track.
- He began his pro baseball career in the Negro Leagues, playing for the Kansas City Monarchs.
- The president of the Brooklyn Dodgers chose Robinson to join his team and help integrate baseball.
- He debuted with the Dodgers on April 15, 1947. MLB celebrates Jackie Robinson Day each year on that day.
- Robinson earned the Rookie of the Year award in 1947 (the award's inaugural year).
- In his 10 years with the Dodgers, he helped the team win several league pennants and a World Series title in 1955.
- In 1962, Robinson became the first African American to be inducted into the Baseball Hall of Fame.

## Celebrating Science Fiction

Outer space. Aliens. Time travel. Futuristic worlds. These are just a few subjects explored in science fiction. Here's a look at some of the most influential sci-fi writers through history:

*Jules Verne.* Considered the father of science fiction, Verne wrote more than 70 books in his lifetime, most notably "Journey to the Center of the Earth," "20,000 Leagues Under the Sea" and "Around the World in 80 Days."

*H.G. Wells.* After "The Time Machine" made him an overnight sensation in 1895, Wells went on to publish several groundbreaking works, including "The Island of Doctor Moreau," "The Invisible Man" and "The War of the Worlds."

*Robert A. Heinlein.* Known as the dean of sci-fi authors, Heinlein served in the U.S. Navy and worked as a civil engineer before he found success with his novels "Starship Troopers" and "Stranger in a Strange Land."

*Arthur C. Clarke.* Best known for "2001: A Space Odyssey," the British writer also contributed to discoveries in satellite technology and undersea exploration.

*Isaac Asimov.* The Russian-born biochemistry professor wrote nearly 500 books in various genres. Among his most influential works are "I, Robot" and the "Foundation" trilogy.

## Hungry for a Healthy Heart

There are plenty of foods with heart health benefits. Find out why health experts advise filling up on these options:

*Beans, lentils and chickpeas.* Packed with protein—but without the cholesterol that comes with animal sources—these legumes are a key component of a heart-healthy diet and can help control blood sugar. These high-fiber foods also prevent bad cholesterol from being absorbed by the body.

*Yogurt.* High in potassium, yogurt and other dairy products can help reduce high blood pressure. But the probiotics in

yogurt could have an added benefit for your heart: By fighting "unfriendly" bacteria in the mouth, yogurt may protect against gum disease, which can raise your risk for heart disease.

*Grapes and raisins.* Thanks to the presence of resveratrol, which can prevent blood clotting as well as lower cholesterol and blood pressure, red grapes are a popular choice on heart-healthy menus. Both red and white grapes contain polyphenols that can prevent arteriosclerosis (hardening of the arteries), and raisins can fight inflammation and bacteria that cause gum disease.

## Just For Fun

### Laugh Lines: Groundhog Giggles

Q: What would you get if you crossed Feb. 2 with a puppy?

A: Ground-dog Day.

Q: What is green, has four legs and jumps out of its hole on Feb. 2?

A: The ground-frog.

Q: What side of a groundhog has the most fur?

A: The outside.

Q: Why was the groundhog depressed about his den?

A: He was having a bad lair day.

Q: What do you call a groundhog's laundry?

A: Hogwash.

Q: What happens if the ground-log sees its shadow?

A: We'll have six more weeks of splinters.

Q: What happened when the groundhog met a dogcatcher?

A: He became a pound hog.





## Baked Brie

### Ingredients:

- 2 tablespoons unsalted butter
- 8 ounces button mushrooms, sliced
- Kosher salt
- Ground black pepper
- 1 brie round (8 ounces)
- 3 tablespoons honey
- 1/4 cup pomegranate arils
- 1/4 cup shelled pistachios
- Crackers or toasted bread

### Directions:

Heat oven to 350° F.

In large skillet, heat butter over medium-high heat. Add mushrooms; cook 8 to 10 minutes or until deep golden brown, stirring frequently. Season with salt and pepper; remove from heat.

Place brie on parchment paper-lined rimmed baking pan; drizzle with honey.

Transfer to oven and bake 5 to 7 minutes or until inside of cheese is softened, but outside remains intact.

Transfer brie to serving platter; top with pomegranate arils, pistachios and mushrooms.

Serve immediately with crackers or bread.

Find more recipes at [www.MilkMeansMore.org](http://www.MilkMeansMore.org).

## Pioneers in Black History

Celebrate Black History Month by paying tribute to some firsts in African American history:

*Published poet.* Phillis

Wheatley was only about 13 years old when her first poem was published in a Rhode Island newspaper in 1767. Six years later, she published a book of poetry, "Poems on Various Subjects, Religious and Moral," which earned her worldwide admiration.

*Governor.* P.B.S. Pinchback briefly served as Louisiana's governor from December 1872 to January of the next year, after the elected governor was impeached. The country's first elected African American governor didn't come until more than 100 years later, when L. Douglas Wilder became Virginia's governor in 1989.

*Olympic medalist.* After breaking records running track for the University of Wisconsin, George Poage competed in the 1904 Summer Olympics in St. Louis, where he became the first African American to win an Olympic medal.

*TV show host.* In a brief run from November 1956 to December 1957, NBC aired "The Nat 'King' Cole Show," the first national variety TV series to be hosted by an African American. The popular jazz pianist and singer was joined by high-profile guests such as Ella Fitzgerald, Mel Tormé and Peggy Lee.

## Game Day Gastronomy

There's more to love about Super Bowl Sunday than just the game—who can resist all the good food that goes along with it?

Super Bowl Sunday is the second-largest food consumption day of the year, behind only Thanksgiving, according to the U.S. Department of Agriculture. Did you really think it was just about football?

It is estimated that Americans will spend more than \$18 billion related to the Super Bowl, with much of that going toward food and beverages.

At the top of the list of football fan favorites is chicken wings. More than 1 billion wings will be consumed on game day, which this year is Feb. 9. And don't forget the sauce. More than half of wing eaters prefer to dip their chicken in ranch dressing.

Who doesn't love the gooey goodness that is pizza? We will down 12.5 million of these popular pies come game day.

Crispy and crunchy, chips are a longtime favorite. Football fans will eat almost 20 million pounds of them during game festivities.

Chips are best with dip, and guacamole is one of the healthier alternatives since avocados are considered a super food. About 8 million pounds of the green stuff will be consumed on Super Bowl Sunday.



# “This Month In History”

## FEBRUARY

**1878:** Thomas Edison receives a patent for his first major invention, the phonograph.

**1905:** The first Rotary Club meets in Chicago. The service organization now has more than 35,000 clubs worldwide.

**1914:** In Washington, D.C., a groundbreaking ceremony is held on the western end of the National Mall for the Lincoln Memorial.

**1922:** Embracing the “broadcasting boom,” President Warren G. Harding

has a radio installed in the White House.

**1935:** The board game Monopoly goes on sale with a price tag of \$2. Now a classic favorite, millions have played the property trading game.

**1947:** Inventor Edwin H. Land demonstrates his Polaroid Land Camera, which could produce a black-and-white photo in 60 seconds.

**1954:** A group of children in Pittsburgh is the first to be inoculated against polio with a new vaccine developed by Dr. Jonas Salk.

**1968:** With smiles, songs and stories, the TV series “Mister Rogers’ Neighborhood” premieres on national public television.

**1985:** The Coca-Cola Company launches a new flavored soft drink, Cherry Coke.

**1995:** American businessman Steve Fossett completes the first solo flight across the Pacific Ocean in a balloon.

**2006:** At the Winter Olympics in Italy, U.S. speedskater Shani Davis becomes the first black athlete to win an individual gold medal in Winter Games history.

**2011:** “The Artist” wins the Oscar for best picture. It was the first silent film to win the award since “Wings” in 1927.

**2014:** Comedian Jimmy Fallon becomes the host of the late-night talk show “The Tonight Show.”