

Scholl Canyon Estates

Gracious Retirement Living

1551 East Chevy Chase Drive • Glendale, CA 91206 • Phone (818) 951-3830 • www.seniorlivinginstyle.com

JUNE 2019 SCHOLL CANYON ESTATES STAFF

Managers..... WILLIAM & RENEE RAUSCHER
Assistant Managers ..ROBBIE & VIKKI MORRIS
Executive ChefVICTORIA MAITIA
Sous ChefZOILA VAZQUEZ
Activity CoordinatorMARYBETH
MALONEY THICKE
MaintenancePAUL GONZALES
Bus DriverJUAN PARRA

CLASSY LADIES AND GENTS SALON

Mary Ellen, Owner

Tuesday-Friday, by appointment only
Hair, Nails, Facials
First Floor, Scholl Canyon Estates
818-551-1949

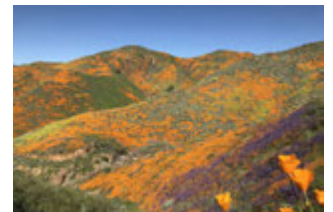
Adventures with Doug

Flowers Everywhere!

Adventure to the Superbloom with Doug MacKenzie on Tuesday, June 4th, at 3:30 p.m. in the Activity Room.

Nature's flower show is amazing, in colors of orange, blue, yellow, purple, white, pink and one that is so dark red, it almost looks black. They come in all shapes and sizes. It is so spectacular that it is referred to as the Superbloom, a rare event when a combination of heavy rain, mild temperatures and perfect timing let areas of the southland explode in color. This year, everything hit just right and California has given us a show for the ages.

Join us for this amazing slideshow as we venture to various venues in our own backyard. Some places you have heard of and some you haven't, but either way, you are guaranteed to witness heavenly beauty.



Carl's Corner: Odds and Ends

- So I don't know what Armageddon means. It's not exactly the end of the world.
- "Honesty is the best policy, son. Got that?"
"Yes, Dad. By the way, what is the second best?"
- I need to find a home for a real cute little dog. He does bark a lot, but you can fix that. Let me know and I'll hop over the fence and get him from my neighbor's yard.
- I dusted my room once. But the stuff came back. I'm not falling for that again.
- Said Mark Twain: "The more I learn about people, the more I love my dog."
- Definitions that could be. Think about it.

Amenities: First class hotel in Athens.

Yonkers: A mild lung condition found in horses.

HAWTHORN
SENIOR LIVING





Happy Happenings at Scholl Canyon

Easter Brunch, Cinco De Mayo, birthday celebration, day trips, and Mother's Day has kept our staff busy and our residents very happy, and that's what Scholl Canyon is all about! We've had some amazing moments in the past six weeks, starting with Easter Brunch. Chef Victoria thrilled residents with Prime Rib and all the trimmings, with an elegant array of colorful desserts, and left no one going back to their rooms hungry. Cinco De Mayo is always one of the favorite holidays at Scholl Canyon, because of the amazing authentic Mexican food, and this year certainly did not disappoint. The Dining Room was decorated in an array of color, with the sounds of a fantastic Mariachi Band. Residents and staff didn't want the party to end. In the middle of these two events, residents had dinner with Managers at a wonderful fish restaurant in Glendale. Residents enjoyed a fun day trip when we saw a lovely movie about penguins and dined at In-N-Out afterward. At the end of the month, our seniors got a special treat when we went to the Riverside Airport to see the legendary World War II aircraft on the Wings of Freedom Tour.



Jean and her daughter, Jan, enjoy Cinco De Mayo.

Our Mother's Day celebration was exceptional this year! Yellow roses were given to all the women at our fabulous brunch. Tamboura Baptiste played the violin as Residents and families dined on lamb chops, Cornish game hens, mashed potatoes and a medley of root vegetables. Chef Victoria created an amazing display of cheeses with nuts, fruit and grilled baguette. It was very impressive. The dessert table was filled with flowers and lined with beautifully decorated desserts and a tower of homemade french macaroons. Thank you to our amazing staff for these memorable events they create for our lovely residents. Thank you to our residents for being the reason why we all love coming to work every day. We love and appreciate all of you.



Lowell with a B-51 WWII fighter plan at Riverside Airport.



Carol Locke and her daughter, Kate



Chef Victoria celebrates Cinco De Mayo with Managers William and Renee.



Vern and Lowell inside the fully restored B-24



Evelyn and her daughter and granddaughter share special moments on Mother's Day.



Audrey celebrates Mother's Day with her family.



Renee wishes Esther Levine a happy 102nd birthday.



Elsie loves sharing Easter brunch with her son and daughter-in-law.

JUNE 2019

Birthdays

Mae Kulczcki, 2nd
 May Mak, 8th
 Doc Leland, 12th
 Carol Norman, 17th
 June Vonmoltke, 29th
 Alice Hayashi, 30th

Transportation

Monday, 9:30 a.m.

1st, 3rd and 5th —
 Ralph's and Post Office
2nd and 4th — Von's
 and Rite Aid

Monday, 11 a.m.

1st, 3rd and 5th —
 Von's and Rite Aid
2nd and 4th — Ralph's
 and Post Office

Monday, 2 p.m.

CVS Pharmacy

**Tuesday and Thursday,
 By Appointment Only**

Doctor & Medical
 Appointments

Friday, 10:15 a.m.

1st — 99 Cent Store
2nd — Big Lots
3rd and 5th —
 Trader Joe's/Walgreens
4th — Walmart

Friday, 2 p.m.

1st — Trader Joe's/
 Walgreens
2nd — Target and Macy's
3rd — Dollar King
4th — T.J. Maxx, Ross,
 Nordstrom Rack

**“The sun does not
 shine for a few
 trees and flowers,
 but for the wide
 world's joy.”**

—Henry Ward
 Beecher

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:30 Exercise 10:00 Donuts & Coffee 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
10:00 First Congregational Church of Glendale Service 11:00 Adult Coloring with Renee 1:10 Day Trip Dodger Game 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	Shopping Day 9:30 Tai Chi with Marybeth 11:15 Brain Train 2:00 Game of Taboo 3:00 Painting Class with Hazel 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 7:00 Poker Night	9:30 Stretch Chair Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Jewel City Knitters 7:00 Movie & Popcorn	9:30 Exercise with Julie 11:00 Beading Class 2:00 Game of Taboo 4:15 TLC Blood Pressure Clinic 5:00 “Senior Prom” with Entertainment 6:45 Cards	Shopping Day 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Chit-Chat and Snacks 4:30 Praise Singalong 6:45 Cards	9:30 Exercise 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
10:00 First Congregational Church of Glendale Service 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	Shopping Day 9:30 Tai Chi with Marybeth 11:15 Brain Train 2:00 Residents/Managers Meeting 3:00 Shavuot Celebration 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 7:00 Poker Night	9:30 Stretch Chair Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 11:00 Beading Class 2:00 Game of Taboo 2:30 Residents/Chef Meeting 2:30 Residents/Activity Meeting 3:00 Cooking Corner Honey Tasting 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki	FLAG DAY Shopping Day 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Music Hour with Sherri Canon 4:30 Praise Singalong 6:45 Cards	9:30 Exercise 10:00 Donuts & Coffee 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
FATHER'S DAY 10:00 First Congregational Church of Glendale Service 11:00 Adult Coloring with Renee 12:30 Father's Day Celebration with Entertainment 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	Shopping Day 9:30 Tai Chi with Marybeth 11:15 Brain Train 2:00 Game of Taboo 3:00 Painting Class with Hazel 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 5:00 Night Out with the Managers 7:00 Poker Night	9:30 Stretch Chair Exercise with Marybeth 10:00 Day Trip 12:30 Monthly Birthday Celebration 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 11:00 Beading Class 2:00 Alzheimer's/Dementia: Lost Memories 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki	SUMMER BEGINS Shopping Day 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 2:00 Bingo 3:00 Chit-Chat and Snacks 4:30 Praise Singalong 6:45 Cards	9:30 Exercise 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
10:00 First Congregational Church of Glendale Service 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	Shopping Day 9:30 Tai Chi with Marybeth 11:15 Brain Train 2:00 Game of Taboo 2:00 Flower Arranging 3:00 Arts & Crafts 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 New Cranium Game 7:00 Poker Night	9:15 Day Trip: San Manuel Casino 9:30 Stretch Chair Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Patterns 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 11:00 Beading Class 1:00 Resident Raffle Prizes 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 6:45 Music Appreciation with Robbie & Vikki	Shopping Day 9:30 Chair Yoga with Robbie 11:30 Meditation with Marybeth 3:00 Chit-Chat and Snacks 4:30 Praise Singalong 6:45 Cards	9:30 Exercise 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
10:00 First Congregational Church of Glendale Service 11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards						





June's Culinary Series: Honey

We know that honey comes from bees and is good in our tea with lemon when we have a sore throat and cough. However, did you know that honey actually has antioxidants? Some types of honey, like buckwheat honey, has as much antioxidants as fruits and vegetables. Researchers have found that honey contains antioxidant properties called polyphenols, which may prevent heart disease. Raw honey, honey that is unpasteurized, kills unwanted bacteria and fungus. It contains hydrogen peroxide, which is an antiseptic. Manku honey, which is often used in medical settings, is a germ killer and helps with tissue regeneration. This medical honey is not the kind that you buy in the grocery store. Medicinal honey is inspected and sterile.

The color and flavor of honeys differ depending on the nectar source visited by the bees. There are more than 300 unique types of honey available in the United States, each of them coming from a different floral source. Honey color and taste ranges from colorless to dark brown and delectably mild to distinctively bold, depending on where the bees gathered the nectar. Remember, the lighter the color of the honey, the milder it is, so the darker the honey, the stronger the flavor.

Honey is produced in every state, but depending on floral sources and locations, certain types of honey are produced only in a few regions. Most countries around the world produce honey as well. Here are some common types of honey: alfalfa, orange blossom, sage, clover, tupelo, fireweed, blueberry, buckwheat and wildflower. We

will be tasting some of these honeys in Cooking Corner on June 13th at 3 p.m. We will also be making some honey-inspired dishes.

Here are a few interesting facts that will have you impressed with honey bees and their busy work:

1. Honey bees must gather nectar from two million flowers to make one pound of honey.
2. Honey bees communicate with each other by dancing.
3. Honey never spoils. In fact, there have been reports that honey has been found in ancient Egyptian tombs.
4. The bees' buzz is the sound that their wings make when they beat 11,400 times per minute.
5. There are three types of bees in a hive: the queen, the worker bees and drones.
6. The queen bee can live up to five years. She is the busiest in the summer months when she can lay up to 2,500 eggs a day.
7. If the queen dies, workers will create a new queen by selecting a young larva and feeding it a special food called "royal jelly." This allows the larva to develop into a fertile queen.
8. Bees are responsible for 80 percent of pollination worldwide.
9. Out of 20,000 species of bees, only four make honey.
10. Honey bees never sleep. They just go motionless at night waiting for their next work day.

Tai Chi: A Gentle Way to Increase Flexibility and Balance

Tai Chi is an ancient Chinese tradition which was originally developed for self-defense. Today, people use it to relieve stress and increase mobility, strength and balance. Through gentle flowing movements, Tai Chi is often seen as a "meditation in motion." Tai Chi is a graceful exercise that has a series of slow and deliberate movements, accompanied by deep breathing. Each posture flows into the next and is a self-paced, very low-impact exercise. The exercise allows you to be in constant, steady and rhythmic motion. It is easy on the muscles and joints. That is why it has become so popular for seniors.

Here are a few of the positive benefits of Tai Chi when it is performed on a regular basis:

- Decreased stress and anxiety
- Increase of stamina, mobility and flexibility
- Improved mood, energy and focus
- Improved muscle strength, balance and agility

Tai Chi also helps to lower blood pressure, enhance your immune system and improve your sleep. Join Marybeth's Monday Tai Chi class at 9:30 a.m., and see the improvements for yourself.



Scholl Canyon Employee Spotlight

Antonio Jimenez, or Tony, as we like to call him, has been a part of our Scholl family as the PM cook for two years. He was raised in Durango, Mexico, and was one of nine children. Tony came to Los Angeles at the age of 19, and worked as a dishwasher at a restaurant. It was at the restaurant that he met Alice, the Kitchen Supervisor, who taught him how to cook. They quickly became good friends, and in fact, Alice was also the one who taught Tony how to speak English. Since Tony was the only Mexican who worked in the Kitchen, he had to learn English very quickly. He returned the favor by teaching Alice Spanish while he was learning to cook. He left the restaurant after a year, but remained dear friends with Alice. It was at this time that Tony started working at senior living communities.

Tony has been married to his wife, Veronica, for four years and has two daughters from his first marriage and three grandchildren. Veronica has three daughters with four grandchildren. When they all get together, it's a fun and festive occasion. On days off, Tony and Veronica enjoy going out to different restaurants and spending time together.

Tony loves cooking for seniors and says that, since they don't cook for themselves any longer, it makes him happy to do it for them. Tony is thrilled when they tell him that they love his soups or that supper was wonderful! Thank you, Tony, for all that you do for our residents. We truly appreciate you.



Tony and his wife, Veronica



Tony with Chef Victoria

Joyous June Events

Here are some fun events coming up this month.

Sunday, June 2nd: Dodgers vs. Phillies at Dodger Stadium. If you didn't buy tickets, check with Marybeth, as we might have an extra ticket for purchase.

Thursday, June 6th, at 5 p.m.: Scholl Canyon Annual "Senior Prom." Join in a fun night of music and dancing. The theme is Western Hoedown, so find your cowboy boots and bandanas, and be ready to do some line dancing.

Monday, June 10th, at 3 p.m.: Celebration of Shavuot with Ter Lieberstein. Learn about the traditions and history of this Jewish holiday that commemorates the giving of the Torah at Mount Sinai.

Sunday, June 16th, at 12:30 p.m.: Father's Day Celebration with a barbecue and entertainment.

Thursday, June 20th: Alzheimer's/Dementia Series continues with Alzheimer's Los Angeles guest speaking.

Monday, June 24th, at 2 p.m.: Flower Arranging. Learn to make the perfect arrangement that will brighten up any room.

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Gracious Retirement Living

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Glendale, CA 91206



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

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