

Scholl Canyon Estates

Gracious Retirement Living

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

OCTOBER 2019

SCHOLL CANYON STAFF

Managers..... WILLIAM & RENEE RAUSCHER
Assistant ManagersCLIFFORD & JANET HANNEMANN
Executive Chef.....ALESSANDRA "ALEX" MCBRIDE
Sous Chef ANTONIO "TONY" JIMENEZ
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

HAWTHORN
SENIOR LIVING

Welcoming Assistant Managers Clifford and Janet Hannemann

Clifford and Janet recently moved to Glendale to be our new Assistant Managers. They relocated from the Temecula area when Clifford was a commercial truck driver for six years and Janet was an on-site property manager for Affordable Housing. Their dream, ever since they became empty nesters, was to always work together. They are very grateful for this opportunity, and they hope to make a positive impact.

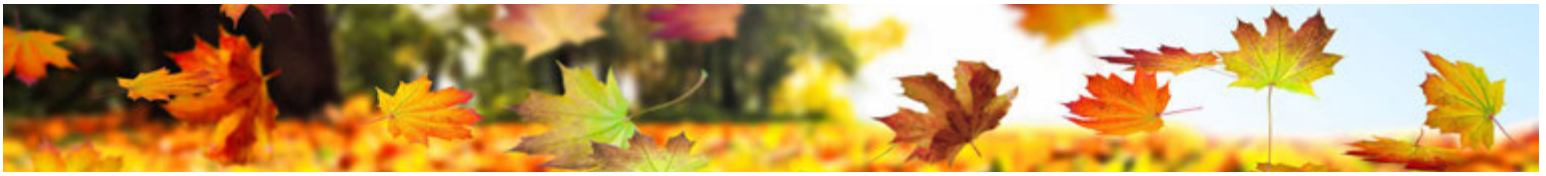
Clifford and Janet met in Fresno, California, in 1986 while attending Fresno State University, and dated there. Clifford played football for Fresno State, and then went to the NFL and played for the Los Angeles Rams and Cleveland Browns. Life took them in different directions, but brought them back together in 2010 and they were married in 2011. Together, they have five kids with whom they love spending time. They are anxiously awaiting the arrival of their first grandchild in February 2020.



Managers, Renee and William, welcome Assistant Managers, Janet and Clifford Hannemann, to our Scholl Canyon Family.

They enjoy traveling to different destinations on their days off, roaming the beaches and spending time with their kids.

Welcome to the Scholl family, Clifford and Janet, and we are looking forward to sharing some wonderful memories with you.



Scholls Adds Some Fire to the Luau!

It was a very tropical afternoon at Scholl Canyon, as we had our annual Hawaiian Luau celebration with colorful decorations, a Chef-prepared Polynesian buffet and live entertainment. This year, we added a little fire into our party with entertainment from Fire Dance. Residents were dressed in their best Hawaiian attire and they sat back and watched incredible traditional fire dancers and hula dancers. A special thank you to our own Naomi Gonzales, who sponsored our wonderful entertainment. It was a delightful and exciting treat.



Lowell and the Hawaiian Dancers



Bertha, Gabby, Karen and Asia join in with our Hawaiian theme.



*Wonderful entertainment
from The Fire Dancers*



*Angelita and Ceil are thrilled to reel in a fish, while
Gilda tries to hook one on her line.*

Culinary Education: Fall Harvest and the Health Benefits

When we think of fall we run to the closet and get out our cozy sweaters and our fall decorations. It's also time for harvest food which brings a beautiful array of colors that grew all summer long. They are ripe now and ready to eat and enjoy. Here are few that you'll be seeing more this month on your table in the dining room and in Cooking Corner on Thursdays at 3 p.m.

Cranberries: Cranberries are in season from October to December. They are juicy red berries that are quite tart and are a holiday favorite. The health benefits include:

- Antioxidants called proanthocyanins (PACs for short) can help prevent UTIs.
- Packed full of fiber, cranberries are great for overall gut health.
- The same antioxidants found in cranberries that help prevent UTIs may also help to prevent gum disease.

These antioxidants reduce bacteria's ability to stick and grow in the oral cavity which helps prevent gum disease.

Pomegranates: In season between October through January, pomegranates' tough shell exterior hold delicious sweet seeds inside. Some the benefits of this delicious fruit are:

- Pomegranates are an excellent source of fiber, vitamins A, C and B as well as minerals such as calcium potassium and iron.
- Pomegranates also poses impressive anti-inflammatory effects which may help fight arthritis and joint pain.
- There has also been studies that show that pomegranates may help improve memory and help fight against the effects of Alzheimer's.

Pumpkins: Pumpkins are native to North America and are in season for a short time from September to October. The most popular squash of the fall season, pumpkin has many wonderful healthy benefits:

- The potassium contained in pumpkins can have a positive effect on blood pressure.
- The antioxidants found in pumpkins may help prevent degenerative damage to the eyes.
- Pumpkins are a great source of beta-carotene, a carotenoid that your body converts into vitamin A.

Root Vegetables: Here are just a couple of root veggies to savor this fall along with their health benefits.

- **Carrots:** known for their bright orange hue, carrots are packed with a high concentrate of the antioxidant beta carotene in addition to vitamin A. Together the two help maintain healthy skin and eyes.
- **Sweet Potatoes:** in addition to carrying a hefty dose of vitamins A and C sweet potatoes also help stabilize blood sugar levels.
- **Beets:** in addition to supporting blood circulation, they also come packed with folate, potassium, calcium and iron.

OCTOBER 2019

Birthdays

Gordon Reynertson, 5th
Gaynell Mitchell, 6th
Raye Ann Spratt, 10th
Ken Hamanaka, 15th
Jeff White, 21st
Pat Geary, 22nd
Phylliss Anderson, 25th

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
10:00 First Congregational Church of Glendale Service 6	Shopping Day 7	YOM KIPPUR BEGINS AT SUNSET 8	9:30 Balance and Fit Exercise with Marybeth 2:00 Bean Bag Baseball 3:00 Bible Study with Juan 7:00 Jewel City Knitters 7:00 Movie & Popcorn 9	9:30 Exercise with Julie 11:00 Beading Class 2:00 Game of Taboo 2:00 Residents/Chef Meeting 2:30 Residents/Activity Meeting 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 10	Shopping Day 11	9:30 Exercise 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards 12
11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards 	9:30 Balance & Fitness 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 Guest Speaker: Joan Rigdon Life In Tanzania 2:00 Bingo 3:00 Hangman 7:00 Poker Night	9:30 Balance and Fit Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Pattern 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 11:00 Beading Class 2:00 Game of Taboo 2:00 Residents/Chef Meeting 2:30 Residents/Activity Meeting 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 	9:30 Chair Yoga 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 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards
10:00 First Congregational Church of Glendale Service 13	COLUMBUS DAY Shopping Day 14	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night 	9:30 Balance and Fit Exercise with Marybeth 10:00 Day Trip 12:30 Monthly Birthday Celebration with Entertainment 2:00 Bingo by Pattern 3:00 Bible Study with Juan 7:00 Movie & Popcorn 16	9:30 Exercise with Julie 11:00 Beading Class 2:00 Game of Taboo 3:00 Cooking Corner: Pie Day 4:15 TLC Blood Pressure Clinic 6:45 Cards 17	Shopping Day 18	9:30 Exercise 11:00 Beading Class 2:00 Bingo 3:00 Hangman 6:45 Cards 19
11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	9:30 Balance & Fitness with Marybeth 11:15 Brain Train 2:00 Game of Taboo 2:00 Residents/Managers Meeting 3:00 Arts & Crafts 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night 	9:30 Balance and Fit Exercise with Marybeth 10:00 Day Trip: Train Trip To Santa Barbara 2:00 Bingo by Pattern 3:00 Bible Study with Juan 7:00 Movie & Popcorn 23	9:30 Exercise with Julie 11:00 Beading Class 2:00 Game of Taboo 3:00 Cooking Corner 4:15 TLC Blood Pressure Clinic 6:45 Cards 24	9:30 Chair Yoga 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 26
10:00 First Congregational Church of Glendale Service 20	Shopping Day 21	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 7:00 Poker Night 	9:15 Day Trip: San Manuel Casino 9:30 Balance and Fit Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Pattern 3:00 Bible Study with Juan 7:00 Movie & Popcorn 30	HALLOWEEN 9:30 Exercise with Julie 11:00 Beading Class 1:00 Resident Raffle Prizes 4:15 TLC Blood Pressure Clinic 5:30 Harvest & Costume Party with Entertainment 6:45 Cards 31		
11:00 Adult Coloring with Renee 2:00 Movie & Popcorn 4:00 Darts with William 2nd Floor 6:45 Cards	9:30 Balance & Fitness with Marybeth 11:15 Brain Train 2:00 Game of Taboo 3:00 Arts & Crafts 6:45 Cards	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 5:00 Night Out with The Managers 7:00 Poker Night	9:15 Day Trip: San Manuel Casino 9:30 Balance and Fit Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Pattern 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 11:00 Beading Class 1:00 Resident Raffle Prizes 4:15 TLC Blood Pressure Clinic 5:30 Harvest & Costume Party with Entertainment 6:45 Cards		
10:00 First Congregational Church of Glendale Service 27	Shopping Day 28	9:30 Exercise with Julie 11:15 Memory Magic Game 2:00 Bingo 3:00 Hangman 5:00 Night Out with The Managers 7:00 Poker Night	9:15 Day Trip: San Manuel Casino 9:30 Balance and Fit Exercise with Marybeth 10:00 Day Trip 2:00 Bingo by Pattern 3:00 Bible Study with Juan 7:00 Movie & Popcorn	9:30 Exercise with Julie 11:00 Beading Class 1:00 Resident Raffle Prizes 4:15 TLC Blood Pressure Clinic 5:30 Harvest & Costume Party with Entertainment 6:45 Cards		
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A Sad Goodbye But A Welcome Hello

We said a tearful goodbye to Chef Victoria last month as she accepted a new position as Traveling Chef with our own company, Hawthorn Senior Living. On her last days, she was awarded her fourth Culinary Award at Scholl Canyon. We will miss her dearly, but we are also so excited for her new position that will offer her a world of experience and travel.

We are thrilled to announce the arrival of our new Chef, Alessandra (Alex) McBride to our Scholl family. Chef Alex has a wealth of knowledge and experience in the culinary field. She was educated at Le Cordon Bleu College of Culinary Arts, and most recently worked as the Executive Chef at Polytechnic School in Pasadena for four years. Before that, Alex was a Sous Chef and Manager of two different restaurants. We are looking forward to getting to know her better (stay tuned for a featured “Spotlight” article on Chef Alex in the November Newsletter) and tasting some of her amazing and healthy creations.



Saying goodbye to Chef Victoria



Chef Victoria and Chef Alex

Carl's Corner

In Paris, a thief stole a painting from the Louvre. He was caught a few blocks away when his vehicle ran out of gas. He explained, “I had no Monet to buy Degas to make the Van Gogh. So I tried, thinking I had nothing to Toulouse.”

My parents always said, “Excuse my French” if they happened to use a swear word. I'll never forget what happened in school when the teacher asked if any of us knew some French.

At Dodger Stadium, thieves got away with ten large boxes of popcorn, eight large sodas, six nachos, eight beers and two boxes of candy. This is an example of grand larceny, as the value in dollars is nearly three thousand.

What kind of exercise do lazy people do? Answer: Diddly-squats.

Murphy's Law on bathing suits states that no matter where you keep your bathing suit in the winter, by next summer it will have shrunk by two sizes.

That reminds me, I need to get a new bathing suit. My old one has a hole in the knee.



Adventures With Doug

Adventure Up Mount Adam

Tuesday, October 1st, 2019

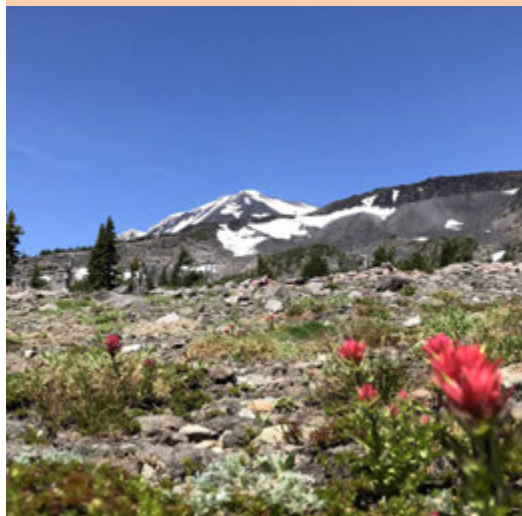
3:30 p.m.

Activity Room

Have you ever heard of Mt. Adams before? Unless you lived in the State of Washington, you probably haven't. It is a gorgeous volcano in the south part of the state. It is the second tallest mountain in Washington and the third tallest in the Cascade Mountain range.

It's going to take a lot for us to get up to the top of this peak: crampons, ice axes and strong, durable legs. However, the views en route and the views on top will make it well worth it!

Join us for a spectacular slide show, full of amazing vistas and scenery as we climb this fantastic mountain. With any luck, we might get a surprise visit from one of Mount Adams' indigenous inhabitants.



Mount Adams

Eating a Rainbow of Color

There is a natural compound in our fruits and vegetables called phytonutrients or phytochemicals that help our body stay healthy. These phytonutrients stimulate enzymes that allow our bodies to get rid of toxins from our environment, and reduce the risk of serious illness such as heart disease, diabetes and cancer. They also help to boost our immune system and improve our cardiovascular health.

Fruits and vegetables are not the only things that are rich in phytonutrients. Whole grains, legumes, herbs, spices, nuts, seeds and teas are as well. Phytonutrients can be found in all different colors such as green, yellow, orange, red, blue, purple and white.

Since it is very important to eat a rainbow of food each day, Chef Alex and Marybeth are challenging you to make healthy choices and reach for the gold at the end of the rainbow. Chart your eating for one week and see how close you get to "eating a rainbow" of nutrition each day. Aim to eat one to two of each color per day. There will be a hand-out at your door with a daily chart, and a list of suggested fruits and vegetables that will help you achieve "eating a rainbow." Here are a few suggestions of color foods:

Red: Strawberries, red bell peppers, tomatoes and raspberries

Orange: Orange bell peppers, sweet potatoes, carrots, peaches, pumpkin and cantaloupe

Green: Spinach, dark green lettuce, celery, cucumbers, peas, broccoli and honeydew

Blue: Blueberries, black grapes, prunes and blackberries

Purple: Red grapes, plums, purple cabbage, eggplant and purple cauliflower

Chef Alex is certainly doing her part! She created a rainbow of veggies for our supper a couple of weeks ago. Here is what she included in her Rainbow Stir-fry:

- 2 red peppers
- 2 green peppers
- 2 red onions
- 1 bundle of asparagus
- 5 celery stalks
- 1 cup chopped cilantro
- Sesame oil
- Garlic
- Salt and pepper

With a dish like this, you will have no trouble filling out your rainbow chart. Do it for one week and feel the difference. The first six people to turn in their completed chart to Marybeth by October 20th will receive a special prize.



Chef Alex, cooking a rainbow of vegetables for our residents.

Scholl Canyon Estates
Gracious Retirement Living

1551 East Chevy Chase Drive
Glendale, CA 91206



Fall in love...
with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

818-951-3830

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