

Scholl Canyon Estates

Gracious Retirement Living

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

SEPTEMBER 2020

SCHOLL CANYON STAFF

Managers..... CLIFFORD & JANET HANNEMANN
Executive Chef.... ALESSANDRA "ALEX" MCBRIDE
Sous ChefJOSUE LUNA
Activity Coordinator MARYBETH MALONEY THICKE
MaintenancePAUL GONZALES
Bus DriverJUAN PARRA

HOPE BEAUTY SALON

Susie Lopez, Owner

Wednesday-Friday, by appointment
818-288-2429

HAWTHORN
SENIOR LIVING

Live and Learn: Fall Term 2020

Join us this September as we embark on a journey towards lifelong learning and better overall wellness through Live and Learn Fall Term 2020!

The goal of this program is to promote lifelong learning with a focus on five areas of overall health and wellness for you, our residents. Each week will focus on: Social wellness, brain health, physical fitness and self-care.

What is Lifelong Learning?

Lifelong learning is the practice of continuing to learn throughout one's entire life, especially outside of or after the completion of formal schooling. We tend to think of learning as ending when school ends, but there is always more to learn!

What are the benefits of Lifelong Learning?

When it comes to supporting healthy aging, an active mind is just as important as an active body. Numerous studies have found that learning is valuable at all stages of life, helping improve one's cognitive skills, social connections, and overall quality of life.

Have fun, and happy learning!

Live and Learn
Fall Term 2020





Adventures With Doug

Adventure through the Colorado Backroads:

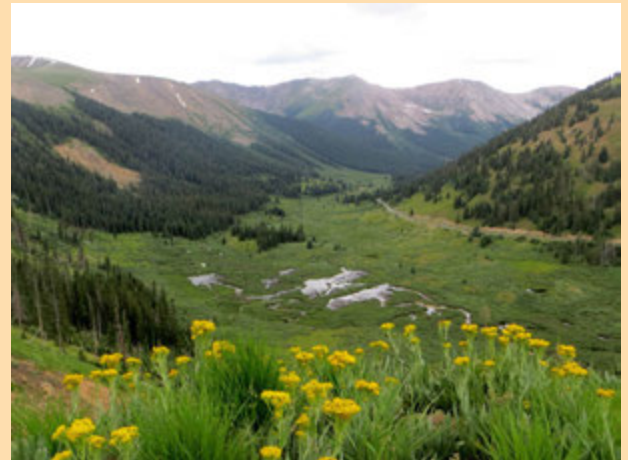
Tuesday, September 1st

3:30 p.m.

Activities Room

When driving through Colorado, most people would choose Interstate 70, a beautiful highway that cuts west to east across the state. But we're not heading that way. We'll cut off the main drag early for our adventure and besides experiencing the striking scenery, we'll also have a little bit of mystery and get a surprise or two!

Join us for our slideshow adventure as we make our way to Rocky Mountain National Park via the lesser-traveled backroads, all the while discovering stunning passes, magnificent animals, gorgeous flora, and incredible views.



Walking Towards Better Health

What's not to love about walking? Walking is free, easy to start, and easy on our joints! Plus, there are numerous other benefits to this versatile form of exercise — both physical and mental. Below are just a few of these benefits to help motivate you to get up and get walking today!

Five Reasons Why Walking Works:

- 1. Walking Is Easier to Stick With.** People give up on high-intensity exercise routines quickly. In fact, 67% of people with gym memberships never use them. Moderate exercise like walking, on the other hand, is much easier to continue long-term.
- 2. Walking Improves Cardiovascular Health.** The biggest health benefits to walking are in terms of cardiovascular health. Countless studies have linked regular walking with heart-health benefits. Walking has been linked in men and women with lower risks of high blood pressure, high cholesterol, diabetes, heart disease, stroke, and cardiac arrest. Even small amounts of walking each week have been shown to reduce these risks around 15% to 20%.
- 3. Walking Fights Weight Problems.** Walking will burn calories and help the person exercising manage their weight. Multiple studies have also found that walking reduces cravings for sugary foods, even in stressful situations.
- 4. Walking Prevents and Reduces Pain from Arthritis.** If you have arthritis, you might think that walking will be too painful for you to do regularly. Multiple studies, however, have found that walking actually reduces arthritis pain. Walking lubricates knee and hip joints and strengthens surrounding muscles, reducing the strain placed on the joint itself.
- 5. Walking improves cognitive function.** Walking helps to improve oxygen flow to the brain. More oxygen to our brains is a good thing! Our brains use up 20% of our body's total oxygen supply, so if we do not receive enough, we can feel foggy and unfocused. Increased blood flow is also a benefit to walking. Increased blood flow to the brain is linked to better cognitive function, improved memory, and protection against overall cognitive decline.



Find Joy Through Journaling

Keeping a journal is a practice dating back thousands of years. In addition to preserving memories, journaling can help improve your life in other ways.

Ease stress: Writing down things that make you worried, angry or sad helps you to release those emotions, reducing anxiety and stress. Some people keep a gratitude journal and record reasons they are thankful, which can foster a healthy, happy perspective on life.

Solve problems: When you're not sure how you feel about something that's bothering you, try journaling about it. Writing uses your left brain, allowing your right brain to free itself from mental blocks and find a clearer understanding of the situation.

Improve relationships: It's normal to become irritated or upset with the people in our lives, but it's usually unwise to express it and pick a fight over every conflict. A journal is a private, safe place to vent frustrations.

Set goals: By writing in a journal every day, you can get to know yourself better and find out what's most important to you. This helps you focus on specific goals, and you can use your journal to track your progress as you move toward achieving them.



The Sunniest Flower

Bright and cheerful, sunflowers are late-summer blooms that have grown to be an annual crowd-pleasing sight.

The iconic sunflower is a tall, sturdy stalk topped with a vibrant gold blossom. There are over 70 varieties of the plant, from dwarf types that only reach 3 feet tall to mammoths that stand more than 15 feet high and can have heads about a foot wide. In addition to the classic yellow color, blooms can also be orange, red or purple, or have striped hues.

Each of a sunflower's petals is a kind of flower called a ray floret. These petals surround the head's large center, which is made of thousands of tiny flowers that eventually dry up and fall off, revealing mature seeds. Depending on the variety of sunflower, the seeds can be harvested and sold as a snack food, processed into cooking oil, or packaged as birdseed.

A fascinating feature of sunflowers is that they follow the sun's movement through the sky from dawn to dusk. Called heliotropism, this movement occurs when the plants are young. Mature sunflowers typically face east.



SEPT 2020

Birthdays

Rose Kostelnic, 1st
Idell Moffet, 4th
Carl Held, 19th
Jean Vernon, 23rd
Mary Kaser, 23rd

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 |
|--|--|---|--|---|---|---|
|  | | <div>1</div> <div>9:30 Exercise Class 2:00 Treats with Janet 3:00 Ring Toss 3:30 Adventures with Doug!</div> <div></div> | <div>2</div> <div>9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Bingo by Pattern 2:00 Shopping! Destination TBD 3:00 Bible Study with Idell 6:45 Movie & Popcorn</div> | <div>3</div> <div>9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 2:30 Cooking Corner with Chef Alex 3:00 Bean Bag Baseball</div> | <div>4</div> <div>9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Bingo 2:00 Shopping! Destination TBD 6:45 Movie & Popcorn</div> <div></div> | <div>5</div> <div>9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan</div> |
| <div>6</div> <div>10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn</div> | <div>LABOR DAY</div> <div>7</div> <div>9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 3:15 Arts & Crafts 3:30 Game of Taboo</div> | <div>8</div> <div>9:30 Exercise Class 12:00 Managers’/Residents’ Meeting 3:00 Ring Toss</div> | <div>9</div> <div>9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Bingo by Pattern 2:00 Shopping! Destination TBD 3:00 Bible Study with Idell 6:45 Movie & Popcorn</div> | <div>10</div> <div>9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 12:00 Resident and Chef Meeting 3:00 Bean Bag Baseball</div> | <div>PATRIOT DAY</div> <div>11</div> <div>9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Bingo 2:00 Shopping! Destination TBD 6:45 Movie & Popcorn</div> | <div>12</div> <div>9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan</div> |
| <div>13</div> <div>10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn</div> | <div>14</div> <div>9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 2:30 Chef/Resident Meeting 3:30 Game of Taboo 3:30 Bowling Indoors!</div> | <div>15</div> <div>9:30 Exercise Class 2:00 Treats with Janet 3:00 Ring Toss</div> | <div>16</div> <div>9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Bingo by Pattern 2:00 Shopping! Destination TBD 3:00 Bible Study with Idell 6:45 Movie & Popcorn</div> | <div>17</div> <div>9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 2:30 Cooking Corner with Chef Alex 3:00 Bean Bag Baseball</div> | <div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>18</div> <div>9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Bingo 2:00 Shopping! Destination TBD 6:45 Movie & Popcorn</div> | <div>19</div> <div>9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan</div> <div></div> |
| <div>20</div> <div>10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn</div> | <div>21</div> <div>9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 3:15 Arts & Crafts 3:30 Game of Taboo</div> | <div>AUTUMN BEGINS</div> <div>22</div> <div>9:30 Exercise Class 3:00 Ring Toss</div> | <div>23</div> <div>9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Bingo by Pattern 2:00 Shopping! Destination TBD 3:00 Bible Study with Idell 6:45 Movie & Popcorn</div> <div></div> | <div>24</div> <div>9:00 Exercise with Weights 10:00 Garden Club 11:00 Game of Taboo 1:00 Resident Raffle Prizes 3:00 Bean Bag Baseball</div> | <div>25</div> <div>9:00 Balance & Fit 10:00 Shopping! Destination TBD 10:30 Walking Club 2:00 Bingo 2:00 Shopping! Destination TBD 6:45 Movie & Popcorn</div> | <div>26</div> <div>9:30 Morning Exercise 2:00 Bingo 3:00 Bible Study with Juan</div> |
| <div>YOM KIPPUR BEGINS AT SUNSET</div> <div>27</div> <div>10:30 Darts/Pool Game Rm with Clifford 11:00 Adult Coloring 2:00 Movie & Popcorn</div> | <div>28</div> <div>9:00 Balance & Fit 10:00 Garden Club 11:00 Brain Train Trivia 3:30 Game of Taboo 3:30 Bowling Indoors!</div> | <div>29</div> <div>9:30 Exercise Class 2:00 Treats with Janet 3:00 Ring Toss</div> <div></div> | <div>30</div> <div>9:00 Yoga 10:00 Shopping! Destination TBD 10:30 Knitting/Crocheting Social 2:00 Bingo by Pattern 2:00 Shopping! Destination TBD 3:00 Bible Study with Idell 6:45 Movie & Popcorn</div> |  | | |



All the Benefits of Sunflower Butter

Like sunflower seeds themselves, sunflower butter is bursting with good for you nutrients! Below are just a few healthy reasons to reach for the sunflower butter next time you go to make a sandwich!

1. Healthy Fats

Sunflower seed butter has 9 grams of fat in a 1-tablespoon serving, but almost 90 percent of the total fat consists of unsaturated fats. This is a vital distinction because the type of fat in your diet makes all the difference. Saturated fat and trans fats contribute to cardiovascular disease, while unsaturated fats lower cholesterol and help fight inflammation.

2. Vitamin E

Fats have essential jobs to perform in your body. They build the structure of cell walls, cushion organs, help absorb some vitamins and form a special cover around nerve cells, called the myelin sheath, that speeds up the conduction of electrical impulses. Vitamin E is an antioxidant that specifically protects these essential fats from damage caused by free radicals. These molecules can combine with healthy cells, making them mutate or die and leading to inflammation that contributes to chronic diseases. One tablespoon of sunflower seed butter has 3.67 milligrams or 24 percent of the recommended daily intake of vitamin E.

3. Magnesium

More than 300 metabolic processes depend on magnesium to do things like produce energy and synthesize DNA and RNA. Magnesium is also able to conduct electrical charges that stimulate nerve impulses and muscle contraction. Calcium stimulates heart muscles to contract, while magnesium causes them to relax – together, they maintain a normal heart rhythm. Magnesium also makes muscles in the blood vessel walls relax, which helps lower blood pressure. You'll get 50 milligrams or 12 percent of the daily value of vitamin E from 1 tablespoon of sunflower seed butter.





Simple Self-Care Tips

How much time do you dedicate to taking care of yourself? Many struggle when it comes to prioritizing self-care. Some think that they're being selfish, while others simply don't know where to begin.

No matter which camp you fall into, the tips below are sure to help you get started on your self-care journey:

1. Enjoy your favorite hobbies:

What do you love to do? Read? Play golf? Create fun crafts? Whatever your favorite hobbies are, make sure you are setting aside time every week — if not every day — to enjoy them without interruptions. For some, this is easier said than done. You may need to let your family or friends know that at a certain time during the week, you're not available. Setting this boundary can be difficult, but if you're firm in your decision and let them know why you're blocking off time just for you, they are sure to understand and adjust.

2. Get plenty of sleep:

Rest and recovery are essential for seniors, and you should be shooting for somewhere between seven and nine hours per night. Getting a sufficient amount of restful sleep is essential for keeping our minds and bodies healthy.

3. Nourish yourself with healthy foods:

Some people are of the mind that, when it comes to self-care and food, the best way to treat yourself

is to literally let yourself eat any treat or sweet you desire. While there's definitely room for an occasional treat in a balanced, healthy lifestyle, remember that one of the best things you can do with regard to self-care is to nourish yourself with healthy food. Prioritize real, whole foods, especially vegetables, fruits, high-quality meats, and healthy fats.

4. Make time for fitness:

Finally, make sure you're taking time to exercise regularly. When you're busy or not feeling your best, exercise is usually the first thing to go. In reality, a consistent exercise routine will help you feel more energized and capable. It also reduces your risk of falls and decreases your chance of developing chronic conditions like osteoporosis, arthritis, and even dementia. If you're not in the habit of exercising regularly, start by scheduling a short walk around your neighborhood every morning or evening. Over time, start incorporating other forms of exercise to build muscles and strengthen your bones.

Keeping a Grateful Journal

Thoughts are powerful! A person thinks approximately 50,000 thoughts a day. That is a lot of thinking going on! Keeping a grateful journal is one way to help train your brain to make more positive memories than negative ones. Positive thoughts help to lower the stress hormone cortisol which then leads to positive brain and body health. Below are just a few tips for how to start a grateful journal.

A grateful journal can be personalized in any way. It may have three key focuses a day, like stating:

- I am grateful for _____
- I am good at _____
- One thing I did for someone else today was _____

Positive thoughts lead to happiness, productivity, strong problem-solving skills, and better brain function. A grateful journal is an opportunity to focus on the good things in life. The journal can identify good things that happened during the day, list something a person is grateful for in their day or their life, and include good things done for others to raise awareness while increasing acts of service and kindness.

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Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

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