



CULVER WEST

HEALTH CENTER

Service • Care • Compassion

June 2016

4035 Grand View Boulevard • Los Angeles, CA 90066 • (310) 390-9506

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Logic Problem

Two fathers and two sons went on a fishing trip. Everybody caught a fish, but all together only three fish were caught. How is this possible?

(Answer: The fishermen were a grandfather, his son, and his grandson.)

A Day for Dads

Father's Day is celebrated on the third Sunday in June. It is a time to honor fathers, celebrate fatherhood and appreciate the influence of fathers in society. Let all the fathers in your life know how special they are on this day just for them.



Father's Day Duos

Many children are obviously cut from the same cloth as their parents. This Father's Day, take a look at these famous fathers and their equally famous offspring:

John Adams and *John Quincy Adams*. The first father-son duo to both serve as U.S.

president (second and sixth, respectively). The Adams men left a lasting impression on American society and politics.

Muhammad Ali and *Laila Ali*. "The greatest" heavyweight boxing champion must have passed on his winning genes to his youngest daughter, who was undefeated during her own

eight-year career in the ring.

Paul McCartney and *Stella McCartney*. Papa Paul has earned worldwide fame as a former Beatle and prolific songwriter; daughter Stella is a respected fashion designer.

Jerry Stiller and *Ben Stiller*. Funny runs in this family: Jerry Stiller, known for roles in the sitcoms "Seinfeld" and "The King of Queens", is the proud father of actor/ comedian Ben Stiller, star of "Meet the Parents", "Zoolander" and the "Night at the Museum" films.

Quincy Jones and *Rashida Jones*. Grammy Award- winning artist Quincy Jones is best known for producing records for Frank Sinatra, Aretha Franklin and Michael Jackson, but modern audiences may be more familiar with his daughter, actress Rashida Jones. She has starred in the TV shows "The Office" and "Parks and Recreation".



Happy Flag Day June 14



Vote on June 7, California Primaries and make your vote count. It is the right and duty of every American citizen to participate in the Democracy of electing our government.

Enjoy the Summer Season!!!



Trivia Whiz

Celebrate the Stars and Stripes

The first Flag Act was passed June 14, 1777, to dictate that the United States flag be made of 13 alternating red and white stripes and 13 white stars on a blue background. Today, much of the country observes Flag Day on June 14.

Legend maintains that Betsy Ross, a seamstress from Philadelphia, made the first U.S. flag, but it was likely Congressman Francis Hopkinson who designed it.

The flag's colors hold special meaning: White represents purity and innocence, red symbolizes hardiness and valor, and blue stands for vigilance, perseverance and justice.

The public fascination with the flag as a patriotic symbol came about during the Civil War.

Drink Up!

It's National Iced Tea Month

The days are getting sunnier, and summer is on its way: It's the perfect season to enjoy a nice, tall glass of iced tea.

We may think of tea as a refreshing treat and nothing more, but the popular beverage holds plenty of benefits.

Antioxidants. All teas made from the *Camellia sinensis* plant—which includes black, green, white and oolong teas—are high in antioxidants, which can rid your body of toxins and may help prevent cancer. Home-brewed iced tea has the highest levels, but even bottled teas contain just as many antioxidants as fruits like blueberries and strawberries. Adding lemon or lime to your tea provides even more antioxidants, as well as natural sweetness.

Other nutrients. A good source of fluoride and disease-fighting

flavonoids, an 8-ounce serving of black iced tea also provides between 20 and 35 percent of the daily recommended amount of manganese, which helps maintain bone strength, heals wounds and supports metabolism.

Hydration and cooling. Heat stroke and dehydration are important concerns during the summer, but drinking unsweetened iced tea can help you stay cool.



EMPLOYEE BIRTHDAYS

06/01	FLOR TORREZ
06/05	TRACY MOORE
06/20	KAIHA MANSARAY
06/22	GENEVA KENT
06/22	SALAKO OYEKUNLE

RESIDENT BIRTHDAYS

06/07	RUTH JANKE
06/18	ANTHONY ROBINSON
06/25	CONRAD TRIGILIO

PRESIDENT BIRTHDAYS

06/5/1911	RONALD W. REAGAN
06/12/1924	GEORGE H. W. BUSH

Activity Department

The Activity Department needs caring, musically talented, and giving people to participate in our volunteer program.

Spiritual Needs: There is a need for a **Catholic priest** to officiate Mass once a month, and there is a **need for a church group** that would be willing to do a worship service every third Sunday of each month, as well as representatives from **Jewish** and **Buddhist** faiths to provide spiritual support to our residents. For more information, please contact Daniel Portillo at **(310) 390-9506**.

Positive Thought

"Never bend your head. Hold it high. Look the world straight in the eye." —Helen Keller



Fun at the Farmers' Market

Farmers' markets have a lot to offer shoppers: locally grown fruits and vegetables, low prices, and the chance to get out and enjoy the fresh air. Follow these tips to get the most out of your market experience:

Decide when to go. If you want the best selection on produce, go early in the morning. But if you're on a budget, know that many vendors mark down their wares later in the day.

Bring bags. Don't expect stalls to provide bags for you to carry your purchases. Canvas shopping bags, insulated bags, and plastic or paper bags saved from other stores are smart and environmentally friendly choices.

Carry cash. Some vendors will accept credit or debit cards, but this comes at a cost to them and can slow down a transaction. Bring plenty of small bills to avoid hassles.

Browse before you buy. Do a quick lap around the market before you buy anything. You'll be able to spot the best prices and best-looking produce instead of overpaying for the first fresh tomatoes or ripe berries you see.

Ask questions. Most farmers at the market will be excited and proud to discuss their work.

Weddings Around the World

Weddings are happy events celebrated all over the world, but each culture has its own traditions when it comes to a couple's nuptials. Witness how some countries mark the occasion:

China. Red is the color used in Chinese weddings as it represents luck, love and happiness. The traditional attire for a bride is a bright red silk dress with gold embroidery.

Guatemala. Wedding bells don't ring at receptions in this Central American country; they get broken. To bestow prosperity on the new couple, the mother of the groom breaks a white ceramic bell filled with rice, flour and grains.

Germany. Here, just-married couples are put to work by sawing a log in half in front of their wedding guests. The rite symbolizes teamwork in conquering future obstacles.

Philippines. A Filipino bride and groom will express their wish for a long and peaceful life together with the custom of releasing a pair of white doves.

Niger. In this West African nation, the wedding reception features dancing—by a camel. The animal dances to a drumbeat for the newlyweds' guests.

Sweden. To ensure that she will never go without, a Swedish bride will walk down the aisle with a gold coin from her mother in her right shoe and a silver coin from her father in her left shoe.



Wit & Wisdom

"Do not go where the path may lead, go instead where there is no path and leave a trail."
—Ralph Waldo Emerson

"It's the way you ride the trail that counts."
—Dale Evans

"Pursue some path, however narrow and crooked, in which you can walk with love and reverence."
—Henry David Thoreau

"It's fun to be a little bit different in the world, to make a few new trails of your own."
—Dennis Weaver

"March on. Do not tarry. To go forward is to move toward perfection. March on, and fear not the thorns, or the sharp stones on life's path."
—Kahlil Gibran

"I could never resist the call of the trail."
—Buffalo Bill Cody

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<div>June</div>			9:30 AM Gathering ¹ 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Balloon Toss 11:30 News in Review 2:15 Movie Time 2:30 Residents' Council Meeting 6:00 Cinema Classics	9:30 AM Gathering ² 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Move to Improve 11:15 Ball Toss 11:30 Current Affairs 2:15 Classic Movie 2:30 Art & Crafts 2:30 Pokeno 6:00 Audio Book Club	9:30 AM Gathering ³ 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Let's Get Moving 11:15 Ring Toss 11:30 Trivia Challenge 2:15 Friday Matinee 2:30 Cooking Class 2:30 Nickel Bingo 5:30 News Watch	9:30 AM Gathering ⁴ 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Rhythm Band 11:30 Daily Chronicle 2:15 Saturday Cinema 2:30 Weekend Bingo 5:30 News Watch			
			9:30 AM Gathering ⁵ 10:00 AM Melodies 10:00 Catholic Room Visit 10:15 Coffee Social 10:45 AM Stretch 11:15 Balloon Toss 11:30 Current Affair 2:00 St. John's Presbyterian Worship Service 3:30 Ice Cream Social	20/20 Premiere ⁶ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Social 10:45 Get Your Body Moving 11:15 Horseshoes 11:30 Events of the Day 2:15 Movie "Father's Little Dividend" 2:30 Nickel Bingo 6:00 Evening Movie	⁷ Boone Day 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Fitness Time 11:15 Ball Toss 11:30 Current Affair 2:15 Animal Channel 2:30 Blackjack 6:00 News Watch	9:30 Gathering ⁸ 10:00 AM Melodies 10:15 Coffee Social 10:45 Exercise 11:15 Balloon Toss 11:30 News Review 2:15 Movie Time 2:30 Junk Food Residents' Rights Bingo 5:00 Candlelight Dinner 6:00 Cinema Classics	9:30 AM Gathering ⁹ 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Move to Improve 11:15 Ball Toss 11:30 Current Affairs 2:15 Classic Movie 2:30 Art & Crafts 2:30 Pokeno 6:00 Audio Book Club	9:30 AM Gathering ¹⁰ 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Let's Get Moving 11:15 Ring Toss 11:30 Trivia Challenge 2:15 Friday Matinee 2:30 Outside Gardening 2:30 Nickel Bingo 5:30 News Watch	9:30 AM Gathering ¹¹ 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Rhythm Band 11:30 Daily Chronicle 2:15 Saturday Cinema 2:30 Weekend Bingo 5:30 News Watch
			¹² 9:30 AM Gathering 10:00 AM Melodies 10:00 Catholic Room Visit 10:15 Coffee Social 10:45 AM Stretch 11:15 Balloon Toss 11:30 Current Affair 2:00 Simple Worship Service 3:30 Ice Cream Social	¹³ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Social 10:45 Get Your Body Moving 11:15 Horseshoes 11:30 Events of the Day 2:15 Movie "Daddy's Home" 2:30 Nickel Bingo 6:00 Evening Movie	¹⁴ Flag Day 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Fitness Time 11:15 Ball Toss 11:30 Current Affair 2:15 Animal Channel 2:30 Blackjack 6:00 News Watch	¹⁵ Smile Power Day 9:30 Gathering 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Balloon Toss 11:30 News Review 2:30 Entertainment by Joe Nania 6:00 Cinema Classics	¹⁶ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Move to Improve 11:15 Ball Toss 11:30 Current Affairs 2:15 Classic Movie 2:30 Art & Crafts 2:30 Pokeno 6:00 Audio Book Club	¹⁷ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Let's Get Moving 11:15 Ring Toss 11:30 Trivia Challenge 2:15 Friday Matinee 2:00 Mocktail Social 2:30 Nickel Bingo 5:30 News Watch	¹⁸ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Rhythm Band 11:30 Daily Chronicle 2:15 Saturday Cinema 2:30 Weekend Bingo 5:30 News Watch
			Father's Day ¹⁹ 9:30 AM Gathering 10:00 AM Melodies 10:00 Catholic Visit 10:15 Coffee Social 10:45 AM Stretch 11:15 Balloon Toss 11:30 Current Affair 2:00 Bible Video 3:00 Ent: By St. Gerard's Spanish Youth Group 3:30 Ice Cream S.	Spring Into Summer Day ²⁰ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Social 10:45 Get Your Body Moving 11:15 Horseshoes 11:30 Events of the Day 2:15 Movie "Father's Day" 2:30 Nickel Bingo 6:00 Evening Movie	9:30 AM Gathering ²¹ 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Fitness Time 10:45 Outing: New Favors Chinese Restaurant 11:15 Ball Toss 11:30 Current Affair 2:15 Animal Channel 2:30 Blackjack 6:00 News Watch	9:30 Gathering ²² 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Balloon Toss 11:30 News Review 1:30 Ent: By The Harmonica Band 2:45 Junk Food Residents' Right Bingo 6:00 Cinema Classics	9:30 AM Gathering ²³ 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Move to Improve 11:15 Ball Toss 11:30 Current Affairs 2:15 Classic Movie 2:30 Art & Crafts 2:30 Pokeno 6:00 Audio Book Club	²⁴ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Let's Get Moving 11:15 Ring Toss 11:30 Trivia Challenge 2:15 Friday Matinee 2:30 Nickel Bingo 5:30 News Watch	²⁵ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Rhythm Band 11:30 Daily Chronicle 2:15 Saturday Cinema 2:30 Weekend Bingo 5:30 News Watch
			Bar Code Day ²⁶ 9:30 AM Gathering 10:00 AM Melodies 10:00 Catholic Room Visit 10:15 Coffee Cart Social 10:45 AM Stretch 11:15 Balloon Toss 11:30 Current Affair 2:00 Sun Rise Christian Service 3:30 Ice Cream Social	Sunglasses Day ²⁷ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Get Your Body Moving 11:15 Horseshoes 11:30 Events of the Day 2:15 Movie "Mrs. Doubtfire" 2:30 Nickel Bingo 6:00 Evening Movie	²⁸ Tapioca Day 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Fitness Time 11:15 Ball Toss 11:30 Current Affair 2:15 Animal Channel 2:30 Blackjack 6:00 News Watch	²⁹ 9:30 Gathering 10:00 AM Melodies 10:15 Coffee Social 10:45 Body in Motion 11:15 Balloon Toss 11:30 News Review 2:45 June Birthday Party With Ent: By Joe & Dan 6:00 Cinema Classics	³⁰ 9:30 AM Gathering 10:00 AM Melodies 10:15 Coffee Cart Social 10:45 Move to Improve 11:15 Ball Toss 11:30 Current Affairs 2:15 Classic Movie 2:30 Art & Crafts 2:30 Pokeno 6:00 Audio Book Club	ALL ACTIVITIES ARE SUBJECT TO CHANGE, ADDITION, SUBSTITUTION AND RESCHEDULING. DAILY ACTIVITY ROOM VISITS W/ HOSPITALITY CART!	