



# GLEN TERRA

SENIOR ASSISTED LIVING

917 N Louise Street • Glendale, CA 91207 • (818) 291-9220

August 2017

Terry Records ..... General Manager  
Priscilla Diaz ..... Executive/Marketing Assist.  
Anna Tupinyan ..... Wellness Director  
Benny Linsangan ..... Activity Director  
Maria Arrieta ..... Director of Dining Service  
Sam Adzhemyan ..... Director of Maintenance  
Karineh Neressian ..... Business Office Manager

## Getting Away From It All

Summer is the perfect time to get away from life's routines and take a vacation. Travel down memory lane and look back at past trips by sharing these questions with friends and family.

- Did your family go on summer vacations when you were growing up? If so, what places did your family visit?
- How did you travel—by car, camper, bus, train, airplane or cruise ship?
- Where did you stay—with relatives, a hotel or motel, resort, cabin or campground?
- What was your favorite getaway destination as an adult or with your spouse and children?
- Did you like to relax on vacation, stay busy with sightseeing and activities, or both?
- What memorable sights did you see while traveling? What about unique foods you tasted?
- Did you or your family collect souvenirs?
- What was your best vacation memory? What about the worst? The funniest memory?
- Is there a place you've never been that you would like to travel to? How about a vacation spot you'd like to return to?



## Just Peachy

The peak of peach season is winding down, with just a few weeks left to enjoy the freshest of the fuzzy fruit. There are theories about why peaches have fuzz; some suggest that it protects the skin and thwarts insects. But it also can be a turnoff for some folks, so that's why peaches sold at most stores are defuzzed by brush machines or sprays of high-pressure water after harvesting.

## Wake Up and Drink Up

After a night of sleep, rehydrate your body by drinking a glass of water when you first wake up. The replenishment can provide a natural pick-me-up as you start the day.

## Celebrating Seniors

There are 46 million people in the U.S. who are age 65 and older, and that number is expected to more than double to 98 million by 2060. National Senior Citizens Day on Aug. 21 celebrates the older generation and their contributions to their families, communities and country.

# Happy Birthday



Happy Birthday to You,  
Happy Birthday to You,  
Happy Birthday to

8/3	Betsy Hawkinson
8/4	Armida Bolton
8/5	Mariam Snyder
8/8	Gloria Nelson
8/16	Kiki Lantieri
8/24	Yolanda Porto
8/25	Mary LaRock
8/30	Jo Carlson
Employees;	
8/5	Karineh Nersessian
8/9	Carmen Lopez
8/20	Katherine Welsh
8/20	Adriana Valencia

Happy Birthday to YOU!!!



## Positive Thought

"It is the sweet, simple things of life which are the real ones after all." —Laura Ingalls Wilder



Meet Dr. Leland Hilburg who was born in Los Angeles, California in 1926. After high school he enlisted in the Army and served two years in the Philippines. He also received an M.A from UCLA and finished Medical school at Yale. He then decided that he would go in to pediatrics and completed three years of Internship and residency. His studies led him into three years of practice in England. After fifty-five years of practice he retired. His retirement led him to restore classic cars, radios, and own his very first Basset Hound, Roscoe. Roscoe died after seventeen years of companionship. Luckily Doc Lee found Luca at the Glendale Humane Society and is currently living a quiet life at Glen Terra.

## Poetry Corner



### THE MIRROR

My mirror is broken, or at least seems to be, For today I discovered an old man staring back at me. The face I recognized, But he had hair of gray, and there were wrinkles around the eyes. I waved, I rubbed the mirror with my sleeve. No matter what I tried, he simply wouldn't leave. This can't be me, I thought. I am much more svelte. Just look the way the belly hangs over his belt! I also thought it was queer. The hair had stopped growing atop his head and was growing out of each ear. Who is this impostor, and what is he doing there, This man of age with silver in his hair? Why is my mirror doing this to me? Having this old man staring back at me.

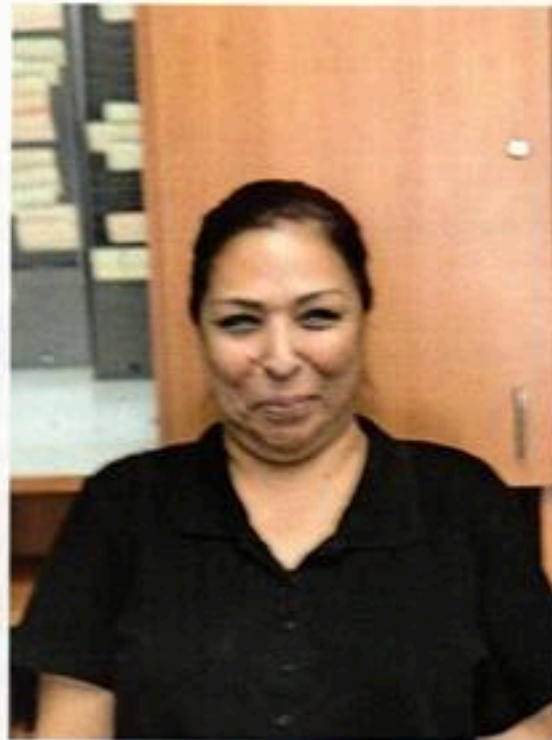


Take a look, What do you see?

## Employee Spotlight

Griselda Valdez is our employee spotlight in this issue of our newsletter. Griselda is one of our housekeepers. She works hard to keep our residents rooms clean, She has worked in this building for 10 years. She is from Sineloa, Mexico. She has been in the United State for 15 years. Griselda enjoys her job at Glen Terra. She likes the resident and the relationships that she has built with them. She also enjoys the company of her co-workers, just as they enjoy

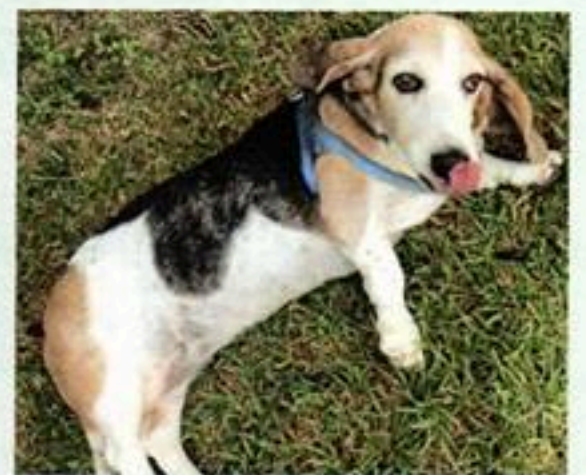
hers. Glen Terra would like to THANK Griselda for all her dedication and hard work.



## Pet of the Month



The Basset Hound is a short-legged breed of dog of the hound family. The Basset is a scent hound that was originally bred for the purpose of hunting hare. Dogs are so special because of the relationships we create with them. Glen Terra would like you to meet Luca. He has shown all our residents and guests the meaning of unconditional love.



IT'S A DOG'S LIFE!!!

## Just for Fun

### UPCOMING EVENTS

- 8/2 National Coloring Day
- 8/13 Hawaiian Dinner Party
- 8/15 Residents Meeting
- 8/16 Birthday Lunch
- 8/18 Cooking With Benny
- 8/23 Foxy's For Lunch
- 8/30 Morongo Casino Trip



Come join Cathy, Myriah, and Betty for some coloring on National Coloring Day!!



## August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:45 Exercise <sup>1</sup> 11:00 Communion 2:00 Bingo 3:00 Blackjack 4:30 Crossword	9:45 Exercise Class <sup>2</sup> <b>10:45 National Coloring Day</b> 2:00 Bingo 3:00 Movie Matinee	9:45 Exercise Class <sup>3</sup> 11:00 Walking 11:00 TV News 2:00 Bingo 3:00 Blackjack 4:15 Crossword	9:45 Exercise Class <sup>4</sup> 10:30 TRIVIA 11:00 TV News 2:00 Bingo 3:00 Movie Matinee 6:15 Poker Games	10:45 Coloring <sup>5</sup> 11:00 TV News 2:00 Bingo 4:00 Pastor Ronald & Denise
10:15 Incarnation <sup>6</sup> 11:15 Ralph's Trip 1:00 Communion 2:00 Bingo 3:00 Movie Matinee	9:45 Tai-Chi Class <sup>7</sup> 10:45 Classic TV 11:00 TV News 1:30 Music to Relax 2:00 Bingo 3:00 Movie Matinee	9:45 Exercise Class <sup>8</sup> 11:00 Communion 2:00 Bingo 3:00 Black Jack 4:15 Crossword Puzzle	<b>10:45 .99 Cents Store Trip</b>	9:45 Exercise Class <sup>9</sup> 11:00 Walking 11:00 TV News 2:00 Bingo 3:00 Blackjack 4:15 Crossword	9:45 Zumba Class <sup>11</sup> 10:45 Coloring 11:00 TV News 2:00 Bingo 3:00 Movie Matinee 6:15 Bingo Night	10:45 Computer <sup>12</sup> Class With Shirley 11:00 TV News 2:00 Movie Matinee 4:00 Pastor Ronald & Denise
10:15 Incarnation <sup>13</sup> 11:15 Ralph's Trip 1:00 Communion 2:00 Bingo 5:30 Hawaiian Dinner Party	9:45 Tai-Chi Class <sup>14</sup> 10:45 Card Games 2:00 Bingo 3:00 Movie Matinee 6:00 Bible Study	9:45 Exercise Class <sup>15</sup> 11:00 Communion 1:30 Bingo <b>2:30 Residents Meeting</b> 3:30 Blackjack		9:45 Exercise Class <sup>16</sup> 11:00 Walking 11:00 TV News 2:00 Bingo 3:00 Blackjack 4:15 Crossword	9:45 Exercise Class <sup>18</sup> 10:45 Cooking With Benny 11:15 TV News 2:00 Bingo 3:00 Concert DVD	10:45 Joy of <sup>19</sup> Coloring 11:00 TV News 2:00 Bingo 4:00 Pastor Ronald & Denise
10:15 Incarnation <sup>20</sup> Trip 11:15 Ralph's Trip 1:00 Communion 2:00 Bingo 3:00 Movie Matinee	9:45 Tai-Chi Class <sup>21</sup> 10:45 Classic TV 11:00 TV News 2:00 Bingo 3:00 Movie Matinee 6:00 Bible Study	9:45 Exercise Class <sup>22</sup> 11:00 Communion 2:00 Bingo 3:00 Blackjack 4:30 Crossword Puzzle	<b>11:00 Foxy's for Lunch</b>	9:45 Exercise Class <sup>24</sup> 11:00 Walking 11:00 TV News 2:00 Bingo 3:00 Blackjack 4:15 Crossword	9:45 Zumba Class <sup>25</sup> 10:45 Computer Class W/ Shirley 11:00 TV News 2:00 Bingo 3:00 Happy Hour	10:45 Joy of <sup>26</sup> Coloring W/ Cathy 11:00 TV News 2:00 Movie Matinee 4:00 Pastor Ronald & Denise
10:15 Incarnation <sup>27</sup> Trip 11:15 Ralph's Trip 1:00 Communion 2:00 Bingo 3:00 Movie Matinee	9:45 Tai-Chi Class <sup>28</sup> 10:45 Card Games 11:00 TV News 2:00 Bingo 3:00 Movie Matinee 6:00 Bible Study	9:45 Exercise Class <sup>29</sup> 11:00 Communion 2:00 Bingo 3:00 Blackjack 4:15 Crossword Puzzle	8:30 TRIP TO MORONGO			

# SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

3	4	1	2	9	5	7	8	6
5	8	9	7	6	4	1	2	3
6	2	7	3	8	1	4	5	9
9	1	3	5	2	7	8	6	4
4	6	5	8	3	9	2	1	7
8	7	2	1	4	6	3	9	5
2	5	6	4	1	3	9	7	8
7	3	8	9	5	2	6	4	1
1	9	4	6	7	8	5	3	2

2			8		9			1
	4		2			8		
				1		9	5	
5		3		4			7	
7			6					4
	9			2		3		6
	5	4		8				
		1			7		8	
9					2			3