



Alamitos West
Health Care Center

Al Westerner's News

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**Maintenance
Supervisor**
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**Housekeeping
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This month we celebrate Hawaii for becoming the 50th state of the Union!

HISTORY. The earliest settlements in the Hawaii Islands were made by Polynesians who traveled to Hawaii using large double-hulled canoes. They brought with them pigs, dogs, chickens, taro, sweet potatoes, coconut, banana and sugarcane.

On January 18, 1778 Captain James Cook and his crew, while attempting to discover the Northwest Passage between Alaska and Asia, were surprised to find the Hawaiian islands so far north in Pacific. He named them the "Sandwich Islands" An entry was found in James Cook's log describing the natives as "riding the ocean's waves on wooden boards", which became the first written account of surfing.

STATEHOOD. President Dwight D. Eisenhower signed the Hawaii Admission Act on March 18, 1959 which allowed for Hawaiian statehood. After a vote of over 94% in favor Hawaii formally became the 50th state of the union on August 21, 1959.

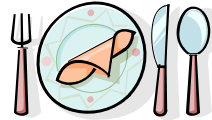
August Events

Cocktail Hour:
Pina Colada
August 6
Petting Zoo
August 10
Film In recognition To Our
Veterans
August 11
Outing: El Dorado Park
August 12
Luau Party
August 13
Catholic Mass
August 16
Candlelight Dinner
August 18
Smores Day
August 19
Blockbuster Film
August 20
Reading Beautiful Books
August 24
Treasures Of The Heart
August 25
Outing: Lunch At The Beach
August 26
August Birthday
Celebration
August 27
Casino Day
August 31

Alamitos West Culinary Information

Our culinary and dietary technicians take great pride in preparing a variety of nutritious meals while following each resident's needs and requirements.

Our daily menu changes weekly and is posted at the activities board across from the beauty salon. The following substitutions can be made with one hour prior notice to the kitchen. Just let your nursing station know of your preference. Family is welcome to dine with our residents. You may purchase a meal ticket at the reception desk for \$2.75, by 11AM for lunch and 3PM for dinner.



Fruit or Yogurt and Cottage Cheese Plate
Chef's Salad
Hamburger or Hotdog on a Bun
Grilled Cheese Sandwich
Peanut Butter and Jelly Sandwich
Egg Salad Sandwich
Quesadilla
Soup of the Day

"Age is strictly a case of mind over matter. If you don't mind it doesn't matter." - Jack Benny

If you need to get a haircut or a manicure our Beauty Shop is open Tuesday to Friday from 8am to 3pm. Please make sure to see Eileen, Alice, or Betty in the beauty shop to make appointments.



THIS WAS THE YEAR...1987

U.S. PRESIDENT AND VICE PRESIDENT: Ronald Reagan & George H. W. Bush

HEADLINES: U.S. and Soviet Union Agree to Limit Medium-range Nuclear Missiles
 Terry Waite Kidnapped in Lebanon While Seeking Release of Hostages
 Margaret Thatcher Elected an Unprecedented 3 Times in the U.K.
 U.S. and Canada Sign Free-trade Agreement
 Reagan Administration Charged with Lying to Congress about Iran-Contra Affair
 Massachusetts Governor Michael Dukakis Enters Presidential Race
 Stock Market Crash Called "Black Monday" Signals End to 1980's Greed

TIME MAGAZINE MAN OF THE YEAR: Soviet President Mikhail Gorbachev

COST OF LIVING:	New House - \$92,024	Average Income - \$24,375 per year
	New Car - \$10,370	Average Rent - \$395 per month
	Gasoline - 89cents	Harvard Tuition - \$11,390 per year
	Movie Ticket - \$3	Postage Stamp - 24 cents

COST OF FOOD:	Ground Coffee - \$2.55 per pound	Bacon - \$1.80 per pound
	Fresh Bread - \$1.09 per loaf	Eggs - 26cents per dozen
	Vitamin D Milk - \$2.25 per gallon	
	Ground Hamburger - \$1.25 per pound	

MOVIES: *Dirty Dancing* (Jennifer Grey, Patrick Swayze), *The Last Emperor* (Peter O'Toole, Joan Chen), *Good Morning Vietnam* (Robin Williams, Forest Whitaker), *The Untouchables* (Kevin Costner, Sean Connery), *Wall Street* (Michael Douglas, Charlie Sheen), *Lethal Weapon* (Mel Gibson, Danny Glover), *The Witches of Eastwick* (Cher, Susan Sarandon, Michelle Pfeiffer, Jack Nicholson)

SPORTS: Champions include the Minnesota Twins (baseball) and New York Giants (football)
 Magic Johnson's Los Angeles Lakers beat Larry Bird's Boston Celtics for the NBA title

NEW LINGO: People who watch a lot of television are called "Couch Potatoes".

PERSON, PLACE, OR THING?

1. My inventor was Marvin Stone, a manufacturer of paper cigarette holders.
2. After work, Marvin would stop by the local tavern for his usual drink, a mint julep.
3. Marvin was very serious about his mint juleps and constantly annoyed when the drink warmed before he could finish it. Warm hands were the culprit.
4. Locals used hollow stalks of rye grass to avoid touching the glass, but they became brittle and imparted a grassy taste.
5. Marvin went to work on a better way to enjoy cold mint juleps. Long strips of paper, glue, and a wooden pencil did the tricks.
6. Marvin's bartender stashed a personal supply, and soon fellow patrons were requesting "tubes" of their own.
7. Improvements in paper and scientific measurements (too small for a lemon seed) led to wide acceptance of Marvin's product.
8. The only major change from Marvin Stone's 1890's product and those used today is material; plastic is now the standard.

(answer on the last page)

WATERMELON SLUSH FOR SUMMER!

**4 cups peeled, seeded, cubed watermelon *1Tbsp.
Lime juice *1/2 cup lemonade *1 Tbsp. sugar*

1. Freeze watermelon cubes in a gallon-size freezer bag for approximately six hours.
2. Combine the frozen watermelon and the rest of the ingredients in a large-size food processor until smooth.

Yield: 7 5oz. Servings

Per serving - 45 calories, 0 fat, 0 chol, 11g carb, 0



August Birthday Celebration!!



Employee

Resident

Augusto R.	August 1	Eunice M.	August 2
Esperanza T.	August 1	Zahra F.	August 2
Alanecia P.	August 2	Jean D.	August 3
Sonia C.	August 3	Jacqueline F.	August 4
Willie M.	August 4	Verna W.	August 5
Roselle F.	August 4	Aletha S.	August 6
Kristine F. Y.	August 8	Nancy T.	August 10
Misty R.	August 11	John L.	August 10
Sonia M.	August 12	Connie C.	August 10
Danielle C. C.	August 12	Gertrude C.	August 17
Daniel M.	August 13	Rosalie H.	August 19
Rosa L.	August 20	Henry W.	August 24
Liceria L.	August 27	Carabelle C.	August 29
Allan H.	August 29	Ernestine L.	August 29
George S.	August 31	Betty Jo K.	August 31

UPCOMING BAZAAR!!!

Activity Department is asking staff, family & friends for donations of costume jewelry, toiletries, & other white elephant items for our upcoming bazaar on September. Please see Charlene, Will or Christian in the Activity Department for more details.



Answer to Person, Place, Or Thing? Drinking Straw