



Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

Phone (213) 623-4352
Fax (213) 626-0280
TDD (800) 545-1833, Ext. 359
www.angelusplaza.org

**~ The Angelus Plaza Waitlist
is Currently Closed ~**

WHAT WE DO

Located in the heart of Downtown L.A.'s Historic Bunker Hill District, Angelus Plaza is the largest affordable housing community for older adults in the nation. The Plaza and its Senior Activity Center opened in 1980. Five high-rise towers house a diverse community of 1400 adults with an average age of 82. The six-story Senior Activity Center provides a variety of supportive services, programs, and amenities. We collaborate with outside organizations, volunteers, and senior clubs to provide activities for older adults living downtown and surrounding areas. The Senior Activity Center serves approximately 8,000 older adults monthly. Our programs emphasize ongoing education, a healthy and active lifestyle, multi-cultural understanding, and intergenerational involvement. Our programs are free, and open to all seniors (age 55+).

We welcome donations to support programs and services.



Notification of Nondiscrimination on Basis of Disability Status

Retirement Housing Foundation does not discriminate on the basis of disability status in the admission or access, or treatment of employment in its federally assisted programs. The person named below has been designated to coordinate compliance with nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24CFR, Part 8 dated June 2, 1998).

Stuart Hartman
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The *Flight* by Angelus Plaza

A Retirement Housing Foundation® Community



INDEPENDENCE DAY Message

"Liberty is the breath of life to nations."

~ George Bernard Shaw

The Value of Our Independence

Independence Day is fast approaching, reminding us of what it means to actually be independent in our lives and in our country. And no matter what our age, everyone strives for, and values their own independence.

A spirit of independence has been instilled in each of us since childhood, and for those of us with children, we try to do our best to teach them the value of being independent. This desire does not diminish with age, although I'm sure we'd all agree that Covid-19 has certainly put a damper on this cherished aspect of our freedom, especially upon the seniors in our society. We are doing our best here at Angelus Plaza to continue to encourage and nurture the independence of our residents. Of course, we always acknowledge the Covid-19 restrictions that are intended to protect our most vulnerable residents. We will all get through this pandemic, and the experience will ultimately better equip us should we ever experience a similar situation.

El Valor de Nuestra Independencia

El Día de la Independencia se acerca rápidamente, recordándonos lo que significa ser realmente independientes en nuestras vidas y en nuestro país. Y no importa cuál sea nuestra edad, todos luchan y valoran su propia independencia. Se ha inculcado un espíritu de independencia en cada uno de nosotros desde la infancia, y para aquellos de nosotros con niños, tratamos de hacer todo lo posible para enseñarles el valor de ser independientes. Este deseo no disminuye con la edad, aunque estoy seguro de que todos estamos de acuerdo en que Covid-19 ciertamente ha frenado este aspecto apreciado de nuestra libertad, especialmente en las personas mayores en nuestra sociedad. Estamos haciendo nuestro mejor esfuerzo aquí en Angelus Plaza para continuar alentando y nutriendo la independencia de nuestros residentes. Por supuesto, siempre reconocemos las restricciones de Covid-19 que están destinadas a proteger a nuestros residentes más vulnerables. Todos superaremos esta pandemia, y la experiencia finalmente nos equipará mejor si alguna vez experimentamos una situación similar.

重視我們的獨立性

國慶日（獨立日）快到了。在英語中，“獨立日”是指獨立於英語的日子。它使我們想起了真正獨立於我們的生活和我們的國家的意義。無論我們年齡多大，每個人都在努力並重視自己的獨立性。

自孩提時代起就已灌輸一種獨立精神。對於那些有孩子的人，我們會盡力教會他們獨立的價值。

對獨立的渴望不會隨著年齡的增長而減少。儘管每個人都同意，COVID-19無疑在我們自由的這一珍貴方面起到了抑製作用。特別是對我們社會中的老年人。我們正在天使公寓盡我們最大的努力，繼續鼓勵和培養我們租戶的獨立性。當然，我們始終遵循旨在保護我們最脆弱居民的COVID-19限制。我們都將度過這一大流行，如果我們遇到類似的情況，經驗將最終使我們更好地裝備我們。

독립의 가치

미국 독립기념일이 빠르게 다가오고 있습니다. 현대인들에게 독립기념일은 그저 휴일, 폭죽 구경, 퍼레이드, 바겐세일 정도의 의미 밖에 없는 것 같지만, 이 날은 미국의 역사에서 큰 의미와 가치를 지닌 날입니다. 대한민국에도 한반도가 일본제국으로부터 독립한 것을 기념하는 광복절이 있듯이, 미국은 대영국과의 치열한 전쟁을 끝으로 13개의 연합 주들의 완벽한 독립을 이루어 냈습니다. 이처럼 독립이라는 의미는 책임감과 무게감이 따르는 일입니다.

나라의 독립과는 다른 의미 일 수도 있지만, 이 날을 계기로 개인의 독립성 또 한 많은 분들이 생각해 보셨으면 좋겠습니다. 인간의 독립성에는 여러가지 정의와 의미가 있겠지만, 저희 엔젤러스 플라자 추구하는 개인의 독립성은 '본인이 할 수 있는 것을 다른이에게 의존하지 않고, 나의 의지, 생각, 가치관에 따라 내가 선택하고 결정하는 것' 이라 생각합니다. 노화함에 따라, 다른 사람에게 의지하게 되는 순간은 많아질 수 밖에 없습니다. 그럼에도 독자적으로 나의 남은 삶 또 한 내가 개척하고 나의 방식으로 결정을 내릴 수 있다면, 이로 인해 우리는 더 성장하고 건강해 질 수 있을 겁니다.

저희 엔젤러스 플라자 또 한 모든 주민분들의 독립성과 독자성을 응원하고 장려합니다.

Great News!

Upcoming Classes Outdoor Exercise Classes in August 2020

Requirements: **Facial Masks and Social Distancing.**

Classes are limited: **15 to 20 people.**

Classes are open: **only** to the **Residents of the Angelus Plaza.**

The COMPUTER LAB and OTHER classroom-setting ACTIVITIES will continue to be CLOSED until further notice.

Please **register** by the phone : **(213) 623-4352, ext. 311-Kira**



ZUMBA GOLD with *Saida*

MONDAYS and WEDNESDAYS

9:00 - 9:40 AM – Promenade

10:00 - 10:40 AM - Promenade



TAI-CHI with *Amy*

TUESDAYS and FRIDAYS

8:00 - 8:45 AM – Promenade



CARDIO WORK OUT AND BALANCE EXERCISE with *Cesar*

TUESDAYS, THURSDAYS and FRIDAYS

9:00 - 9:40 AM – Promenade

10:00 - 10:40 AM - Promenade





Recognizing the Importance of Social Wellness

July is Social Wellness Month, which means it's a time to focus on nurturing yourself and your relationships. Of course, that's a bit more difficult while in the midst of a pandemic when we are implementing social distancing and mask wearing protocols! Social wellness focuses on the giving and receiving of social support, identifying the network of friends and family an individual can turn to in times of crisis as well as times of celebration, and ways to keep relationships healthy. Since social support acts as a buffer against adverse life events, it is especially vital for seniors to have a strong social network in place and to have ways to grow and nurture that social network.

Social support enhances quality of life and provides a buffer against adverse life events. Seniors reap the benefits of positive social interaction in a number of ways, from increased social and emotional well-being to improvements in physical and cognitive functions. Research has shown that healthy relationships are a vital component of health.

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

During these pandemic times, there are still means by which we can give and receive social support. Writing letters, emailing or telephoning family and friends, and utilizing Zoom and other virtual communication programs are all means by which we can stay in touch and enhance our social relationships and maintain our social wellness.

Reconociendo la importancia del bienestar social

Julio es el Mes del Bienestar Social, lo que significa que es un momento para enfocarse en nutrirse a sí mismo y a sus relaciones. ¡Por supuesto, eso es un poco más difícil mientras estamos en medio de una pandemia cuando estamos implementando protocolos de distanciamiento social y uso de máscaras! El bienestar social se enfoca en dar y recibir apoyo social, identificando la red de amigos y familiares a los que un individuo puede recurrir en tiempos de crisis, así como en momentos de celebración y formas de mantener las relaciones saludables. Dado que el apoyo social actúa como un amortiguador contra los eventos adversos de la vida, es especialmente vital para las personas mayores tener una red social sólida y tener formas de crecer y nutrir esa red social.

El apoyo social mejora la calidad de vida y proporciona un amortiguador contra los eventos adversos de la vida. Las personas mayores cosechan los beneficios de la interacción social positiva de varias maneras, desde un mayor bienestar social y emocional hasta mejoras en las funciones físicas y cognitivas. La investigación ha demostrado que las relaciones saludables son un componente vital de la salud.

- Las personas que tienen una red social fuerte tienden a vivir más tiempo.
- El corazón y la presión arterial de las personas con relaciones saludables responden mejor al estrés.
- Las redes sociales fuertes están asociadas con un sistema endocrino más saludable y un funcionamiento cardiovascular más saludable.
- Las redes sociales saludables mejoran la capacidad del sistema inmunitario para combatir las enfermedades infecciosas.

Durante estos tiempos de pandemia, todavía hay medios por los cuales podemos dar y recibir apoyo social. Escribir cartas, enviar correos electrónicos o llamar por teléfono a familiares y amigos, y utilizar Zoom y otros programas de comunicación virtual son medios para mantenernos en contacto y mejorar nuestras relaciones sociales y mantener nuestro bienestar social.

認識社交福利的重要性

七月是社交健康月，意味著該集中精力培養自己和人際關係。但是，在大流行期間很難做到這一點，因為在這種情況下，我們需要物理距離並且需要戴口罩！社交健康的重點是給予和接受社交支持，確定個人在危機時期和慶祝期間可以求助的朋友和家人的網絡以及保持關係健康的方法。由於社交支持起到了抵禦不良生活事件的緩衝作用，因此對於老年人來說，擁有一個強大的社交網絡並找到增長和培育該社交網絡的方式尤其重要。

- 社交支持提高生活質量，並為不良生活事件提供緩衝。老年人可以通過多種方式獲得積極的社交互動的好處：從增加的社交和情感福祉到身體和認知功能的改善。研究表明，健康的關係是健康的重要組成部分。
- 擁有強大社交網絡的人往往壽命更長。
 - 擁有健康關係的人的血壓和心臟對壓力的反應更好。
 - 強大的社交網絡與更健康的內分泌系統和更健康的心血管功能有關。
 - 健康的社交網絡可增強免疫系統抵抗傳染病的能力。

在這些大流行時期，我們仍然可以通過各種手段給予和接受社交支持。寫信，給家人和朋友發電子郵件或給他們打電話，利用微信和其他電腦聯絡應用程序都是我們保持聯繫，增進社交關係和維持社交健康的所有手段。



사회적 건강의 중요성

오는 7월은 사회적 건강의 중요성을 인식하는 달입니다. 사회적 건강이란 사회에서 도태되지 않고, 주위의 사람들과 건강한 관계를 유지함을 뜻한다고 합니다. 물론 아직까지 코로나 사태가 완전히 끝난 상황이 아니기에, 사회적 건강을 지속적으로 유지하긴 어렵습니다. 그러나 사회적 건강을 지키는 것은 여러분의 삶의 질을 향상시키고 신체적, 정신적, 정서적, 인지적 기능등을 발달시키는데 큰 역할을 합니다.

많은 연구 결과에 따르면, 꾸준히 소통하고 건강한 인간관계를 유지한 사람들은:

- 신체적 기능의 향상으로 더 오래 살고,
- 심장, 혈압등의 기관들이 스트레스를 덜 받으며,
- 건강한 내분비 시스템과 심혈관 기능을 만들어 주고,
- 여러 감염성 질병으로 부터 면역 체계 능력을 향상시킨다고 합니다.

마스크를 쓰고, 사회적 거리두기를 실천하며 최대한 대면 접촉을 피해야 하는 상황에서도, 우리 모두 서로 소통하고 대화하기를 포기해선 안됩니다. 편지를 쓰거나, 전화를 걸거나, 카톡 혹은 화상전화를 통해 꾸준히 사람들과 연락을 유지하여 사회적 건강을 지킵시다!



Activities Program Update

To All RHF Residents from our RHF VP of Affordable Housing

Many state governments have lifted or are amending their "Stay At Home Order" and we believe that it may be time for some of our communities to follow suit as well.

In the very near future we will slowly begin opening up our communities. Specifically, we will:

- 1) Begin scheduling routine maintenance.
- 2) Gradually begin incorporating planned activities in our community rooms/spaces.

Regarding routine maintenance we recognize that residents may have concerns about other persons entering their units. If you have these concerns please advise your manager and we will work with you.

Each individual community's re-opening will be dependent on their state or local public health agencies' guidelines, and will be monitored and administered on the guidance of the regional and community managers. We encourage resident councils to let management know their ideas and concerns regarding this process as well.

The success of this process depends on all of us. We will continue to sanitize common areas. We are counting on you to:

- 1) Wear a mask in all community spaces.
- 2) Continue to practice Social Distancing.
- 3) Continue to wash your hands frequently.
- 4) If you are not feeling well, please self-isolate.

While we continue to find our new "normal" in the aftermath of this pandemic, please remember that Retirement Housing Foundation (RHF) is committed to safeguarding the health, safety, and well-being of its residents and staff. During this time it is our hope that everyone will do all they can to keep each other safe from this deadly virus.

~ Perry Glenn, RHF Vice President of Affordable Housing

A todos los residentes de RHF de nuestro VP de viviendas asequibles de RHF

Muchos gobiernos estatales han levantado o están modificando su "Orden de quedarse en casa" y creemos que puede ser hora de que algunas de nuestras comunidades también hagan lo mismo.

En un futuro muy cercano, comenzaremos lentamente a abrir nuestras comunidades. Específicamente, nosotros:

- 1) Comience a programar el mantenimiento de rutina.
- 2) Comience gradualmente a incorporar actividades planificadas en nuestras salas / espacios comunitarios.

Con respecto al mantenimiento de rutina, reconocemos que los residentes pueden tener preocupaciones acerca de otras personas que ingresan a sus unidades. Si tiene estas inquietudes, informe a su gerente y trabajaremos con usted. Además, el distanciamiento social debe mantenerse mientras el personal trabaja en las unidades.

La reapertura de cada comunidad individual dependerá de las pautas de las agencias de salud pública estatales o locales, y será monitoreada y administrada bajo la guía de los gerentes regionales y comunitarios. Alentamos a los consejos de residentes a que también le comuniquen a la gerencia sus ideas y preocupaciones sobre este proceso.

El éxito de este proceso depende de todos nosotros. Continuaremos desinfectando las áreas comunes.

Contamos con usted para:

- 1) Use una máscara en todos los espacios comunitarios.
- 2) Continuar practicando el distanciamiento social.
- 3) Continúa lavándote las manos con frecuencia.
- 4) Si no se siente bien, aísle por sí mismo.

Si bien continuamos encontrando nuestra nueva "normalidad" después de esta pandemia, recuerde que Retirement Housing Foundation (RHF) se compromete a salvaguardar la salud, la seguridad y el bienestar de sus residentes y personal. Durante este tiempo, esperamos que todos hagan todo lo posible para mantenerse a salvo de este virus mortal.

~ Perry Glenn, Vicepresidente de Vivienda Asequible de RHF

RHF經濟適用房副總裁致所有RHF居民

很多政府批准人離開批准人慢慢出去，所以我們公司考慮一下可不可以開始開辦公室和活動。

很快會開天時公寓的辦公室和會有活動了。但是我們還沒有定好時間。公寓會：

1. 約時間在你們房間裡修理東西
2. 慢慢會有活動

我們明白有租戶擔心或者怕其人進入他自己房間。如果有什麼擔心或意見，請告訴經理。我們會同你一起想辦法。

如果我們重新開公寓辦公室和活動，要跟州政府和市政府公共衛生的規則。這公寓管理員會監控政府規則。如果這個公寓的租戶聯誼會有意見，請告訴我們。

要靠大家合作。公寓會會在公共地方消毒。我們要求你們：

1. 你離開你家要帶口罩
2. 還要社交隔離
3. 還要多洗手
4. 如果不舒服或有病，請隔離自己（不要離開家或看朋友）

大流行過後我們恢復正常時，請記住，RHF致力於維護其租戶和員工的健康，安全和福祉。在此期間，我們希望每個人都將盡一切努力使彼此免受這種致命病毒的傷害。

~ Perry Glenn, RHF經濟適用房副總裁

저렴한 주택의 RHF VP의 모든 RHF 거주자에게

캘리포니아를 포함한 많은 주 정부들이 코로나 19 관련 주택 대피 명령을 해체했거나, 개정에 들어갔습니다. 이에 저희 아파트들도 부분적 개방을 시행 할 계획입니다.

우선적으로 시행/개방 될 사항들은 아래와 같습니다:

- 1) 긴급 보수만 진행했던 수리보수팀이 다시 일반 보수 예약을 잡겠습니다.
- 2) 아파트 공공장소를 부분적으로 개방하겠습니다.

보수를 위하여 수리공이 주민분의 집 안으로 들어 오는 것이 불편하시면, 저희에게 미리 통보를 해주십시오. 다른 해결 방안을 모색해보겠습니다.

어떠한 경우에도 여러분의 안전이 우선시 되어야 하니, 이 외의 사항들 (소셜 오피스, 아파트 행사, 관리 사무실 재개방 등)은 각 아파트가 지역구의 공중 보건 기관의 지침에 따라 개방할지 안할지 잘 생각하여 함께 결정 하시길 권고 드립니다.

이 과정이 안전하게 시행 되려면 우리 모두가 함께 협조해야 합니다. 저희는 공공장소 방역을 꾸준히 진행할 계획이니, 주민분께서는 아래 사항을 꼭 지켜주십시오:

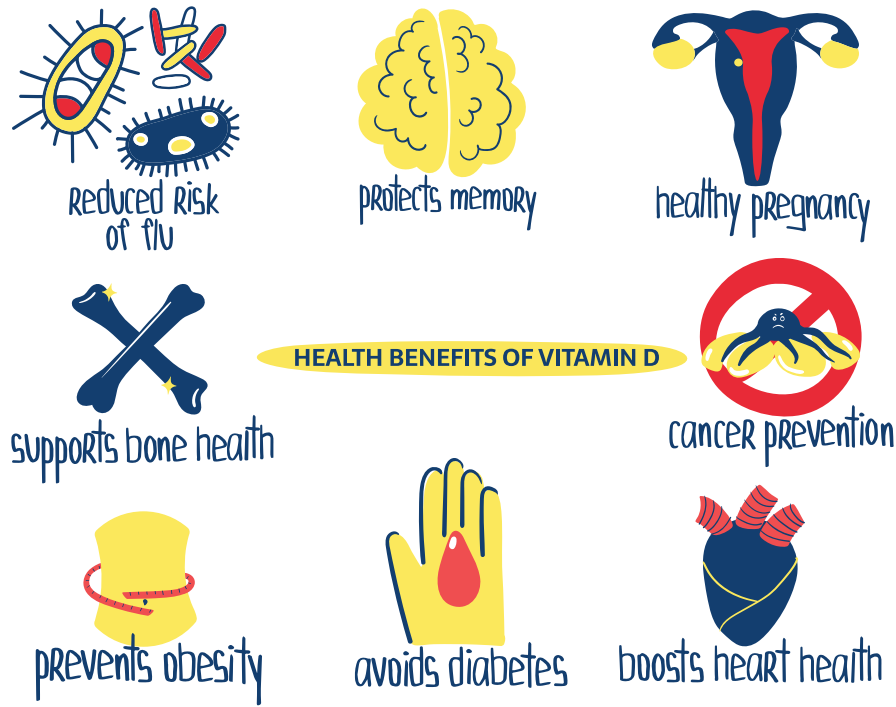
- 1) 아파트 안팎, 마스크 착용을 부탁드립니다.
- 2) 사회적 거리두기 (6피트)는 어떠한 상황에서도 지켜주시길 바랍니다.
- 3) 손을 자주, 20초이상 씻으십시오
- 4) 몸이 편찮으실 땐, 자가 격리를 부탁드립니다.

저희 RHF 본사는 주민과 직원들의 건강, 안전, 복지를 보호하고 유지하기 위해 최선을 다하고 있습니다. 모든 분들이 이 치명적이고 확산이 빠른 바이러스로 부터 서로의 안전히 지키기 위해, 본 사항을 꼭 따라주시길 부탁드립니다. 감사합니다.

~ Perry Glenn, 저렴한 주택 담당 RHF 부사장

Benefits of the Sunshine Vitamin

Vitamin D is often referred to as the “sunshine vitamin” because it’s naturally produced as a bodily response to sunlight. You can also obtain this critically important vitamin by consuming certain foods (such as salmon, canned tuna, egg yolks, cow’s milk, orange juice, oatmeal) and supplements. Both methods help ensure that enough Vitamin D is in our system.



Vitamin D serves several vital functions. One of the most roles relates to the regulation calcium and phosphorus absorption, as well as facilitating a normal and healthy immune system response. Getting an adequate amount of Vitamin D is critical for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

Research also suggests that Vitamin D can play a role in fighting disease, including multiple sclerosis, heart disease, and the flu. In fact, having healthy blood levels of Vitamin D can possibly help to prevent COVID-19, or decrease the severity the virus. Several groups of researchers from different countries have found that the very sickest patients often have the lowest levels of Vitamin D, and that those countries with lesser levels of COVID-19 cases also demonstrate a higher Vitamin D blood level average among their respective citizens. Experts also suggest that healthy blood levels of Vitamin D may confer a survival advantage upon COVID-19 positive individuals. The vitamin may help them to avoid the possibility of a cytokine storm, a devastating situation wherein the immune system wildly overreacts and attacks its own body’s own cells and tissues.

It should be noted that this promising early research has not yet been peer-reviewed. Many researchers nonetheless suggest that there’s no harm in taking Vitamin D in its daily recommended allowance (RDA) dose as a precautionary measure.

Beneficios de la Vitamina del sol

La vitamina D a menudo se conoce como la "vitamina del sol" porque se produce naturalmente como una respuesta corporal a la luz solar. También puede obtener esta vitamina de importancia crítica al consumir ciertos alimentos (como salmón, atún enlatado, yemas de huevo, leche de vaca, jugo de naranja, avena) y suplementos. Ambos métodos ayudan a garantizar que haya suficiente vitamina D en nuestro sistema.

La vitamina D cumple varias funciones vitales. Una de las funciones principales se relaciona con la regulación de la absorción de calcio y fósforo, además de facilitar una respuesta normal y saludable del sistema inmunitario. Obtener una cantidad adecuada de vitamina D es fundamental para el crecimiento y desarrollo normal de huesos y dientes, así como para mejorar la resistencia contra ciertas enfermedades.

La investigación también sugiere que la vitamina D puede desempeñar un papel en la lucha contra las enfermedades, incluidas la esclerosis múltiple, las enfermedades cardíacas y la gripe. De hecho, tener niveles saludables de vitamina D en la sangre puede ayudar a prevenir COVID-19 o disminuir la gravedad del virus. Varios grupos de investigadores de diferentes países han encontrado que los pacientes más enfermos a menudo tienen los niveles más bajos de vitamina D, y que aquellos países con niveles más bajos de casos de COVID-19 también demuestran un mayor nivel de vitamina D en la sangre entre sus respectivos ciudadanos. Los expertos también sugieren que los niveles saludables de vitamina D en la sangre pueden conferir una ventaja de supervivencia a las personas con COVID-19 positivo. La vitamina puede ayudarlos a evitar la posibilidad de una tormenta de citoquinas, una situación devastadora en la que el sistema inmune reacciona exageradamente y ataca las células y tejidos de su propio cuerpo.

Cabe señalar que esta prometedora investigación inicial aún no ha sido revisada por pares. Sin embargo, muchos investigadores sugieren que no hay daño en tomar vitamina D en su dosis diaria recomendada (RDA) como medida de precaución.



陽光維生素(維生素D)的好處

維生素D通常被稱為“陽光維生素”，因為它是在您的身體接觸陽光時產生的。您還可以通過食用某些食物（例如鮭魚，金槍魚罐頭，蛋黃，牛奶，橙汁，燕麥片）和補品來獲取這種維生素。兩種方法都有助於確保體內有足夠的維生素D。

維生素D具有多種重要功能。最重要的作用之一涉及調節鈣和磷的吸收，以及促進正常和健康的免疫系統反應。獲得足夠量的維生素D對於骨骼和牙齒的正常生長發育以及提高對某些疾病的抵抗力至關重要。

研究還表明，維生素D可以對抗多種疾病，包括多發性硬化症，心臟病和流感。實際上，血液中維生素D的健康水平可能有助於預防冠狀病毒或降低病毒的嚴重性。研究人員發現，最病的患者維生素D含量最低。他們還發現，冠狀病毒感染率較低的國家維生素D含量較高。專家還建議，健康的血液中維生素D的含量可以為冠狀病毒患者帶來生存優勢。但是，有關維生素D和冠狀病毒的研究尚未得到證實。如有任何健康問題，請按照醫生的指示進行。

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