

**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.

EQUAL HOUSING OPPORTUNITY

### 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).

**Perry Glenn**
Vice President of
Affordable Housing Operations
911 N. Studebaker Road,
Long Beach, CA 90815
Telephone: 562-257-5100
TDD 800-545-1833, ext. 359



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Issue 7

# The *Flight* by Angelus Plaza

A Retirement Housing Foundation® Community



## JULY Message

"May we think of freedom,
not as the right to do as we please,
but as the opportunity to do what is right."

*~ Peter Marshall*

**ICE CREAM SOCIAL W/DJ RYAN**
Thursday, 7/01 at 1:30 p.m.

**RESIDENT BIRTHDAY CELEBRATION W/MIKE & MANDY**
Friday, 7/23 at 2:00 p.m.





# 4th of July
## INDEPENDENCE DAY

## A NATION FREE

Today is a time for fireworks and fun
But we shouldn't forget its reason.
This is one of the most important days
of the entire summer season.
Today's the day our nation became free
and the date of the country's birth.
For so many years we have grown to be
one of the best countries on earth.

## UNA NACIÓN LIBRE

Hoy es el momento de los fuegos artificiales y la diversión.
Pero no debemos olvidar su razón.
Este es uno de los días más importantes.
de toda la temporada de verano.
Hoy es el día en que nuestra nación se volvió libre
y la fecha de nacimiento del país.
Durante tantos años hemos llegado a ser
uno de los mejores países del mundo.

## 個自由的國家

今天是放煙花和玩樂的時間
但我們不應該忘記它的起源。
這是最重要的日子之一
整個夏季。
今天是我們國家獲得自由的日子
以及國家成立的日期。
這麼多年，我們已經成長為
地球上最好的國家之一。

## 자유의 나라

오늘은 불꽃놀이와 즐거움의 날
그러나 우리는 오늘의 의미를 잊으면 안되네.
이 날은 온 여름을 통틀어
가장 중요한 날 중의 하나.
오늘은 우리 나라가 자유를 얻은
이 나라의 탄생일
수많은 해들을 거치며 이 나라는
세상에서  가장 좋은 나라중의 하나로 성장했다네.



## INDEPENDENCE DAY WORD SEARCH

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| N | U | F | E | V | A | R | B | B | Q | M |
| H | O | L | I | D | A | Y | L | U | J | O |
| F | L | A | G | R | U | N | I | T | E | D |
| H | J | C | E | L | E | B | R | A | T | E |
| E | T | I | H | W | F | W | P | D | S | E |
| U | S | R | O | Z | O | T | O | E | M | R |
| L | V | E | C | O | U | N | T | R | Y | F |
| B | U | M | P | A | R | A | D | E | K | Z |
| S | T | A | R | S | T | R | I | P | E | S |
| G | F | X | C | S | H | V | Y | D | A | L |

AMERICA
BBQ
BLUE
BRAVE
CELEBRATE
COUNTRY
FIREWORKS
FLAG
FOURTH
FREEDOM
FUN
HOLIDAY
JULY
PARADE
RED
STARS
STRIPES
UNITED
WHITE



# July is Social wellness Month

## CELEBRATING OUR INDEPENDENCE, WHILE WE CELEBRATE OUR TOGETHERNESS!

July is Social Wellness Month, encouraging us to find time to focus on nurturing ourselves and our relationships. Social wellness focuses on the giving and receiving of social support, identifying the network of friends and family you 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 and find ways to grow and nurture that social network. Volunteering, pursuing a hobby, or joining a local senior center are all ways for seniors to gain valuable social interaction and grow relationships.

Seniors reap the benefits of positive social interaction in a number of ways, from increased social and emotional well-being to improvements in their physical and cognitive functions.

Research shows us that:

- 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.

## CELEBRANDO NUESTRA INDEPENDENCIA, ¡MIENTRAS CELEBRAMOS NUESTRA UNIÓN!

Julio es el Mes del Bienestar Social, que nos anima a encontrar tiempo para concentrarnos en nutrirnos a nosotros mismos y a nuestras relaciones. El bienestar social se enfoca en dar y recibir apoyo social, identificando la red de amigos y familiares a los que puede acudir en tiempos de crisis, así como en momentos de celebración, y formas de mantener saludables las relaciones. 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 y encontrar formas de crecer y nutrir esa red social. Ser voluntario, dedicarse a un pasatiempo o unirse a un centro local para personas mayores son todas formas en las que las personas mayores pueden obtener una interacción social valiosa y desarrollar relaciones.

Las personas mayores obtienen los beneficios de la interacción social positiva de varias maneras, desde un mayor bienestar social y emocional hasta mejoras en sus funciones físicas y cognitivas. La investigación nos muestra que:

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







## 慶祝我們的獨立，當我們慶祝我們的社區時！

七月是社會健康月。應該鼓勵我們抽出時間專注於照顧好自己和我們的人際關係。社會健康側重於給予和接受社會支持，確定在危機時期和慶祝時期可以求助的朋友和家人網絡，以及保持人際關係健康的方法。由於社會支持可以緩沖不利的生活事件，因此老年人擁有強大的社交網絡並擁有並找到成長和培養該社交網絡的方法尤為重要。志願服務、追求愛好或加入當地的老年中心都是老年人獲得寶貴的社交互動和發展關係的方式。

老年人可以通過多種方式從積極的社交互動中獲益。從增加社交和情感健康，到改善他們的身體和認知功能。研究表明：

- 擁有強大社交網絡的人往往活得更久。
- 關係健康的人的心臟和血壓對壓力的反應更好。
- 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。
- 健康的社交網絡可以提高免疫系統抵抗傳染病的能力。

## 화목하고 즐거운 독립 기념일을 보냅시다!

7월은 건강을 위한 달입니다.

서로간의 격려와 좋은 관계를 갖도록 시간을 할애합시다.
건강한 사회는 서로의 도움으로 이루어집니다.
통신망에서 친구와 친척간의 소통은 건강한 사회를 이루는 좋은 방편입니다.

건강한 관계와 소통을 유지하세요.

사회적으로 받는 도움은 거친 세상에서 많은 힘이 됩니다.

특히 시니어분들에게 꼭 필요한 것은 가까운 이웃이나 친구간의 원만한 관계와 소통입니다.
자원봉사, 꾸준한 취미생활, 시니어센타에 참석하는 것 등은 서로간의 건강한 관계를 형성시켜 나가는 방법입니다.

육체적 정신적 기능을 개선하면 행복한 웰빙으로 생활할 수 있으며 시니어분들의 긍정적인 사고방식은 사회생활에 많은 도움이 됩니다.
연구조사한 바에 따르면:

- 사회생활을 많이 하실수록 장수합니다.
- 건강한 인간관계는 스트레스를 줄여주고 심장질환과 고혈압에 좋습니다.
- 건강한 관계와 소통은 내분비 계통과 심혈관 기능도 건강해집니다.
- 건강한 관계와 소통은 전염성 질환에 대처하는 면역기능도 향상시킵니다.

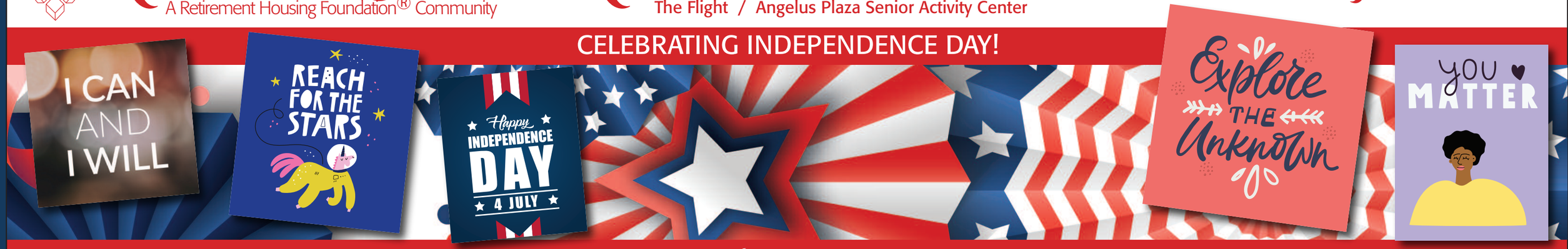
# ANGELUS PLAZA

A Retirement Housing Foundation® Community

The Flight / Angelus Plaza Senior Activity Center

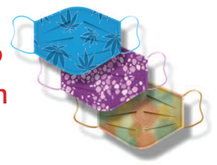
All Activities Are Subject to Change.

# JULY 2021




## ACTIVITIES CALENDAR

Reminder: Please wear FACIAL MASKS and keep 6 ft social distance when you are outdoors.



Thursday, 7/01 at 1:30 p.m.
**Ice Cream Social w/DJ Ryan**

Friday, 7/23 at 2:00 p.m.
**Resident Birthday Celebration w/Mike & Mandy**

Let's Celebrate!

ALL EXERCISE CLASSES AND CELEBRATIONS ARE OUTDOORS, AT THE PROMENADE.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| | | | | 1<br>**Cardio Workout**<br>9:00 - 9:40 a.m.<br>**Balance Exercise**<br>9:50 - 10:40 a.m.<br>**Line Dance w/Dawn**<br>11:00 a.m. - 12:00 p.m. | 2<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Cardio Workout**<br>9:30 - 10:00 a.m.<br>**Body Moves for Better Health**<br>10:15 - 10:45 a.m. | 3 |
| 4<br>*Independence Day*<br>Closed | Closed | 5<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Move with Music**<br>9:30 - 10:00 a.m.<br>**Belly Dance w/Dawn**<br>3:00 - 4:00 p.m. | 6<br>**Zumba Gold**<br>9:00 - 9:45 a.m.<br>10:00 - 10:40 a.m. | 7<br>**Cardio Workout**<br>9:00 - 9:40 a.m.<br>**Balance Exercise**<br>9:50 - 10:40 a.m.<br>**Line Dance w/Dawn**<br>3:00 - 4:00 p.m. | 8<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Cardio Workout**<br>9:30 - 10:00 a.m.<br>**Body Moves for Better Health**<br>10:15 - 10:45 a.m. | 9<br>10 |
| 11<br>LA Hope Church services<br>11:00 am - 12:00 pm | 12<br>**Zumba Gold**<br>9:00 - 9:45 a.m.<br>10:00 - 10:40 a.m.<br>**Art Class w/Nate**<br>11:30 a.m. - 1:00 p.m. | 13<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Move with Music**<br>9:30 - 10:00 a.m.<br>**Belly Dance w/Dawn**<br>3:00 - 4:00 p.m. | 14<br>**Zumba Gold**<br>9:00 - 9:45 a.m.<br>10:00 - 10:40 a.m. | 15<br>**Cardio Workout**<br>9:00 - 9:40 a.m.<br>**Balance Exercise**<br>9:50 - 10:40 a.m.<br>**Line Dance w/Dawn**<br>3:00 - 4:00 p.m. | 16<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Cardio Workout**<br>9:30 - 10:00 a.m.<br>**Body Moves for Better Health**<br>10:15 - 10:45 a.m. | 17 |
| 18<br>LA Hope Church services<br>11:00 am - 12:00 pm | 19<br>**Zumba Gold**<br>9:00 - 9:45 a.m.<br>10:00 - 10:40 a.m. | 20<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Move with Music**<br>9:30 - 10:00 a.m.<br>**Belly Dance w/Dawn**<br>3:00 - 4:00 p.m. | 21<br>**Zumba Gold**<br>9:00 - 9:45 a.m.<br>10:00 - 10:40 a.m. | 22<br>**Cardio Workout**<br>9:00 - 9:40 a.m.<br>**Balance Exercise**<br>9:50 - 10:40 a.m.<br>**Line Dance w/Dawn**<br>3:00 - 4:00 p.m. | 23<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Cardio Workout**<br>9:30 - 10:00 a.m.<br>**Body Moves for Better Health**<br>10:15 - 10:45 a.m. | 24 |
| 25<br>LA Hope Church Services<br>11:00 am - 12:00 pm | 26<br>**Zumba Gold**<br>9:00 - 9:45 a.m.<br>10:00 - 10:40 a.m.<br>**Art Class w/Nate**<br>11:30 a.m. - 1:00 p.m. | 27<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Move with Music**<br>9:30 - 10:00 a.m.<br>**Belly Dance w/Dawn**<br>3:00 - 4:00 p.m. | 28<br>**Zumba Gold**<br>9:00 - 9:45 a.m.<br>10:00 - 10:40 a.m. | 29<br>**Cardio Workout**<br>9:00 - 9:40 a.m.<br>**Balance Exercise**<br>9:50 - 10:40 a.m.<br>**Line Dance w/Dawn**<br>3:00 - 4:00 p.m. | 30<br>**Tai-Chi**<br>8:30 - 9:15 a.m.<br>**Cardio Workout**<br>9:30 - 10:00 a.m.<br>**Body Moves for Better Health**<br>10:15 - 10:45 a.m. | 31 |

# BON APETIT

WITH CHEF ANDY BUILDING A MANAGER

## SIMPLE POTATO SALAD

Serves 4

INGREDIENTS

- Yukon Gold Potato or White Potatoes. (2 lbs.)
- Hard boiled Eggs (3 ea.)
- Green Onion (1 stalk)
- Celery (1 stalk)
- Vinegar (1/2 cup) (can substitute with apple cider or rice wine vinegar)
- Mayonnaise (2 cups) (can be substituted for any type that are lower in fat or made with olive oil. Or even miracle Whip for a more unique flavor)
- Yellow mustard (2 tbsp)
- Salt (1/2 tsp) (can use kosher salt)
- Pepper (1/2 tsp) (freshly ground is better)
- Sugar (1/2 tsp)
- Paprika (1/2 tsp)

Stay away from using russet potato if you can. Use less starchy potatoes for potato salad. Cook your potatoes whole starting with cold water for about 20-25 mins depending on the size, and cook until fork tender. Let the potatoes cool a bit so they are easier to cut. Dice (medium size) your potatoes and set in a mixing bowl. While the potatoes are still warm, add vinegar so the potatoes can soak it up while they cool. Mince celery and green onion. Chop hard boiled eggs and set aside.

Making your dressing. Combine the mayo, mustard, sugar salt, pepper and paprika into a mixing bowl. Mix until all ingredients are incorporated. Taste and adjust according to personal preference. Once the potatoes have cooled, mix into the dressing the chopped hard boiled eggs, green onion and celery. It's now ready to serve. Garnishes are always welcome and optional. Simple garnish: minced curly parsley or a sprig of Italian parsley.



## ENSALADA DE PAPA SIMPLE

Porciones 4

INGREDIENTES

- Papa Yukon Gold o Papa Blancas. (2 libras.)
- Huevos duros (3 c / u)
- Cebolla Verde (1 tallo)
- Apio (1 tallo)
- Vinagre (1/2 taza) (se puede sustituir con sidra de manzana o vinagre de vino de arroz)
- Mayonesa (2 tazas) (se puede sustituir por cualquier tipo que tenga menos grasa o se haga con aceite de oliva. O incluso Miracle Whip para un sabor más exclusivo)
- Mostaza amarilla (2 cucharadas)
- Sal (1/2 cucharadita) (puede usar sal kosher)
- Pimienta (1/2 cucharadita) (recién molida es mejor)
- Azúcar (1/2 cucharadita)
- Pimentón (1/2 cucharadita)

Evite el uso de papa rojiza si puede. Use papas con menos almidón para la ensalada de papas. Cocine las papas enteras comenzando con agua fría durante unos 20-25 minutos, según el tamaño, y cocine hasta que estén tiernas. Deja que las papa se enfríen un poco para que sean más fáciles de cortar. Corta en dados (tamaño mediano) las papas y colócalas en un tazón. Mientras las papas aún están calientes, agregue vinagre para que las papas puedan absorberlo mientras se enfrían. Pica el apio y la cebolla verde. Picar los huevos duros y reservar.
Haciendo tu aderezo. Combine la mayonesa, la mostaza, el azúcar, la sal, la pimienta y el pimentón en un tazón para mezclar. Mezclar hasta incorporar todos los ingredientes. Pruebe y ajuste según las preferencias personales. Una vez que las papas se hayan enfriado, mezcle con el aderezo los huevos duros picados, la cebolla verde y el apio. Ahora está listo para publicarse. Las guarniciones son siempre bienvenidas y opcionales. Guarnición simple: perejil rizado picado o una ramita de perejil italiano.




## 簡單土豆沙拉

4人份

### 原料

- 育空金土豆或白土豆（2磅）（最好不要用褐皮土豆）
- 煮熟的雞蛋（3個）
- 蔥（1根）
- 芹菜（1根）
- 醋（1/2杯）（可用蘋果醋或米酒醋代替）
- 蛋黃醬（2 杯）（可替代任何低脂或橄欖油製成的蛋黃醬）
- 黃芥末（2湯匙）
- 鹽（1/2 茶匙）
- 胡椒（1/2 茶匙）
- 糖（1/2 茶匙）
- 辣椒粉（1/2 茶匙）

將土豆放入一鍋冷水中。加熱並煮約 20-25 分鐘。煮至嫩。切土豆前先讓土豆冷卻。切你的土豆（直到一口大小）並放在一個大碗裡。在土豆還熱的時候，加入醋，這樣土豆可以在冷卻時吸收它。芹菜和蔥切碎。將煮熟的雞蛋切碎。

製作沙拉醬：將蛋黃醬、芥末、糖鹽、胡椒粉和辣椒粉放入碗中。混合直到所有成分都加入。根據個人喜好品嚐和調整香料。土豆冷卻後，加入調料、切碎的煮雞蛋、蔥和芹菜。現在可以開吃了！




## 간단한 감자 샐러드

(4인분)

- 준비물: 껍질이 얇은 금색 또는 하얀 감자 2 파운드
- 삶은 달걀 3개
- 파 1 줄기
- 셀러리 1 줄기
- 식초 반컵
- 마요네즈 2 컵
- 겨자 2 작은술
- 소금 ½ 작은술
- 후추 ½ 작은술
- 설탕 ½ 작은술
- 파프리카 ½ 작은술(안 매운 고운 고추가루)

만드는 방법:

1) 껍질이 두꺼운 감자는 전분이 많으니 피해주세요.
2) 감자를 찬물에 넣어 불을 켜시고 젓가락이 쑤욱 들어갈 정도로 부드럽게 익을 때까지 크기에 따라 대략 20-25분 삶으세요.
3) 감자가 자르기 편할 정도로 식을 때까지 기다리세요.
4) 감자를 깍뚝썰기해서 큰 그릇에 담으시고 따뜻할 때 식초를 넣으셔서 감자에 식초가 배어야합니다.
5 셀러리, 파, 삶은 달걀은 다져 놓으세요.
6) 드레싱: 마요네즈, 겨자, 설탕, 소금, 후추와 파프리카를 섞으세요. 간은 입맛에 맞추세요.
7) 감자가 식으면 다져 놓은 삶은 달걀, 파, 셀러리와 섞으세요.

다 되었습니다.
고명으로 다진 파슬리를 얹으셔도 됩니다.
맛있게 드세요.

# Olive Hill Pharmacy

On the 2nd Floor of Administration Building

Business Hours
9:30 AM-6:00 PM(Monday-Friday)
Tel:(213)680-2000

## 올리브힐 약국

관리사무소 건물 2 층에 있습니다

## Olive Hill 药店

位于管理办公室的二楼

**Tel: (213)680-2000**



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CCS is pleased to support the Angelus Plaza Senior Activity Center.






PIH HEALTH GOOD SAMARITAN HOSPITAL: WHERE YOU'LL FIND THE FUTURE OF MEDICINE

## We Bring L.A. to Life™

Just as Downtown L.A. is undergoing a spectacular rebirth, PIH Health Good Samaritan Hospital has undergone an amazing transformation of its own. With the Medical Pavilion, we have created a magnificent leading edge facility, which is home to the Frank R. Seaver Ambulatory Surgery Center, Radiation Oncology, physicians' offices and boutique café.

For services closer to home, the Tom Bradley Center for Health Care, operated by PIH Health Good Samaritan Hospital, is located on the second floor at Angelus Plaza in the heart of the historic Bunker Hill area of downtown Los Angeles.

The Center offers services to get you back to health. Our services are designed with you in mind and we strive to serve you as a whole person, meeting your needs with care and excellence.

PIH HEALTH



**For more information about the Tom Bradley Center for Health Care call (213) 633-4777.**

**For more information and referrals to physicians practicing at PIH Health Good Samaritan Hospital, go to goodsam.org or call 1-800-472-2737.**




# Welcome to Project Hands!







## We're Now Open!

Please join us on Fridays - 1:00 to 3:00 p.m.
on the 3rd floor in the Conference Room


# 나성소망교회



담임목사: 김재율

**예배시간: 주일 오전 11시**

**예배장소: 6층 발코니(야외), Activity Center**

(마스크를 착용하고 거리두기를 하면서 예배할 것입니다.)

**213.500.7377** www.lahopechurch.com

255 S. Hill St. #401 (본관 4층), Los Angeles, CA 90012

### 섬김 프로그램

1. **자연밥상: 주일 예배 후**
   발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. **무료한방의료봉사: 매달 첫 주일 1-3PM**
   경산한의과대학병원 원장과 기독한의사 협회
3. **영어교실 (ESL Class): 월, 수 10:30-11:30am**
   정신건강과 치매예방에 넘버원!
4. **나성소망한국학교: 매 주일 오후**
   1,2,3세 토탈 교육 현장 - 한국어, 영어, 수학, 스토리텔링, 음악, 미술

### 부속기관

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