



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



The *Flight*
by **Angelus Plaza**

A Retirement Housing Foundation® Community



SPRING
Message

"An optimist is the human personification of spring."

~ Susan J. Bissonette



Celebrating Mother's Day

"If love is as sweet as a flower, then my mother is that sweet flower of love."

~ Stevie Wonder

Mother's Day is dear to the hearts of many. It's a time to recognize the contributions made by those who care for and support children. The act of mothering can be defined in terms of not just someone who gives birth to a child but also as someone who helps raise a child even when not their own. Someone who provides a child with love and affection. Someone who protects, cares for, guides, and nurtures a child. Mothers come in all forms and from all paths of life. Let us take a moment to thank and celebrate those who have mothered us into becoming the people we are today. And, for all the mothers out there, take a bow because you are very, very special.

Día de la Madre

"Un optimista es la personificación humana de la primavera".

~ Stevie Wonder

El día de la madre es querido para los corazones de muchos. Es tiempo de reconocer las contribuciones hechas por aquellos que cuidan y apoyan a los niños. El acto de maternidad puede definirse en términos no solo de alguien que da a luz a un hijo, sino también de alguien que ayuda a criar a un hijo, incluso cuando no es suyo. Alguien que brinda amor y afecto a un niño. Alguien que protege, cuida, guía y cuida a un niño. Las madres vienen en todas las formas y de todos los caminos de la vida. Tomemos un momento para agradecer y celebrar a quienes nos han motivado a convertirnos en las personas que somos hoy. Y, para todas las madres por ahí, haz una reverencia porque eres muy, muy especial.

母親節

"樂觀的人是春天的人格化。"

~ Stevie Wonder

母親節對許多人的心靈至關重要。現在是時候承認照顧和支持兒童的人所做的貢獻。母親行為不僅可以定義為生孩子的人，而且可以定義為即使不是自己的孩子也可以撫養孩子的人。為孩子提供愛與關愛的人。保護，照顧，引導和撫養孩子的人。母親有各種形式。讓我們花一點時間感謝和慶祝那些使我們成為今天的人們的母親。而且，對於所有在那裡的母親，我們非常感謝

어머니 날 (마더스 데이)

"낙관주의자는 봄의 인간화이다" 수잔 비소네트

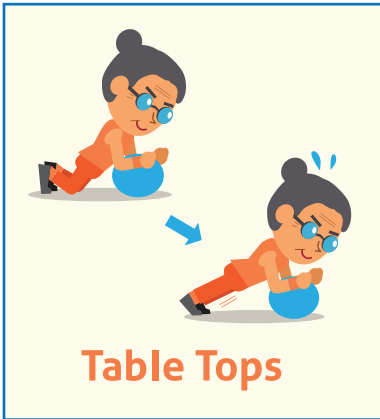
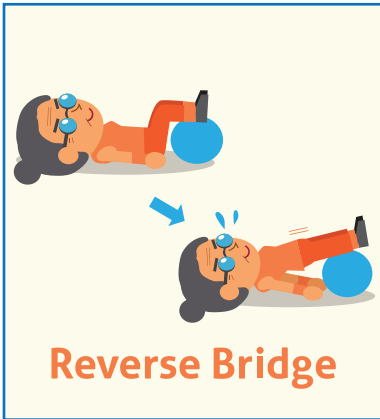
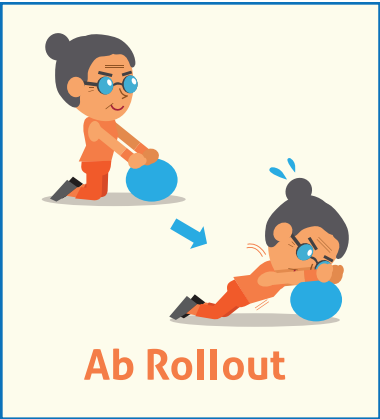
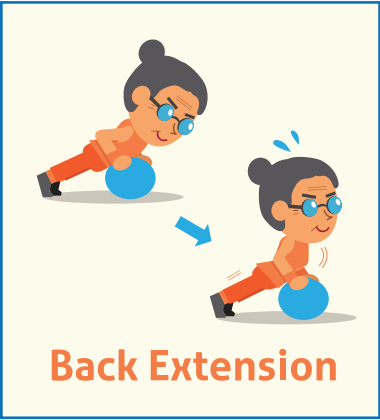
~ Stevie Wonder

5월 둘째 일요일은 어머니의 날입니다. 이 날은 자녀들이 부모나 자신의 삶에서 부모같은 역할을 해 온 누군가에게 그들의 존재에 얼마나 감사하는지를 보다 구체적으로 표하는 날입니다. 미국에서 부모를 공식적으로 기리는 날이 제정된 이유는 아나 자비스라는 한 딸의 끈기와 사랑 덕분이었습니다. 약 19세기 경, 아나의 어머니는 목사였던 남편을 따라 여러 주를 돌아 다니며 가족들의 안위를 살피고 가정을 지키는 든든한 버팀목이었는데, 아나는 그런 어머니를 기리고자 자신이 다녔던 교회의 목사에게 어머니를 추모하는 설교를 부탁했습니다. 이에 목사는 흔쾌히 그녀의 어머니를 포함한 세상의 모든 어머니를 기리는 특별 예배를 올렸고, 이 것을 계기로 여러 지역에서 어머니의 날을 기리게 되었습니다. 한국과 마찬가지로 미국 또 한 어버이 날의 공식 꽃은 붉은 카네이션이고, 부모님이 고인이 되셨을 경우, 흰 카네이션을 드린다고 합니다. 코로나로 힘드실 세상의 모든 어머니 아버지, 이번 달 만큼은 우리 모두 사랑하고 감사하는 달이 되길 기원합니다.

Tribute to Mother

by John Greenleaf Whittier (1807–1892)

A picture memory brings to me;
I look across the years and see
Myself beside my mother's knee.
I feel her gentle hand restrain
My selfish moods, and know again
A child's blind sense of wrong and pain.
But wiser now a man gray grown,
My childhood's needs are better known.
My mother's chastening love I own.



Keys to Aging Well

The familiar adage that “Every Journey Begins with a Single Step” is not only metaphorically applicable to life’s journeys, but it is literally true as well. Did you know that when you add up the total number of steps taken over a lifetime, on average, a person will have walked over 75,000 miles by the time they turn 80. As we move into the warmer months and under home stay condition, it’s time for us to think of other ways how we can keep fit and remain in good health. Wednesday, May 27th, 2020 marks the 27th Annual “National Senior Health & Fitness Day®.”

It is an excellent time to remind ourselves that staying healthy means practicing healthy habits every single day of our lives.

- 1. Hygiene: Wash your hands frequently.(20 second with warm water)
- 2. Stay Hydrated: 4-5 glasses of water!
- 3. Do Home-based fitness program.
- 4. Take your vitamins: C, A, D as prescribed by your Doctor.
- 5. Take all medication as directed by your physician.
- 6. Eat high protein (fish, chicken, eggs whites, dairy), low sugar and low cholesterol meals.
- 7. Manage stress: breathing exercise, meditation, prayers.
- 8. Sleep well.
- 9. Schedule regular check-ups with your doctor(s).
- 10. Stop alcohol consumption and nicotine usage.

Claves para envejecer bien

El adagio familiar de que "Todo viaje comienza con un solo paso" no solo es metafóricamente aplicable a los viajes de la vida, sino que también es literalmente cierto. ¿Sabía que, cuando suma el número total de pasos dados a lo largo de la vida, en promedio, una persona habrá caminado más de 75,000 millas para cuando cumpla 80 años? A medida que avanzamos en los meses más cálidos y en condiciones de permanecer en el hogar, es hora de que pensemos en otras maneras de cómo podemos mantenernos en forma y mantener una buena salud. El miércoles 27 de mayo de 2020 se celebra el 27º Anual "National Senior Health & Fitness Day®".

Es un excelente momento para recordarnos que mantenernos saludables significa practicar hábitos saludables todos los días de nuestras vidas.

- 1. Higiene: Lávese las manos con frecuencia (20 segundos con agua tibia).
- 2. Manténgase hidratado: i4-5 vasos de agua!
- 3. Hacer un programa de ejercicios en el hogar.
- 4. Tome sus vitaminas: C, A, D según lo prescrito por su médico.
- 5. Tome todos los medicamentos según las indicaciones de su médico.
- 6. Coma alimentos ricos en proteínas (pescado, pollo, claras de huevo, lácteos), bajos en azúcar y bajos en colesterol.
- 7. Manejar el estrés: ejercicios de respiración, meditación, oraciones.
- 8. Duerme bien.
- 9. Programe chequeos regulares con su (s) médico (s).
- 10. Detener el consumo de alcohol y el uso de nicotina.



改善衰老的秘訣

“每個旅程都從一個步驟開始”的英語短語不僅適用於人生旅途，而且從字面上講也是正確的。您是否知道，如果將一生中要執行的步驟總數加起來，那麼到80歲時，一個人平均走了75,000英里。當我們進入溫暖的月份並需要留在家中時，就該考慮其他方法來保持健康並保持健康。 2020年5月27日（星期三）是第27屆年度“全國老年人健康健身日”

現在是提醒自己的好時機，保持健康意味著每天生活中都要養成健康的習慣。

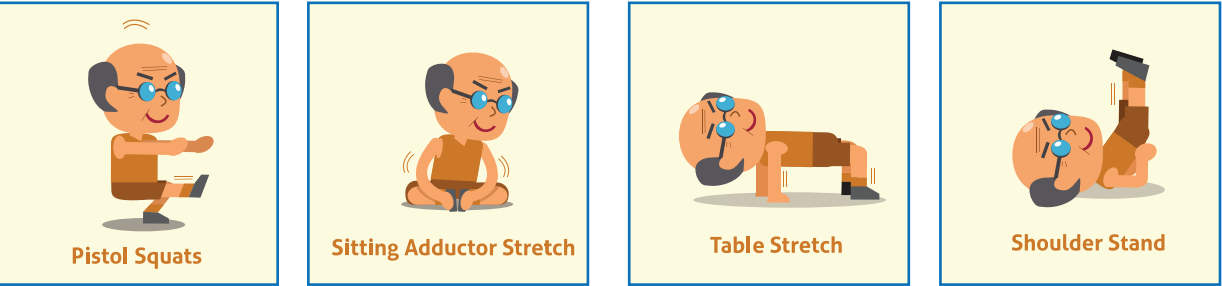
- 1. 衛生：經常洗手（用溫水和肥皂20秒）
- 2. 保持水分：喝4到5杯水！
- 3. 在家鍛煉
- 4. 服用維生素：如果醫生建議，則補充維生素 C，A，D
- 5. 按照醫生的指示服用所有藥物。
- 6. 多吃高蛋白（魚，雞，蛋清，奶製品），低糖和低膽固醇的食物。
- 7. 處理壓力：呼吸運動，冥想，祈禱。
- 8. 睡個好覺。
- 9. 與您的醫生安排定期檢查。
- 10. 停止飲酒和使用尼古丁。

집에서도 건강을 유지하는 방법

“모든 여정의 시작은 작은 걸음에서 부터다” 라는 말이 있습니다. 물론 이 문장은 여러 곳에 은유적인 표현으로 많이 사용되지만, 일상 생활에서 특히나 건강을 유지하는데도 쓰일 수 있는 말입니다. 인간의 팔십년 인생 걸음 수를 합산하면 평균적으로 75,000 마일이 나온다고 합니다. 날은 풀렸지만, 우리는 여전히 안전을 위해 집에 있길 권고받고 있습니다. 해서 오는 5월 27일 수요일은 “27번째 노약자 건강과 운동의 날”을 맞아, 집에서도 할 수 있는 건강 유지 방법을 알려 드립니다.

매일매일 10가지 모두를 실천할 수 있도록 노력해보십시오:

- 1. 위생: 손을 온수에서 20초이상 자주 씻으십시오
- 2. 매일 4-5잔 이상의 물을 섭취하여 수분을 유지하세요
- 3. 집에서 할 수 있는 간단한 운동/체조/스트레칭을 꾸준히 하세요
- 4. 의사 처방에 따라 비타민 A, C, D를 섭취하세요
- 5. 의사 지시에 따라 약을 복용하세요
- 6. 고 단백질 (생선, 닭고기, 달걀 흰자, 유제품), 저설탕, 저 콜레스트롤 식사를 하세요
- 7. 호흡운동, 명상, 기도등을 통해 스트레스 지수를 낮추세요
- 8. 잘 주무세요 (규칙적인 숙면 활동)



Activities Program Update

STAY AT HOME AND TAKE CARE OF YOURSELF



To our Angelus Plaza Residents,

Due to the COVID-19 Pandemic, and upon the advice of city, state and federal government officials, we are practicing social distancing to help lessen any possible person-to-person contact.

So until further notice, and until our county health officials can rescind these guidelines or our nation's health care infrastructure can develop an effective treatment, cure or vaccine, our Activity Department will remain closed for the time being.

Please follow us on our website at www.angelusplaza.org for any updates. Please stay home and stay safe.

A nuestros residentes de Angelus Plaza,

Debido a la pandemia de COVID-19, y siguiendo el consejo de los funcionarios del gobierno municipal, estatal y federal, estamos practicando el distanciamiento social para ayudar a disminuir cualquier posible contacto de persona a persona.

Así que hasta nuevo aviso, y hasta que los funcionarios de salud de nuestro condado puedan rescindir estas pautas o la infraestructura de atención médica de nuestra nación puede desarrollar un tratamiento, cura o vacuna eficaz, nuestro departamento de actividades permanecerá cerrado por el momento.

Síganos en nuestro sitio web en www.angelusplaza.org para cualquier actualización. ¡Por favor quédese en casa y manténgase a salvo!

親愛的天使公寓租戶,

為了冠狀病毒 (COVID-19)，我們要遵守聯邦，州和城市的法令。所以我們執行社交疏離 (social distancing) 為限制人對人的近距離接觸。

直到另行通知，我們的活動中心暫時關閉。除非洛杉磯公共衛生局將撤銷該法令。或國家政府制定了有效的治療方法或疫苗。

請看我們的網站以獲取任何更新：
angelusplaza.org

請留在家中並保重身體！

엔젤러스 플라자 주민분께,

날이 갈 수록 심해지는 코로나 바이러스 (COVID-19) 확산으로 인해, LA시와 캘리포니아 주 그리고 연방 정부에서는 가족을 포함한 모든 사람과의 접촉을 줄일 것을 당부했습니다.

따라서 추후 LA 카운티 보건 당국의 지침과 공지가 있을 때 까진, 저희 아파트의 활동센터 (액티비티 센터)는 폐쇄될 것 입니다.

이 외의 문의 사항은 www.angelusplaza.org를 확인하세요. 외출을 자제하여 확산을 막읍시다!

Memorial Day

Memorial Day commemorates the men and women who died while in the military service of their country. In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country. We spend time remembering those who lost their lives and could not come home, reflecting on their service and why we have the luxury and freedom that we enjoy today. We might consider how we can support and safeguard their grieving families and loved ones who are left behind.

The Poppy is a Symbol of Memorial Day

In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1. John McCrae, a Canadian soldier and physician, witnessed the war first hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. (See below for the poem.) He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium. Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

Memorial Day conmemora a los hombres y mujeres que murieron mientras estaban en el servicio militar de su país. En otras palabras, el propósito de Memorial Day es conmemorar a los veteranos que hicieron el último sacrificio por su país. Pasamos tiempo recordando a aquellos que perdieron la vida y no pudieron volver a casa, reflexionando sobre su servicio y por qué tenemos el lujo y la libertad que disfrutamos hoy. Podríamos considerar cómo podemos apoyar y salvaguardar a sus afligidos familiares y seres queridos que se quedan atrás.

LA AMAPOLA UN SÍMBOLO DEL DÍA MEMORIAL

En los campos de batalla de Europa devastados por la guerra, la amapola roja común (*Papaver rhoeas*) fue una de las primeras plantas en reaparecer. Sus semillas se dispersaron en el viento y permanecieron inactivas en el suelo, solo germinaron cuando el suelo estaba perturbado, como lo fue por la brutal lucha de la Primera Guerra Mundial. John McCrae, un soldado y médico canadiense, presenció la guerra de primera mano y se inspiró para escribir el poema ahora famoso "In Flanders Fields" en 1915. (Vea el poema a continuación.) Vio a las amapolas esparcidas por el campo de batalla que rodeaba su campo de batalla. posición de artillería en Bélgica. Hoy en día, las amapolas no solo son un símbolo de pérdida de vidas, sino también de recuperación y nueva vida, especialmente en apoyo de los militares que sobrevivieron a la guerra pero sufrieron lesiones físicas y psicológicas mucho después de que terminó.

陣亡將士紀念日是為了紀念在其國家服兵役期間喪生的男女。紀念日的目的是紀念為自己的國家做出最終犧牲的退伍軍人。我們花時間記住那些失去生命而無法回家的人，反思他們的服務以及為什麼我們擁有今天享受的奢華和自由。我們可能會考慮如何才能支持和維護他們悲傷的家人和被遺棄的親人。

流行是紀念日的象徵

在飽受戰爭war的歐洲戰場上，常見的紅色野罌粟（*Papaver rhoeas*）是最早出現的植物之一。它的種子散落在風中，埋在地下，僅在地面受到干擾時才發芽（例如第一次世界大戰期間）。加拿大士兵和醫師約翰·麥克萊（John McCrae）親眼目睹了這場戰爭。1915年，他受到鼓舞，寫了現在著名的詩《在法蘭德斯的田野》。今天，罌粟不僅象徵著生命的喪失，而且象徵著恢復和新生命。特別是支持在戰爭中倖存下來的軍人；然後在結束之後很長時間遭受了身心傷害。

미국의 현충일 (메모리얼 데이)은 자국의 군 복무 중 사망한 여성/남성 군인을 기리는 날입니다. 다시 말해, 현충일의 목적은 자신의 나라를 위해 목숨 바쳐 본인을 희생시킨 참전 용사들을 애도하고 감사를 표하는 날인 것입니다. 우리는 그들을 기억해야만 하며, 우리가 누리는 모든 것들의 바탕에는 이들의 희생이 있었음을 분명히 알아야 합니다.

현충일의 상징이 된 양귀비 (파피 꽃)

제 1차 세계 전쟁으로 폐허가 된 유럽의 전장에서 가장 먼저 핀 꽃이 양귀비 (파피 꽃) 이라고 합니다. 그 씨앗이 바람에 흩날려 땅에 잠들며 치열하게 나라를 위해 싸우던 이들을 기리고 애도하듯, 홀연히 발아한 꽃이 지금은 현충일의 상징이 되었습니다. 캐나다의 군인이자 의사인 존 맥크래 (John McCrae)는 벨기에 전장에서 핀 양귀비를 보고 감명하여 지금까지도 유명한 시, “플랑드르 필드에서”를 그 자리에서 쓸 만큼 양귀비가 뜻하는 의미는 큼니다. 물론 전쟁의 폐허와 슬픔을 뜻 할 수도 있지만, 많은 이들은 보다 긍정적으로 이 꽃을 받아 드리고 있습니다. 바로 전쟁의 종식, 그에 따른 회복과 새로운 삶과 같은 상징이 말입니다.

Need urgent care?

- Open 24/7, including holidays and weekends
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- Timely access to medical care
- May cost less than an emergency department

Mention this ad during your visit and receive one of our deluxe lunch bags!



HealthCare Partners-Los Angeles Urgent Care Clinic
1120 W. Washington Blvd., Los Angeles, CA 90015
213.861.5950
(TTY: 711)



HealthCare Partners.

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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



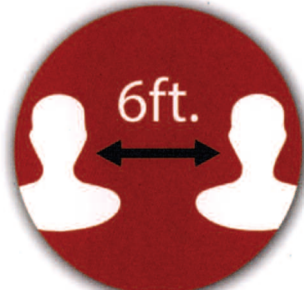
Stay Home to Save Lives



Wash Your Hands



Cover Coughs & Sneezes



Maintain Social Distancing



Call ahead if you need to seek medical care, please call your health care provider first.

Novel CoronaVirus (COVID-19)

Helpful information



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.



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.



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