



Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
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~ **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.



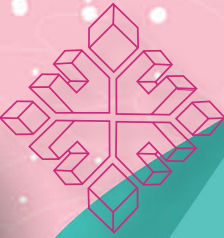
**Notification of
Nondiscrimination on
Basis of Disability Status**

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).

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The *Flight*
by **Angelus Plaza**

A Retirement Housing Foundation® Community

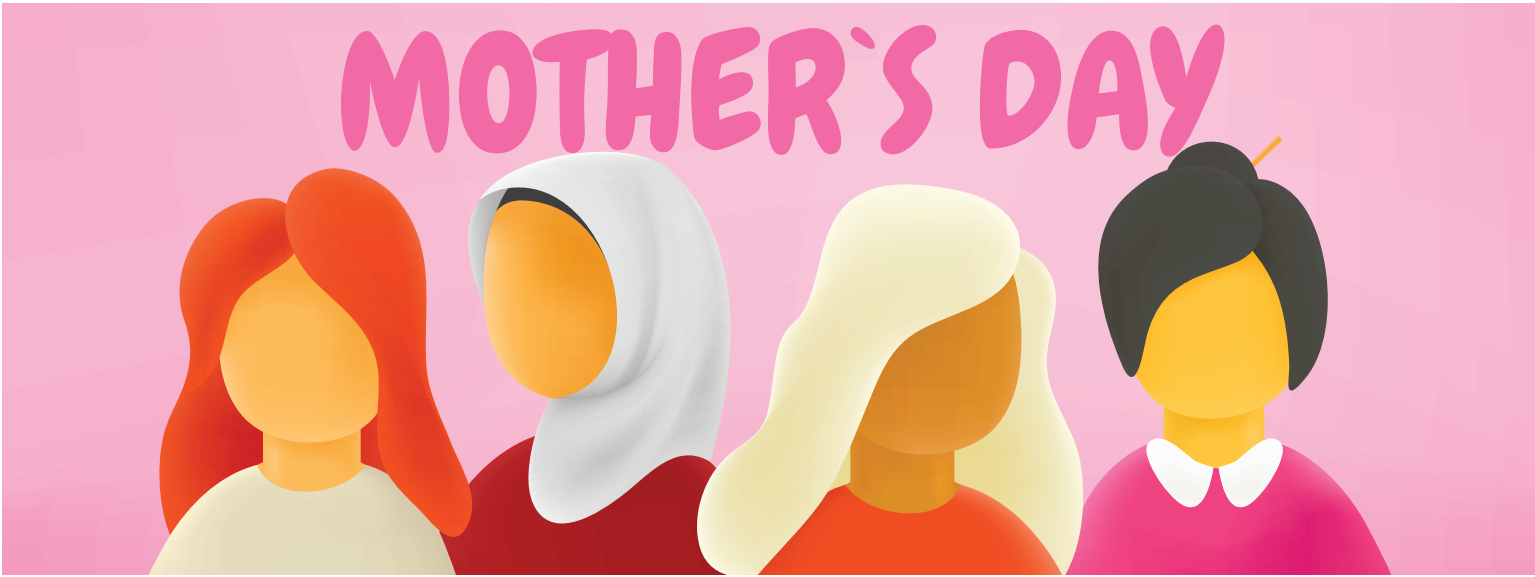


MAY
Message

“It may be possible to gild pure gold, but who can make his mother more beautiful?”

~ Mahatma Gandhi





CELEBRATING
MOTHER'S DAY

Sunday, May 9, 2021

One of the world's most recognized holidays, Mother's Day is celebrated in a variety of unique and interesting ways. Here in the the U.S., Mother's Day always occurs on the 2nd Sunday of each May. Mother's Day was originally created by Anna Jarvis of West Virginia in 1908. She conceived the holiday as a day to honor the sacrifices and contributions that mothers make for their children throughout the entire year. As support for the holiday grew in popularity, Mother's Day was officially recognized by President Woodrow Wilson by presidential proclamation in 1914. Interestingly, Jarvis, who remained unmarried and childless her entire life, later launched a campaign against confectioners, florists and even charities whom she believed were unfairly profiting from the holiday itself.

Over the years, Mother's Day grew to become one of the biggest consumer-spending holidays in the U.S. as expenditures for flowers, candy, cards, and other gifts have come to define the celebration.

Families also celebrate their mothers by giving them a day off from daily household chores like cooking and cleaning. However you choose to recognize Mom, we're certain she'll appreciate it!

CELEBRANDO
EL DÍA DE LA MADRE

Domingo, 9 de mayo de 2021

Una de las fiestas más reconocidas del mundo, el Día de la Madre se celebra de diversas formas únicas e interesantes. Aquí en los EE. UU., El Día de la Madre siempre ocurre el segundo domingo de cada mes de mayo. El Día de la Madre fue creado originalmente por Anna Jarvis de West Virginia en 1908. Concibió el día festivo como un día para honrar los sacrificios y contribuciones que las madres hacen por sus hijos durante todo el año. A medida que el apoyo a la festividad crecía en popularidad, el presidente Woodrow Wilson reconoció oficialmente el Día de la Madre mediante una proclamación presidencial en 1914. Curiosamente, Jarvis, que permaneció soltera y sin hijos toda su vida, lanzó una campaña contra los pasteleros, floristas e incluso organizaciones benéficas a quienes creía que se estaban beneficiando injustamente de las vacaciones en sí.

A lo largo de los años, el Día de la Madre se convirtió en una de las festividades con mayor gasto de los consumidores en los EE. UU., Ya que los gastos en flores, dulces, tarjetas y otros obsequios han llegado a definir la celebración.

Las familias también celebran a sus madres dándoles un día libre de las tareas domésticas diarias como cocinar y limpiar. Independientemente de cómo elijas reconocer a mamá, ¡estamos seguros de que ella lo apreciará!



慶祝母親節

2021年5月9日，星期日

母親節是世界上最受認可的節日之一，以各種獨特而有趣的方式來慶祝。在美國，母親節總是在每個五月的第二個星期日。母親節最初是由西弗吉尼亞州的安娜·賈維斯（Anna Jarvis）於1908年創建的。她將假期設計為紀念母親全年為母親所作的犧牲和貢獻的日子。隨著人們對假期的支持日益普及，伍德羅·威爾遜總統於1914年宣布總統母親節，正式宣布母親節。賈維斯（Jarvis）從未結婚或育有子女，後來發起了一場反對糖果店，花店甚至慈善機構的運動，她認為這不公平地牟取了暴利。從母親節假期開始。

多年來，隨著鮮花，糖果，卡片和其他禮物的支出已成為慶祝活動，母親節已成為美國最大的消費者支出假期之一。

家庭還通過給母親放假，做飯和打掃等日常瑣事來慶祝母親。無論您選擇認出媽媽，我們都會相信她會很感激的！

어머니날을 축하합니다.

5월9일 2021년 (일요일)

세계에서 가장 인정하는 공휴일중 하나인 어머니날은 다양하고 독특한 그리고 흥미로운 방식으로 축하합니다. 미국에서 어머니날은 매년 2번째 일요일입니다. 어머니날은 원래 1908년 West Virginia 의 Anna Jarvis에 의해 만들어 졌습니다. 그녀는 어머니가 1년 내내 자녀를 위해 바치는 희생과 공헌을 기리는날로 이 휴일을 계획했습니다. 이 명절에 대한 행사지원이 인기를 얻자 1914년 Woodrow Wilson 대통령의 선포로 의해 어머니날이 공식적으로 인정이 되었습니다.

흥미로운것은, 그녀의 일평생 미혼이고 자녀가 없는 Jarvis가 나중에는 꽃사업, 제과사업 의 반대운동을 하였고 심지어 그녀가 믿었던 자선단체에게도 이런 공휴일 로 부당하게 이익을 얻는다고 이에대한 캠페인을 시작했었다고 합니다.

수년동안 어머니날은 미국에서 꽃, 사탕, 카드 및 기타선물에 대한 소비가 최대로 많은 날로 성장했고, 결국 축하하는날로 정의하기 시작했습니다.. 가족들은 또한 모든 어머님들을 요리와 청소와같은 일상적인 집안일로부터 쉬게하는날로 정하고 어머니들을 축하하게 되었습니다. 또한, 당신이 인정한 어머니날, 우리는 모든 어머님들이 고마워할것을 확신합니다.

BON APETIT



THAI PINEAPPLE SHRIMP FRIED RICE

Serves 2

Ingredients:

Cooked Jasmin Rice	4 cups
Shrimp	12 ea.
Egg	2 ea.
Onion sliced	½ cup
Green onion chopped	¼ cup
Tomato quartered	1 ea.
Pineapple chunks	1 cup
Oyster sauce	1 table spoon
Mushroom Soy Sauce	1 Tbsp.
Fish sauce	1 Tbsp.
Curry powder	1 tsp.
Sugar	1 tea spoon
White pepper	2 dashes or TT
Oil	1/2 cup

COOKING INSTRUCTION

Recommended: Wok and a Wok spatula

Recommended Trick: In a bowl you can mix the rice, curry powder, fish sauce, mushroom sauce and oyster sauce prior to cooking it in the pan. This helps the curry powder and the liquid seasonings mix well together with the rice.

Direction: In a hot pan or Wok heat half of the oil from the ingredient and fry the egg (scrambled). Add the onion sliced and cook for about a min. Add the shrimp and cook until completely turn orange. Remove from pan and set aside. Bring the pan or Wok back to hot. Add the remaining oil to the pan and fry the rice. Add the curry powder, fish sauce, oyster sauce and mushroom sauce and the sugar into the rice and mix well for about 2 mins. Add the cooked egg, shrimp and onion back into the rice and mix for about 1 min. add the pineapple, tomato and green onion and mix for about 30 sec and then remove from heat. Sprinkle white pepper on top to taste and can be garnished with a few sprig of cilantro.

Note: fish sauce, oyster sauce and mushroom sauce is also known as Nam Pad (sautéed sauce). This can be mixed together prior to cooking and set aside. It is used in many Thai dishes.

ARROZ FRITO TAILANDÉS CON PIÑA Y CAMARONES

para 2 personas

Ingredientes:

Arroz jazmín cocido 4 tazas
Camarones 12 ea.
Huevo 2 ea.
Cebolla en rodajas ½ taza
Cebolla verde picada ¼ taza
Tomate en cuartos 1 ea.
Trozos de piña 1 taza
Salsa de ostras 1 cucharada
Salsa de soja con champiñones 1 cda.
Salsa de pescado 1 cucharada.
Polvo de curry 1 cda.
Azúcar 1 cucharada de té
Pimienta blanca 2 guiones o TT
1/2 taza de aceite

INSTRUCCIÓN DE COCINA

Recomendado: Wok y una espátula de Wok.

Truco recomendado: En un bol puedes mezclar el arroz, el curry en polvo, la salsa de pescado, la salsa de champiñones y la salsa de ostras antes de cocinarlo en la sartén. Esto ayuda a que el curry en polvo y los condimentos líquidos se mezclen bien con el arroz.

Modo de empleo: En una sartén o wok caliente calentar la mitad del aceite del ingrediente y freír el huevo (revuelto). Agregue la cebolla en rodajas y cocine por aproximadamente un min. Agregue los camarones y cocine hasta que se pongan completamente anaranjados. Remueve de la sartén y pon a un lado. Vuelva a calentar la sartén o el wok. Agrega el aceite restante a la sartén y sofríe el arroz. Agregue el curry en polvo, la salsa de pescado, la salsa de ostras y la salsa de champiñones y el azúcar al arroz y mezcle bien durante unos 2 minutos. Agregue el huevo cocido, los camarones y la cebolla nuevamente al arroz y mezcle durante aproximadamente 1 minuto. agregue la piña, el tomate y la cebolla verde y mezcle durante unos 30 segundos y luego retire del fuego. Espolvorea pimienta blanca encima al gusto y se puede decorar con unas ramitas de cilantro.

Nota: la salsa de pescado, la salsa de ostras y la salsa de champiñones también se conocen como Nam Pad (salsa salteada). Esto se puede mezclar antes de cocinar y reservar. Se utiliza en muchos platos tailandeses.



泰式菠蘿蝦炒飯 (可容納2人)

由A棟經理安迪（他是前廚師）創建

配料:

白飯（4杯）
蝦（12只）
雞蛋（2個）
洋蔥切片（1/2杯）
切碎的蔥（1/4杯）
切碎的西紅柿（1個）
菠蘿塊（1杯）
蠔油（1湯匙）
草菇老抽（1湯匙）
魚露（1湯匙）
咖喱粉（1茶匙）
糖（1茶匙）
白胡椒（撒兩次）
油（1/2杯）

推薦的建議: 首先將白飯，咖喱粉，魚露，草菇老抽和牡蠣醬混合在一個大碗中。這樣可以使醬料和咖喱粉混合併調味。

用熱鍋將一半的油加熱。炒雞蛋。然後加入洋蔥並煮1分鐘。加入蝦直到煮熟並變成橙色。將雞蛋，洋蔥和蝦倒入碗中。再次加熱炒鍋，直到變熱。將剩下的油加到炒鍋裡。然後加入白飯，咖喱粉，魚露，草菇老抽和蠔油。還要在米飯中加糖。入鍋炒2分鐘。將雞蛋，洋蔥和蝦放回鍋中。混合1分鐘。在鍋中加入菠蘿，番茄和蔥。放入鍋中攪拌30秒鐘。撒在上面的白胡椒。服務於碗中。

태국식 새우볶음밥

2인분

준비물:

삶은자스민 쌀 4컵
새우 12마리
계란 2개
얇게썬 양파 1/2컵
파 다진것 ¼컵
토마토 1/4조각
파인애플 조각 1컵
굴소스 1 테이블스푼
버섯간장 1 티스푼
생선소스 1 테이블 스푼
카레가루 1 티스푼
설탕 1 티스푼
하얀후추 조금
기름 ½컵
실란트로 다진것 조금

준비용품: 크고 깊은(웍) 후라이판 과 젓는 주걱

준비요령: 자스민 밥 과 카레가루는, 생선소스, 버섯소스 그리고 굴소스같은 액체소스와 먼저 잘섞어 놓은 후에 후라이판에 넣고 볶아 준비해 놓는다.

만드는 요령: 깊은 웍 후라이판에 준비한 기름의 반을 넣고 달군후, 계란을 넣고 휘 젓으면서 볶는다, 그리고 썰어놓은 양파를 넣고 일분간 더 볶는다. 그리고 여기에 새우를 넣고 노릇노릇해 질때까지 볶는다. 볶아진 새우와 계란은 후라이판에서 꺼내 옆에 따로 놓아둔다. 비워둔 후라이판에 남은 기름을 넣고 뜨겁게 달군후 이미 카레가루와 생선소스, 굴소스, 버섯소스를 넣고 볶아둔 자스민밥에 설탕을 넣고 2분동안 잘 섞으면서 볶는다. 여기에 옆에 볶아서 따로 놓아둔 계란,새우,양파를 넣고 다시 1분동안 섞으면서 볶는다.

그리고 난후, 파인애플과 토마토, 파 를 30초 동안 섞으면서 볶아서 접시에 담아낸다. 여기에 흰후추 조금과 실란트로 다진것 조금 뿌려서 모양을 낸다.

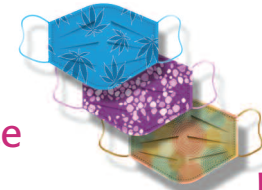
굴소스 그리고 버섯소스같은 볶음 소스들은 음식과 미리 볶아서 따로 놓은데, 많은 태국음식들은 이렇게 사용한다.

CELEBRATING CINCO DE MAYO! HAPPY MOTHER'S DAY!



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

ACTIVITIES CALENDAR

 Monday, 5/10 at 2:00 p.m. Mother's Day Concert w/Mike & Mindy (Promenade)		 Friday, 5/28 at 2:00 p.m. Resident Birthday Celebration w/Yolly (Promenade)				Reminder: Please wear FACIAL MASKS and keep 6 ft social distance when you are outdoors. 		ALL EXERCISE CLASSES ARE OUTDOOR, AT THE PROMENADE. ALL CLASSES ARE OPEN TO THE RESIDENTS OF THE ANGELUS PLAZA ONLY		
2	3	4	5	6	7	8				
LA Hope Church services (Promenade) 11:00 am - 12:00 pm	Zumba Gold (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.	Tai-Chi (Promenade) 8:30 - 9:15 a.m. Move with Music (Promenade) 9:30 - 10:00 a.m.	<i>Cinco de Mayo</i> Zumba Gold (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.	 Cardio Workout (Promenade) 9:00 - 9:40 a.m. Balance Exercise (Promenade) 9:50 - 10:40 a.m.	Tai-Chi (Promenade) 8:30 - 9:15 a.m. Cardio Workout (Promenade) 9:30 - 10:00 a.m. Body Moves for Better Health (Promenade) 10:15 - 10:45 a.m.					
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16	17	18	19	20	21	22				
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23	24	25	26	27	28	29				
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30	31									
	<i>Memorial Day</i> We are Closed 									



COMBATING ANTI-ASIAN AMERICAN RACISM

Anti-Asian-American racism and violent attacks on Asian elderly have only increased in recent months. Since COVID-19 became news in the United States, hate speech and violence against the AAPI community has run rampant.

In February 2021, attacks, particularly on elderly Asian Americans, have spiked. Unfortunately, many of these incidents are not being reported and are invisible to major media outlets.

We hope to change this by offering the following resources with our community:

<https://anti-asianviolenceresources.carrrd.co/>

Prevention Tips

- Always let someone know where you're going
- Carry ID
- Stay alert of your surroundings
- Carry personal alarm or whistle and flashlights
- Avoid isolated areas Avoid shortcuts
- Do not walk alone, especially at night
- Walk near curb, facing traffic
- Do not display any cash or credit card or jewelry
- Do not wait alone at a stop –
- Call 9-1-1 if attacked.
- Scream 'HELP' or 'FIRE' or blow personal alarm/whistle.
- If you are physically attacked: Protect your body and defend yourself by whatever means necessary
- Act crazy because they will freak out and let you go.

www.hatecrimebook.com

COMBATIENDO EL RACISMO ESTADOUNIDENSE ANTI-ASIÁTICO

El racismo anti-asiático-estadounidense y los ataques violentos contra ancianos asiáticos solo han aumentado en los últimos meses. Desde que COVID-19 se convirtió en noticia en los Estados Unidos, el discurso de odio y la violencia contra la comunidad de AAPI se han disparado.

En febrero de 2021, los ataques, particularmente contra los estadounidenses de origen asiático, se dispararon. Desafortunadamente, muchos de estos incidentes no se informan y son invisibles para los principales medios de comunicación. Esperamos cambiar esto ofreciendo los siguientes recursos con nuestra comunidad

<https://anti-asianviolenceresources.carrrd.co/>

Consejos de prevención

- Informe siempre a alguien a dónde va
- Carry ID
- Manténgase alerta de su entorno
- Lleve una alarma personal o un silbato y linternas.
- Evite las áreas aisladas Evite los atajos
- No camine solo, especialmente de noche.Camine cerca de la acera, de frente al tráfico.
- No muestre dinero en efectivo, tarjetas de crédito o joyas.
- No espere solo en una parada -
- Llame al 9-1-1 si es atacado.
- Grite "AYUDA" o "FUEGO" o haga sonar una alarma / silbato personal.
- Si es atacado físicamente:
- Protege tu cuerpo y defiéndete por los medios necesarios
- Actúa como un loco porque se asustarán y te dejarán ir.

www.hatecrimebook.com



打擊反亞裔種族主義

近幾個月來，針對亞裔美國人的種族主義以及針對老年人的襲擊在數量上已經飆升。在2021年2月份，襲擊事件激增，尤其是對於年邁的大部分美國人。不幸的是，許多事件本身得到報導，大新聞頻道也看不到這些事件。我們希望改變這一點。

請點擊網站以獲取更多信息（只有英文）:

<https://anti-asianviolenceresources.carrrd.co/>

防范建議

- 讓別人知道你要去哪裡
- 攜帶身份證
- 注意你周圍的環境
- 避免偏僻的地方
- 不要抄近路。不要獨行，尤其在晚間。選擇繁忙照明好的街道
- 沿著路邊走，迎著車輛駛來的方向走
- 不要暴露現金，信譽卡，或首飾
- 不要一個人在站台等車
- 如果遭到攻擊，請致電 9-1-1
- 大喊“救人”，“救火”或吹響自衛警報／哨子
- 如果你遭到人身攻擊：採取任何可以採取的自衛措施
- 表現得像個瘋子，這樣他們就怕了放你走開
- 該網站有更多中文信息如何舉報仇恨犯罪

<https://www.hatecrimebook.com/work/peaks-94w96>

엔젤레스 플라자에서 원예를 하시는 분들, 4월이 왔습니다.

요즈음 들어 미국인 인종주의들의 반-아시아계 의 인종차별과 반-아시아노인에 대한 폭력적 공격이 최근 몇 달 동안 폭증했습니다.

COVID-19이 미국에서 문제가 된 이후, AAPI 커뮤니티에 대한 증오심표현과 폭력이 만연해 졌습니다. 2021 년 2 월부터, 특히 미국인의 아시아인 또는 아시아 노인계에 대한 공격이 급증했습니다. 안타깝게도 이러한 많은 사건의 대부분은 보고되지 않고있으며, 주요 언론 매체에도 별로 신경을 쓰지 않습니다.

이런 상황을 대비하기 위해 우리 커뮤니티에서는 다음과 같은자료를 제공하여 드리니 많은 참고가 되기를 바랍니다.

예방에 관한 요령:

- 당신이가는 곳을 항상 다른사람에게 알려주세요
- 신분증을 항상 소지하고 주변
- 주변 환경에주의를 기울이십시오
- 호루라기 및 손전등 같은 개인경보기를 휴대하면서 다니세요.
- 혼자 다니거거나, 아무도없는곳은 피하여 다니세요.
- 특히 밤에는 혼자다니지 마시고 항상 밝은곳에서 걸 어다니세요.
- 현금, 신용 카드 또는 보석종류들을 보이게 갖고 다니 지 마세요.
- 혼자 오래동안 한곳에 서 계시지 마세요.
- 공격을 받을때 즉시 911으로 신고하세요.
- 공격을 받을시, 호루라기 같은 경보로 불거나, “도와주세요” 혹은 “불이야” 하고 소리를 치세요.

신체적으로 공격을 받을경우: 필요한 모든 수단으로 몸을 보호하고 자신을 방어하며, 때에따라선 미친사람 행동까지 하여서 그들이 겁을 먹고 당신을 놓아 주도록도 해보세요.

Olive Hill Pharmacy

On the 2nd Floor of Administration Building

Business Hours

9:30 AM-6:00 PM(Monday-Friday)

Tel:(213)680-2000

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



나성소망교회



담임목사: 김재울

예배시간: 주일 오전 11시

예배장소: 6층 발코니(야외), Activity Center

(마스크를 착용하고 거리두기를 하면서 예배할 것입니다.)

213.500.7377 www.lahopecchurch.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
경산한의학대학병원 원장과 기독교한의사 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

- 1. 소망수양관**
3270 N. Mountain Springs Rd.
Pinon Hills, CA 92372
213.500.7013
- 2. 갈릴리 신학대학**
255 S. Hill St. #401
Los Angeles, CA 90012
213.746.1004

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THE CITY'S FUTURE

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.



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