



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

NOVEMBER
Message

"We make a living by what we get; we make a life by what we give."
~ Winston Churchill



Unwrap a Smile with RHF



Toys for RHF Kids

RHF Charitable Foundation
Stewarding Contributions That Change Lives

Unwrap a Smile with RHF

Toys for RHF Kids



Angelus Plaza

Our residents and staff are helping RHF Charitable Foundation deliver gifts to 1,600 children this holiday season.

Make a donation and receive a special "Gift" as a reminder that you helped bring a smile to an RHF child. Please see your apartment manager, social worker, or the 1st floor office to participate.

저희 RHF 자선 재단은 약 1,600명의 저소득 가정 어린이들에게 따뜻한 연말을 선물하기 위해 기부금을 받고있습니다.

기부 해주시는 모든 분들에게 소정의 감사 선물을 드립니다. 참여를 원하시는 분들은 아파트 매니저, 소셜워커 또는 1층 사무실/창구에 문의해 주십시오. 감사합니다.

Nuestros residentes y el personal están ayudando a RHF Charitable Foundation a entregar regalos a 1,600 niños en estas fiestas.

Haga una donación y reciba un "regalo" especial como recordatorio de que ayudó a llevar una sonrisa a un niño con RHF. Consulte a su gerente de departamento, trabajador social o la oficina del primer piso para participar.

我們的居民和員工正在幫助RHF慈善組織在這個假期為1,600名兒童送禮物。

請捐款。捐款人會收到“小感謝卡”，以提醒您幫助RHF兒童帶來了微笑。如果您想捐款，請找社工，經理或辦公樓1樓辦公室捐款。

Thank you for supporting Toys for RHF Kids!

RHF Charitable Foundation
Stewarding Contributions That Change Lives



VETERANS DAY PRAYER

THANK
YOU
VETERANS

By the
Rev. Robin Bacon Hoffman

God of grace and mercy, we ask you to bless all the men and women who have served in our armed forces, willing to sacrifice for the benefit of our country and for the benefit of innocent people around the world. Bless those who serve today and protect them. Give them wisdom and strength that they may serve with integrity and courage. We remember those who have served in time of war: men and women returning from Afghanistan and around the world, and those who served in Vietnam or Korea or in World War II. So many have suffered the anguish of war, wounded in body, mind, or spirit. Grant them healing, O God, that they may be whole. Grant patience and understanding to those near them so that they may be treated with the respect and compassion due them. We give thanks for all who have served. As we honor and pray for them, O God, we beg you to plant the seeds of your peace in this world. Grant peace to every land and nation, teaching us to lay down our weapons so that people everywhere may devote themselves to justice, mercy, and the welfare of all. Amen.



November is National Gratitude Month

National Gratitude Month is an annual designation observed in November.

Gratitude is more than simply saying “thank you.” Gratitude’s amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us and to our Creator.

Everything in our lives has the ability to improve when we are grateful.

Research has shown that gratitude can enhance our moods, decrease stress and drastically improve our overall level of health and wellbeing.

On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships and will be better liked.

Grateful kids are even more likely to get A’s in school.

If everyone practiced daily gratitude, we could change ourselves and the planet for the better. Everyone would be much happier.

Love would grow and hate would decrease.

And the world would know true peace.

What are you waiting for? Give gratitude a try! You’ll be happier you did.

<https://nationaldaycalendar.com/national-gratitude-month-november/>

Noviembre es MES NACIONAL DE GRATITUD

El Mes Nacional de Gratitude es una designación anual que se celebra en noviembre.

La gratitud es más que simplemente decir "gracias". Los asombrosos poderes de la gratitud tienen la capacidad de cambiarnos de enfocarnos en lo negativo a apreciar lo positivo en nuestras vidas. Practicar la gratitud diaria nos da una conexión más profunda con nosotros mismos, el mundo que nos rodea y con nuestro Creador.

Todo en nuestra vida tiene la capacidad de mejorar cuando estamos agradecidos.

Las investigaciones han demostrado que la gratitud puede mejorar nuestro estado de ánimo, disminuir el estrés y mejorar drásticamente nuestro nivel general de salud y bienestar.

En promedio, las personas agradecidas tienden a tener menos enfermedades relacionadas con el estrés y experimentan menos depresión y presión arterial más baja, están más en forma físicamente, son más felices, tienen mayores ingresos, relaciones personales y profesionales más satisfactorias y serán más queridas.

Los niños agradecidos tienen aún más probabilidades de obtener A en la escuela.

Si todos practicaran la gratitud diaria, podríamos cambiarnos a nosotros mismos y al planeta para mejor. Todo el mundo estaría mucho más feliz.

El amor crecería y el odio disminuiría.

Y el mundo conocería la verdadera paz.

¿Que estas esperando? ¡Prueba la gratitud! Estarás más feliz de haberlo hecho.

<https://nationaldaycalendar.com/national-gratitude-month-november/>



11月是全國感恩月

感恩不僅在說“謝謝”。

有感激的觀點可以幫助我們欣賞生活中的積極方面，而不是關注生活的消極方面。如果我們思考讓我們每天感恩的原因，它使我們與自己，我們周圍的世界以及與上帝之間有了更深的聯繫。

當我們感恩時，生活中的一切都有改善的能力。

研究表明，感恩可以改善我們的情緒，減輕壓力，並大大改善我們的整體健康水平。平均而言，感恩的人傾向於減少與壓力有關的疾病，減少抑鬱症，降低血壓，身體更健康，更快樂，收入更高，人際關係更滿意，並且更受歡迎。

感恩的孩子更有可能在學校取得好成績。

如果每個人都每天練習感恩，我們可以使自己和地球變得更好。每個人都會更快樂。

愛會增長，仇恨會減少。

世界將知道真正的和平。

你在等什麼？試試感恩！您會更快樂。

<https://nationaldaycalendar.com/national-gratitude-month-november/>

11월은 감사의 달

11월은 추수감사절 (땡스기빙)이 있는 만큼, ‘감사하는 달’로 지정되었습니다.

감사 하는 것은 아주 놀라운 힘을 가지고 있는데, 이는 부정적인 감정을 긍정적인 감정으로 바꾸는데 큰 효과를 나타냅니다. 매일 감사를 실천하다 보면 전에는 알지 못했던 것들이 보이고, 이는 우리 삶을 모든 것을 개선시키는 계기가 되기도 합니다.

한 연구 결과에 따르면, 인간은 감사함을 느낄 때 불안이 해소되고 스트레스가 줄면서 기분이 좋아진다고 합니다. 이는 한 사람의 전반적인 삶의 질을 크게 향상 시키는데, 실제로도, 작은 것에 자주 감사함을 느끼고 표현하는 사람들에게는 스트레스 관련 질병에 적고, 우울증과 혈압이 거의 없으며, 그렇지 않은 사람들보다 수입이나 삶의 질이 높은 것으로 나타났습니다. 이러한 가정에서 자라, 감사함이 습관이 된 아이들 또 한 그렇지 않은 학생들보다 성적이 훨씬 우수하기도 했습니다.

만약 우리 모두가 매일 감사를 실천할 수 있다면, 본인을 포함한 지구 시민 모두가 좀 더 배려하고, 행복하고, 안정적인 하루를 보낼 수 있지 않을까요? 그리고 그 시작은, 저와 여러분이 했으면 좋겠습니다.

망설이고 계시나요? 돈도 들지 않고 쉽게 행복해질 수 있습니다. 하루에 한번씩만 감사한 것을 소리내어 말해보세요.

<https://nationaldaycalendar.com/national-gratitude-month-november/>

REMEMBERING THOSE WHO HAVE SERVED AND WISHING YOU ALL A MOST HAPPY THANKSGIVING!



VETERANS DAY

Wednesday, November 11, 2020

Veterans Day on November 11th honors military veterans who served in the United States Armed Forces. The federal holiday coincides with Armistice Day and Remembrance Day which marks the end of World War I. These observances reflect the end of significant hostilities at the 11th hour on the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect.



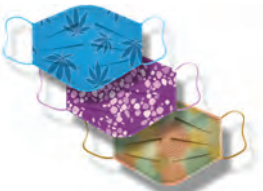
THANKSGIVING DAY

Thursday, November 26, 2020

Thanksgiving Day is observed each year in the United States on the fourth Thursday in November. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

NOVEMBER ACTIVITIES

1 Daylight Savings Time Ends 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise  	2 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar 	3 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida 	4 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise  	5 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise  	6	7
8 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise  	9 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar 	10 Veterans Day 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida 	11 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise  	12 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise  	13	14
15 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise  	16 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar 	17 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida 	18 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise  	19 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise  	20	21
22 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise  	23 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar 10:45 a.m. "Gobb" & Go Muffins - at Promenade 	24 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida 	25 Thanksgiving Day 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise  	26 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise  	27	28
29 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise  	30 CHANGE YOUR CLOCKS  Remember to move your clocks back on 11/1/20!	Requirements: Facial Masks and Social Distancing (at least 6 Ft)  ALL EXERCISE CLASSES ARE OUTDOOR, AT THE PROMENADE. ALL CLASSES ARE OPEN TO THE RESIDENTS OF THE ANGELUS PLAZA ONLY CLASSES are limited: 15-20 people.				

Safety Tips for Thanksgiving Celebration in 2020 by CDC

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.



LOWER RISK ACTIVITIES

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

MODERATE RISK ACTIVITIES

- Having a small outdoor dinner with family and friends who live in your community
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

HIGHER RISK ACTIVITIES

- Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19: Going shopping in crowded stores just before, on, or after Thanksgiving. Participating or being a spectator at a crowded race
- Attending crowded parades
 - Using alcohol or drugs, which can cloud judgement and increase risky behaviors

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Consejos de seguridad para la celebración del Día de Acción de Gracias en 2020 por CDC.

El Día de Acción de Gracias es un momento en el que muchas familias viajan largas distancias para celebrar juntas. Viajar aumenta la posibilidad de contraer y propagar el virus que causa COVID-19.

Quedarse en casa es la mejor manera de protegerse y proteger a los demás. Si debe viajar, infórmese de los riesgos que conlleva.

ACTIVIDADES DE MENOR RIESGO

- Tener una cena pequeña solo con personas que viven en su hogar
- Preparar recetas familiares tradicionales para la familia y los vecinos, especialmente aquellos con mayor riesgo de enfermedad grave por COVID-19, y entregarlas de una manera que no implique el contacto con otras personas.
- Tener una cena virtual y compartir recetas con amigos y familiares.
- Comprar en línea en lugar de en persona el día después del Día de Acción de Gracias o el próximo lunes
- Ver eventos deportivos, desfiles y películas desde casa

ACTIVIDADES DE RIESGO MODERADO

- Tener una pequeña cena al aire libre con familiares y amigos que viven en su comunidad.
- Visitar parcelas de calabazas o huertos donde las personas usan desinfectante de manos antes de tocar calabazas o recoger manzanas, se alienta o se impone el uso de máscaras y las personas pueden mantener el distanciamiento social
- Asistir a pequeños eventos deportivos al aire libre con precauciones de seguridad en su lugar

ACTIVIDADES DE MAYOR RIESGO

- Evite estas actividades de mayor riesgo para ayudar a prevenir la propagación del virus que causa COVID-19: Ir de compras a tiendas abarrotadas justo antes, durante o después del Día de Acción de Gracias
- Participar o ser espectador en una carrera concurrida
 - Asistir a desfiles llenos de gente
 - Consumir alcohol o drogas, que pueden nublar el juicio y aumentar los comportamientos de riesgo.
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

如何安全地慶祝2020年的感恩節 (疾病預防控制中心的建議)

在正常的感恩節期間，美國人長途跋涉與家人慶祝。但是今年，旅行增加了您被感染然後傳播COVID-19的機會。

留在家中是最佳方法的保護自己和家人。如果您需要旅行，請告知所涉及的風險。

低風險活動

- 只與您家中的人一起吃感恩節晚餐。
- 與家人和鄰居分享感恩節大餐(尤其是如果他們一個人居住或感染COVID-19的風險較高)。但請不要與他們一起吃飯，只能送貨。
- 與朋友和家人一起虛擬感恩節晚餐。使用微信或網絡攝像頭可以看到對方，並且可以同時吃飯。
- 美國人喜歡在感恩節後開始聖誕節購物。與其排隊等候和親自購物，不如網上購物。
- 在家用電視上觀看體育比賽，遊行和電影。

中度風險活動

- 與住在附近的親朋好友在戶外小感恩節用餐。
- 去南瓜園或蘋果園。但是只有在人們戴著口罩的情況下，社交隔離，並且在允許人們觸摸南瓜或收穫蘋果之前，他們會提供洗手液。
- 參加戶外運動活動。僅在沒有很多人並且有安全預防措施的情況下。

高風險活動

- 避免這些冒險活動，以防止COVID-19傳播。
- 在感恩節前擠滿市場和商店。或在人群離開後去。
 - 參加或觀看有很多人的體育比賽。
 - 去參加很多人的感恩節遊行。
 - 使用酒精或毒品，因為這會損害判斷力並增加危險行為。

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

코로나로 부터 안전한 추수감사절을 보내는 방법

미국의 추수감사절 (뎡스기빙)은 그 간 만나지 못 했던 가족들을 만날 수 있는 기간입니다. 그러나, 금년 추수감사절은 코로나로 인해 가족들과의 접촉 또 한 최소로 줄이게 되었습니다.

여행이나 장거리 이동은 바이러스가 멀리 퍼질 가능성을 높힐 염려가 있으니, 되도록이면 함께 살고 있는 가족들과만 '최소한의 활동'으로 추수감사절을 보내주시기 바랍니다.

가장 안전한 활동:

- 현재 함께 살고 있는 가족들과 오붓한 추수감사절 저녁 식사.
- 추수감사절 요리를 코로나에 취약한 어린이, 노인 혹은 환자들에게 비접촉으로 배달해 주기
- 가족과 친구들에게 통화로 안부를 전하기
- 핸드폰 혹은 컴퓨터를 이용하여 블랙 프라이데이 쇼핑을 하기
- 집에서 각종 스포츠 경기, 추수감사절 퍼레이드, 영화, 드라마, 쇼등을 관람하기.

책임감 있게 주의를 가진다면 할 수 있는 활동:

- 밀폐된 장소가 아닌 야외에서 여러 가족이 모여 식사하는 것
- 펠킨쇼나 펠킨 전시장에 가 되, 마스크와 사회적 거리두기 실천 요함. 물건을 만질 때마다 손 소독제로 소독하기.
- 사람이 몰리지 않는 작은 행사나 야외 활동

어떠한 상황에서도 절대 안되는 고 위험 활동:

- 아래의 활동들은 코로나 전파에 큰 영향을 주는 행동들입니다. 최대한 피해 주십시오:
- 사람이 몰리는 공원, 쇼핑몰, 퍼레이드, 행사등에 참가 삼가.
 - 판단력을 흐리게 하고 위험한 행동을 증가시키는 술이나 약물 섭취 삼가.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>



HAPPY
THANKSGIVING
DAY



Need urgent care?

- Open 24/7, including holidays and weekends
- No appointment necessary
- 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.

©2018 HealthCare Partners

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

Novel CoronaVirus (COVID-19)

Helpful information



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



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.



COMMERCIAL CONNECTIVITY SERVICES

www.commercialconnectivity.com



HIGH-SPEED WIFI IN YOUR APARTMENT!

Use all your devices at once without interruption.

公寓內有快速度WiFi!
可以用所有電子設備而不會中斷。

새로운 고속 무선 인터넷을
제한 없이 사용하 실 수 있습니다

Call (310) 990-4147 or
Email jeff@commercialconnectivity.com

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

Advertising Space for You.

Contact
kira.yakubovich@rhf.org
(213) 623-4352, ext. 311

