



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



OCTOBER Message

"Halloween is not only about putting on a costume, but it's about finding the imagination and costume within ourselves."

~ *Elvis Duran*

2020
Víspera de
Todos los
Santos

Halloween de este año parece ser un poco más como un "Quarantine-O-Ween", debido a la pandemia de Covid 19. Pero Halloween aún no nos ha dejado como un fantasma, ya que todavía está en el calendario. Puedes frecuentar tu vecindario con todas tus decoraciones de Halloween. Y aunque no asistirás a ninguna fiesta de Ghoulish Get-Together, asistir a una fiesta de disfraces de Zoom para sacudir tus cosas de "abucheo" o organizar un tallado de calabaza todavía están en el menú virtual de Truco o trato.

2020
년 할로윈

곰년 할로윈은 코로나 19로 인해 할로윈이 아닌 “격리윈”이라고 불리고 있습니다. 아쉽게도 이번년도에는 가가호호 돌아다니며 사탕을 받거나, 코스튬을 입고 파티를 하는 행위들이 금지 되었습니다. 그러나 여전히 할로윈을 테마로 집을 꾸밀 수 있고, 호박을 조각하거나 친구들과 가족들에게 화상채팅으로 안부를 전할 수 있습니다. 오래 지속되는 코로나 사태로 인해, 많이 지치셨겠지만 우리가 조금만 생각을 전환하면, 이런 “격리윈”은 전에도 앞으로도 한번 밖에 없을 특별한 할로윈이 될 것 입니다. 모두 힘내세요!



October is National Wellness Month

So what exactly is “Emotional Wellness?” The National Institutes of Health (NIH) defines it as the ability to successfully handle life’s stresses and to adapt to change and difficult times. Emotional wellness means that you know how to handle and express your feelings in a positive way and to drive positive change in your life. Below are six ways to help improve your emotional health.

- Brighten Your Outlook:** Lessen your negative emotions, and should you feel this way of thinking darkening your outlook, try to bounce back from it faster. This quality is called “resilience.” Strive to hold on to your positive emotions and appreciate the good times.
- Reduce Stress:** Stress can be useful, especially when you need a rush of energy. But when stress lasts a long time, also known as “chronic stress”, it becomes harmful, and no longer helpful. Learning to cope with stress helps to boost your resilience.
- Get Quality Sleep:** Sleep affects both your mental and physical health, so make sure you get enough! Sleep helps your to think more clearly, have quicker reflexes, and focus better.
- Be Mindful:** This concept means not living your life on “autopilot.” This ancient practice is about being completely aware of what is happening in the present, of all that’s going on inside, and all that’s happening around you.
- Cope with Loss:** While there is no right or wrong way to mourn, the support of family and friends are a great way of making it through the grieving process.
- Strengthen Social Connections:** Scientists are finding that social connections can have powerful effects on our health - both emotionally and physically. These social connections are thought to help protect health and to lengthen lives.



Octubre es Mes Nacional del Bienestar

Entonces, ¿qué es exactamente “Bienestar emocional?” Los Institutos Nacionales de Salud (NIH) lo definen como la capacidad de manejar con éxito el estrés de la vida y adaptarse a los cambios y tiempos difíciles. El bienestar emocional significa que sabe cómo manejar y expresar sus sentimientos de manera positiva y cómo impulsar cambios positivos en su vida. A continuación, se incluyen seis formas de ayudar a mejorar su salud emocional.

- Ilumine su perspectiva:** Disminuya sus emociones negativas, y si siente que esta forma de pensar oscurece su perspectiva, trate de recuperarse más rápido. Esta cualidad se llama “resiliencia”. Esfuércese por aferrarse a sus emociones positivas y aprecie los buenos momentos.
- Reducir el estrés:** el estrés puede ser útil, especialmente cuando se necesita una gran cantidad de energía. Pero cuando el estrés dura mucho tiempo, también conocido como “estrés crónico”, se vuelve dañino y deja de ser útil. Aprender a lidiar con el estrés ayuda a aumentar su resistencia.
- Obtenga un sueño de calidad:** el sueño afecta tanto su salud mental como física, ¡así que asegúrese de dormir lo suficiente! El sueño le ayuda a pensar con más claridad, a tener reflejos más rápidos y a concentrarse mejor.
- Sea consciente:** este concepto significa no vivir su vida en “piloto automático”. Esta antigua práctica consiste en ser completamente consciente de lo que está sucediendo en el presente, de todo lo que sucede en el interior y de todo lo que sucede a tu alrededor.
- Hacer frente a la pérdida:** Si bien no existe una forma correcta o incorrecta de llorar, el apoyo de familiares y amigos es una excelente manera de superar el proceso de duelo.
- Fortalecer las conexiones sociales:** los científicos están descubriendo que las conexiones sociales pueden tener efectos poderosos en nuestra salud, tanto emocional como físicamente. Se cree que estas conexiones sociales ayudan a proteger la salud y a alargar vidas.

10月是全國健康月

那麼“情感健康”到底是什麼？美國國立衛生研究院（NIH）將其定義為能夠成功應對生活壓力並適應變化和困難時期的能力。情緒健康意味著您知道如何以積極的方式處理和表達自己的感受，並推動生活中的積極變化。以下是六種有助於改善情緒健康的方法。

- 增強您對生活的看法** 減輕負面情緒，如果您覺得這種想法使您的視線變暗，請嘗試更快地反彈。此特性稱為“彈性”。努力保持積極的情緒，欣賞美好的時光。
- 減輕壓力：** 壓力可能很有用，尤其是在您需要大量能量的時候。但是，當壓力持續很長時間（也稱為“慢性壓力”）時，它將變得有害，不再有用。學會應付壓力有助於增強彈性。
- 獲得良好的睡眠：** 睡眠會影響您的心理和身體健康，因此請確保您獲得足夠的睡眠！睡眠可以幫助您更清晰地思考，更快地反射和更好地專注。
- 要體貼：** 這個概念意味著不要依靠“自動駕駛”過上自己的生活。通過做出這樣的努力，它可以幫助您完全了解現在正在發生的事情，情緒上正在發生的事情以及您周圍正在發生的事情。
- 應對死亡：** 哀悼沒有正確或錯誤的方式，但是家人和朋友的支支持可以幫助人們度過悲傷的時刻。
- 加強社會聯繫：** 科學家發現，社會聯繫可以在情感上和身體上對我們的健康產生巨大影響。這些社會關係被認為有助於保護健康和延長壽命。



10월은 국민 건강의 달!

혹시 “정서적 건강”이라는 말을 들어보신 적이 있으신가요? 국립 보건 센터 (NIH)에 따르면, 정서적 건강은 어떠한 상황에서도 스트레스나 변화에 빠르게 대응할 수 있는 능력을 일컫는다고 합니다. 이는 자신의 감정을 건강한 방법으로 표출하고, 인생을 긍정적으로 변화시키는데에 큰 역할을 합니다. 여러분은 정서적으로 건강하다고 생각하시나요? 아래는 이를 개선하기 위한 6가지의 방법들입니다:

- 긍정적인 생각:** 1. 자신의 과거, 현재, 미래를 부정적인 시선으로 보지 마십시오. 되도록 긍정적인 감정을 오래 가지고 있도록 노력하시면, 자연스럽게 그렇게 되실 겁니다.
- 스트레스 줄이기:** 한 순간에 폭발적인 에너지를 쓰기 위해선 스트레스도 우리에게 필요한 존재입니다. 그러나, 이 것이 장시간 지속되어 “만성 스트레스”가 될 경우, 이는 여러분에게 해로운 역할을 하게 됩니다. 건강하게 스트레스를 표출할 수 있는 방법을 배우십시오 (운동, 그림, 대화, 뜨개질, 책읽기, 명상, 기도 등).
- 양질의 수면:** 수면은 정신적, 육체적 건강에 큰 영향을 미칩니다. 충분한 수면은 스트레스와 부정적인 감정을 줄이는데 많은 도움이 될 것 입니다.
- 현실을 직시하기:** 아무 생각 없이 하루를 보내는 것 보다, 현재 일어나는 일들을 온전히 인식하고 내가 하고 싶은 혹은 해야 할 일들을 생각하며 생활하다보면 자연스럽게 목표가 생기고 부정적인 감정에서 벗어나는데 도움이 됩니다.
- 상실에 대한 대처:** 누군가의 상실에 대한 그리움과 슬픔을 완전히 없애는 한가지의 “대처방법”은 있을 수 없습니다. 그러나 견뎌내려하는 마음과 행동거지만으로도 여러분 안에 작은 아이는 큰 위로를 받을 것 입니다.
- 사회적 고립 피하기:** 많은 과학자들의 연구 결과에 따르면, “사회적 고립”은 인간의 정서적, 육체적 건강에 큰 영향을 미친다고 밝혀져 왔습니다. 친구, 가족, 이웃간의 관계를 돈독히 하시고, 전화와 편지를 보내 서로의 안부를 확인하세요.

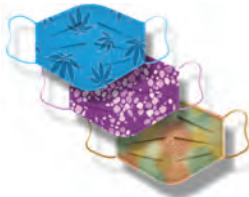
THE LAST DAY OF OCTOBER IS ALWAYS "HALLOWEEN"



HALLOWEEN

Saturday, October 31, 2020

Halloween or Hallowe'en (a contraction of Hallows' Even or Hallows' Evening), also known as Allhalloween, All Hallows' Eve, or All Saints' Eve, is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. It begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
OCTOBER ACTIVITIES											
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.			9:00-9:40 a.m. Cardio Workout w/Cesar  1	9:00-9:40 a.m. Zumba w/Saida  2	3				
4	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Yoga w/Denise  yoga	5	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Cardio Workout w/Cesar	6	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Zumba w/Saida	7	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Yoga w/Denise  yoga	8	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Yoga w/Denise  yoga	9	10
11	Columbus Day 9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Yoga w/Denise  yoga	12	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Cardio Workout w/Cesar	13	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Zumba w/Saida	14	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Yoga w/Denise  yoga	15	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Yoga w/Denise  yoga	16	17
18	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Yoga w/Denise  yoga	19	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Cardio Workout w/Cesar	20	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Zumba w/Saida	21	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Yoga w/Denise  yoga	22	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Yoga w/Denise  yoga	23	24
25	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Yoga w/Denise  yoga	26	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Cardio Workout w/Cesar	27	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Zumba w/Saida	28	9:00-9:40 a.m. Cardio Workout w/Cesar  10:00-10:40 a.m. Yoga w/Denise  yoga	29	9:00-9:40 a.m. Zumba w/Saida  10:00-10:40 a.m. Yoga w/Denise  yoga	30	31
						Halloween					

Zinc and Covid-19

Zinc is a vital mineral found throughout your body that helps your immune system and the process by which your body converts what you eat and drink into energy, known as the metabolism function. In fact, Zinc is the second most abundant trace mineral in your body, after iron, and it is present in every cell. But because your body doesn't naturally produce Zinc, you need to get it from what you eat or supplements.

Zinc is believed to help fight off colds and upper respiratory infections. It can help shorten the duration of a cold, and make the symptoms less severe. It also helps to boost the production of antibodies against infections. It is the role that this important nutrient plays in inflammation suppression which has those studying Covid 19 so interested. Inflammation has been a common complication among patients with more severe Covid-19 cases, especially when the body's immune system overresponds to the infection and attacks itself, a potentially harmful condition called a "cytokine storm." Prior research has found that Zinc can prevent the virus that causes the common cold from replicating, and it can also decrease the inflammation in the upper respiratory tract.

The question under the microscope now is, can Zinc do the same thing in the lungs and the lower respiratory tract, where the coronavirus and the inflammation can inflict such serious damage. June McKoy, M.D., an associate professor of medicine at Northwestern University Feinberg School of Medicine, suggests that "Zinc might be the police officer that puts the handcuff on the virus, and that's why we're excited about things."

So while Zinc is certainly not a cure for Covid-19, it might be time to consider supplementing your diet with the recommended daily allowance for Zinc, if you aren't already. That daily amount depends upon your age, and the NIH cites that for men, the dosage is 11 mg. and for woman, 8 mg. Foods that are highest in Zinc are shellfish, meat, poultry, fish, legumes, nuts and seeds, dairy products, eggs, whole grains, and vegetables like mushrooms, kale, peas, asparagus, and beet greens.



Zinc y Covid-19

El zinc es un mineral vital que se encuentra en todo su cuerpo y que ayuda a su sistema inmunológico y al proceso por el cual su cuerpo convierte lo que come y bebe en energía, conocido como función del metabolismo. De hecho, el zinc es el segundo oligoelemento más abundante en su cuerpo, después del hierro, y está presente en todas las células. Pero debido a que su cuerpo no produce zinc de forma natural, debe obtenerlo de lo que come o de los suplementos.

Se cree que el zinc ayuda a combatir los resfriados y las infecciones de las vías respiratorias superiores. Puede ayudar a acortar la duración de un resfriado y hacer que los síntomas sean menos graves. También ayuda a estimular la producción de anticuerpos frente a infecciones. Es el papel que juega este importante nutriente en la supresión de la inflamación lo que ha interesado tanto a los que estudian Covid 19. La inflamación ha sido una complicación común entre los pacientes con casos más graves de Covid-19, especialmente cuando el sistema inmunológico del cuerpo responde en exceso a la infección y se ataca a sí mismo, una afección potencialmente dañina llamada "tormenta de citocinas". Investigaciones anteriores han descubierto que el zinc puede prevenir la replicación del virus que causa el resfriado común y también puede disminuir la inflamación en el tracto respiratorio superior.

La pregunta bajo el microscopio ahora es si el zinc puede hacer lo mismo en los pulmones y el tracto respiratorio inferior, donde el coronavirus y la inflamación pueden causar un daño tan grave. June McKoy, M.D., profesora asociada de medicina en la Facultad de Medicina Feinberg de la Universidad Northwestern, sugiere que "el zinc podría ser el oficial de policía que pone las esposas al virus, y por eso estamos entusiasmados con las cosas".

Entonces, aunque el zinc ciertamente no es una cura para el Covid-19, podría ser el momento de considerar complementar su dieta con la cantidad diaria recomendada de zinc, si aún no lo ha hecho. Esa cantidad diaria depende de su edad, y el NIH cita que para los hombres, la dosis es de 11 mg. y para la mujer, 8 mg. Los alimentos con mayor contenido de zinc son los mariscos, la carne, las aves, el pescado, las legumbres, los frutos secos y las semillas, los productos lácteos, los huevos, los cereales integrales y las verduras como los champiñones, la col rizada, los guisantes, los espárragos y las hojas de remolacha.

鋅鋅和COVID-19

鋅是在人體中發現的重要礦物質，可幫助您的免疫系統，幫助身體將飲食轉化為能量。實際上，鋅是人體中僅次於鐵的第二大礦物質，並且存在於每個細胞中。但是您的身體不會產生鋅，您需要從食物或補品中獲取鋅。

鋅被認為有助於抵抗感冒和上呼吸道感染。它可以幫助縮短感冒的持續時間，並使症狀減輕。它還有助於提高抗感染抗體的產生。研究COVID-19的人們對這種重要營養素在炎症抑制中的作用很感興趣。在嚴重的Covid-19病例中，炎症一直是患者的常見並發症，尤其是當人體的免疫系統對感染過度反應並自我攻擊時，這種潛在的有害狀況稱為“細胞因子風暴”。先前的研究發現，鋅可以防止引起普通感冒的病毒複製，還可以減輕上呼吸道的炎症。

科學家正在研究鋅是否可以在肺部和下呼吸道中做同樣的事情，在那裡冠狀病毒和炎症會造成如此嚴重的損害。

鋅不是COVID-19的治療方法，但如果您還沒有，建議您考慮在飲食中增加建議的每日鋅攝入量。每天的劑量取決於您的年齡，NIH指出，對於男性，劑量為11毫克。女人則為8毫克。鋅含量最高的食物是貝類，肉，禽，魚，豆類，堅果和種子，乳製品，雞蛋，全穀類以及諸如蘑菇，羽衣甘藍，豌豆，蘆筍和甜菜等蔬菜。在對飲食或補品進行任何更改之前，請先諮詢醫生。

아연과 코로나 19

아연은 인간의 몸에 필요한 필수 무기질중에 하나입니다. 이는 사람의 면역체계와 신진대사 활성화에 많은 도움을 주나, 몸 안에서 자연적으로 생성되지 않기 때문에 음식이나 보충제를 섭취해야만 합니다. 그런데 코로나와 아연은 어떠한 밀접 관계가 있을까요?

코로나는 기지 질환을 동반합니다. 그리고 아연은 감기와 기지 질환을 예방하는데에 탁월한 역할을 합니다. 아연을 충분히 섭취 할 경우에 몸의 항체 생성을 촉진하여 감기 기간을 단축하거나 증상을 완화 시킬 수 있습니다. 또 한, 코로나 환자들 사이에서 흔히 발생하는 합병증 중, "사이코카인 폭풍"이라 불리는 염증이 있습니다. 이 염증은 몸이 바이러스 감염에 과도하게 반응하여 결국 자기 세포를 죽이는 자해로 이어지는데, 여러 코로나 관련 연구에 따르면, 아연은 이러한 증상들이 발병하는 것을 방지하고 염증을 감소시킨다고 밝혔습니다.

노스웨스턴 의학 대학 부교수인 준 맥코이 (June McKoy)에 따르면, "아연은 코로나를 잡는 경찰관 역할을 한다." 라고 인터뷰했습니다. 물론 아연이 코로나의 치료제거나 확실한 방역제는 아닙니다. 그러나 도움이 된다는 것 만큼은 무시 할 수 없는 사실입니다.

아연의 하루 권장량은 나이에 따라 조금씩 다르지만, 성인 남성의 경우 11mg 이고 성인 여성의 경우 8mg이라고 합니다. 보조제를 통해 아연을 섭취하셔도 되고, 음식으로는 갑각류, 육류, 가금류, 생선, 콩류, 견과류 및 각 종 씨앗, 유제품, 계란, 통 곡물, 버섯, 케일, 아스파라거스, 비트채소등이 있습니다.



Safety-is the Key! Angelus Plaza held COVID-19 testing from September 10 to September 18, 2020 with Bach Diagnostics Laboratory. Continued testing for COVID-19 helps to control its spread and also helps to identify anyone who came into contact with infected people so they, too, can be quickly treated. **Second round of testing will begin 10/19/20 through 10/23/20 for residents only. Stay Safe! Stay Healthy!**

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.

©2017 ©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

