Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

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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).

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The Flight by Angelus Plaza

A Retirement Housing Foundation® Community

SEPTEMBER Message

"We're all golden sunflowers inside."

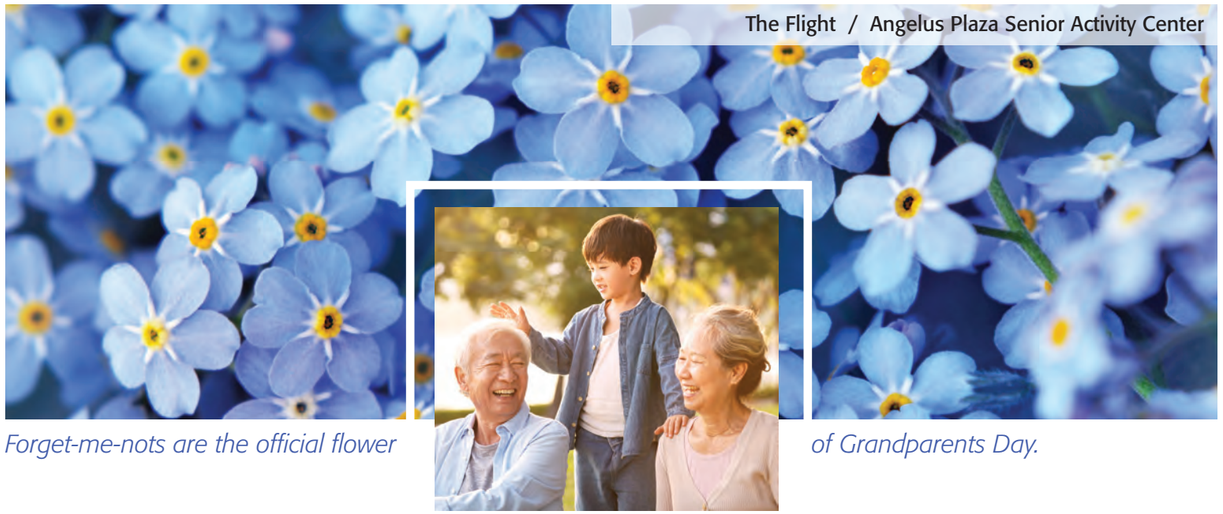
~ Allen Ginsberg

Sunflower Seeds
Pack a Powerful Health Punch

Delicious sunflower seeds are the fruits of the sunflower plant, and are harvested from the plant's large and showy flower heads. Just one sunflower can offer up to 2000 of those scrumptious little seeds. But are these popular and tasty seeds actually good for you? It turns out, they are!

The sunflower was a mystic symbol for several early civilizations, including the Incas who worshipped the sun. The sunflower's seeds were considered mystical by these ancient peoples for their healthful benefits. We now know that the seeds contain high levels of essential fatty acids, the full profile of amino acids needed to form complete and digestible protein, vitamins A, B, C and E as well as calcium, magnesium, potassium, zinc, iron, selenium and manganese minerals. Sunflower seeds are also a rich source monounsaturated and polyunsaturated fatty acids -"good" fats that may actually help protect our arteries. As a natural source of zinc, sunflower seeds are popular immune boosters, and may also protect against heart disease. The vitamin B found in sunflower seeds can also aid in the fight against stress.

Sunflower seeds are so nutrient-dense that you don't have to eat a lot of them to get all these undeniable benefits! Sunflower seeds make a tasty snack, and are a delicious addition when sprinkled on your breakfast cereals, salads, or soups. They are also popular in trail mixes, multi-grain breads, and nutrition bars. These blockbuster seeds provide an excellent source of slow release energy, helping maintain stable blood sugar levels. High in protein and low in carbohydrates, sunflower seeds make the ideal pick-me-up snack!



Forget-me-nots are the official flower of Grandparents Day.

Happy Grandparents Day!
Sunday,
September 13, 2020

The Special Bond

"When grandparents enter the door, discipline flies out the window."
~ Ogden Nash

"If nothing is going well, call your grandmother."
~ Italian Proverb

"Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children."
~ Alex Haley

¡Feliz día de los abuelos!
Domingo
13 de septiembre de 2020

El vínculo especial

"Cuando los abuelos entran por la puerta, la disciplina sale volando por la ventana."
~ Ogden Nash

"Si nada va bien, llama a tu abuela."
~ Proverbio italiano

"Nadie puede hacer por los niños pequeños lo que hacen los abuelos. Los abuelos esparcen polvo de estrellas sobre la vida de los niños pequeños."
~ Alex Haley

祖父母節快樂!
2020年9月13日，星期日

特別債券

"當祖父母進入門時，紀律就會飛出窗戶。"
~ Ogden Nash（美國詩人）說過

"如果一切都不好，請打電話給祖母。"
~意大利諺語

"沒有人能像祖父母那樣為小孩做事。 祖父母在小孩子的生活上撒上星塵。"
~ Alex Haley（美國作家）說過

행복한 조부모의 날!
2020년 9월 13일 일요일

그만큼 특수 채권

"손자 손녀집에 조부모님이 문을 열고 들어가면, 징계는 창 밖으로 날아간다"
~ 오그던 내쉬

"되는 일이 아무 것도 없을 땐, 할머니에게 전화건다"
~ 이탈리안 속담

"그 누구도 할머니 할아버지가 손자 손녀를 대하는 것 처럼 할 수 없다. 할머니 할아버지는 작은 아이들의 삶에 반짝이는 꽃가루를 뿌려준다."
~ 알렉스 헤일리

10 Immune System Boosters for Seniors

For older adults, having a strong immune system is important, especially during the COVID 19-pandemic, the cold and flu season. Seniors are more vulnerable to infections and they need to take extra precautions to ensure they stay healthy.

Here are 10 tips that can help loved ones through COVID 19 Pandemic, Cold and Flu season:

1. **Wash Hands:** Washing hands regularly scrubs away germs.
2. **Use Face Mask:** Helps prevent diseases from spreading.
3. **Eat Well:** Eat a Healthy, Nutrient-Rich Diet: Fruits and vegetables rich in vitamins C and E, beta-carotene and zinc are essential to good health. So is maintaining a low-sugar, low-fat diet that incorporates whole grains and lean proteins.
4. **Exercise:** Regular physical activity promotes circulation and heart health, and relaxes the body and mind. Walks, bike rides, yoga classes and other forms of exercise help boost seniors' immune system performance and ward off infections.
5. **Reduce Stress:** Stress has been linked to a number of illnesses, including stomach problems and heart disease. Whether it's social stress, isolation or other forms, stress can suppress seniors' immune system, making them more susceptible to viruses.
6. **Sleep:** Sleep is one of the best natural immune system boosters, sleep helps us respond better to stress and inflammation. It's also shown to improve our response to the flu vaccine.
7. **Stay Positive:** A healthy outlook on life boosts endorphins, which make us feel good. Seniors who keep up with activities and hobbies that make them happy or challenge them in an enjoyable way have a better chance of staying positive and healthy.
8. **Try Some Superfoods:** Foods like kale, broccoli, avocados, certain mushrooms, berries and others have shown to improve seniors' immune system performance, even boost cognitive function and help fight Alzheimer's disease.
9. **Consider Multivitamin or Herbal Supplements:** Seniors should talk to their doctors first before adding multivitamins or herbs, such as Echinacea, ginseng or probiotics, to their regimen.
10. **Stay Hydrated:** Drink at least 8-9 glasses of fluids a day to keep mucous membranes moist, which lowers the chances of flu or colds. Water, coffee, tea and soup all count.

10 Potenciadores del Sistema Inmunológico Para Personas Mayores

Para los adultos mayores, es importante tener un sistema inmunológico fuerte, especialmente durante la pandemia de COVID 19, la temporada de resfriados y gripe. Las personas mayores son más vulnerables a las infecciones y deben tomar precauciones adicionales para garantizar su salud.

Aquí hay 10 consejos que pueden ayudar a sus seres queridos durante la temporada de gripe, resfriado y pandemia de COVID 19:

1. **Lávese las manos:** Lavarse las manos regularmente elimina los gérmenes.
2. **Utilice mascarilla:** ayuda a prevenir la propagación de enfermedades.
3. **Coma bien:** coma una dieta saludable y rica en nutrientes: las frutas y verduras ricas en vitaminas C y E, betacaroteno y zinc son esenciales para una buena salud. También lo es mantener una dieta baja en azúcar y grasas que incorpore cereales integrales y proteínas magras.
4. **Ejercicio:** La actividad física regular promueve la circulación y la salud del corazón y relaja el cuerpo y la mente. Las caminatas, los paseos en bicicleta, las clases de yoga y otras formas de ejercicio ayudan a estimular el rendimiento del sistema inmunológico de las personas mayores y a prevenir infecciones.
5. **Reducir el estrés:** el estrés se ha relacionado con una serie de enfermedades, incluidos problemas estomacales y cardiopatías. Ya sea por estrés social, aislamiento u otras formas, el estrés puede inhibir el sistema inmunológico de las personas mayores, haciéndolas más susceptibles a los virus.
6. **Sueño:** El sueño es uno de los mejores estimulantes naturales del sistema inmunológico, el sueño nos ayuda a responder mejor al estrés y la inflamación. También se ha demostrado que mejora nuestra respuesta a la vacuna contra la influenza.
7. **Manténgase positivo:** una perspectiva saludable de la vida estimula las endorfinas, lo que nos hace sentir bien. Las personas mayores que se mantienen al día con las actividades y pasatiempos que los hacen felices o los desafían de una manera agradable tienen más posibilidades de mantenerse positivos y saludables.
8. **Pruebe algunos superalimentos:** se ha demostrado que alimentos como la col rizada, el brócoli, los aguacates, ciertos hongos, las bayas y otros mejoran el rendimiento del sistema inmunológico de las personas mayores, incluso estimulan la función cognitiva y ayudan a combatir la enfermedad de Alzheimer.
9. **Considere los suplementos multivitamínicos o herbales:** las personas mayores deben hablar primero con sus médicos antes de agregar multivitamínicos o hierbas, como equinácea, ginseng o probióticos, a su régimen.
10. **Manténgase hidratado:** Beba al menos de 8 a 9 vasos de líquido al día para mantener húmedas las membranas mucosas, lo que reduce las posibilidades de contraer gripe o resfriados. El agua, el café, el té y la sopa cuentan.

老年人增強免疫系統的10種方法

對於老年人而言，擁有強大的免疫系統非常重要，尤其是在COID 19大流行，感冒和流感季節。老年人更容易受到感染，他們需要採取額外的預防措施以確保他們保持健康。

這裡有10條提示，可以幫助人們度過19流感大流行，寒冷和流感季節：

1. **洗手：** 定期洗手可清除細菌。
2. **使用口罩：** 幫助防止疾病傳播。
3. 飲食：飲食健康，營養豐富。富含維生素C和E的水果和蔬菜以及鋅對健康至關重要。保持低糖，低脂的飲食也要如此，這種飲食要結合全穀物和瘦肉蛋白質。
4. **運動：** 定期進行體育鍛煉可以促進血液循環和心臟健康，並放鬆身心。散步，騎自行車，瑜伽課和其他形式的鍛煉有助於提高老年人的免疫系統性能並抵禦感染。
5. **減輕壓力：** 壓力與許多疾病有關，包括胃病和心髒病。無論是社會壓力，孤立還是其他形式，壓力都可以抑制老年人的免疫系統，使他們更容易感染病毒。
6. **睡眠：** 睡眠是最好的天然免疫系統增強劑之一，睡眠有助於我們更好地應對壓力和炎症。它也可以改善我們對流感疫苗的反應。
7. **樂觀：** 健康的生活會增強內啡肽，使我們感覺良好。能夠使自己開心或以愉悅的方式挑戰自己的活動和愛好的老年人更有機會保持積極健康。
8. **嘗試一些超級食品：** 羽衣甘藍，西蘭花，鱷梨，某些蘑菇，漿果等食物已被證明可以改善老年人的免疫系統性能，甚至可以增強認知功能並有助於對抗老年癡呆症。
9. **考慮使用多種維生素或草藥補品：** 老年人應在方案中加入多種維生素或草藥（例如紫錐菊，人參或益生菌）之前先諮詢醫生。
10. **保持水分：** 每天至少喝8-9杯液體，以保持粘膜濕潤，從而降低了感冒或感冒的機會。水，咖啡，茶和湯都很重要。

면역력을 증진 시키는 10가지 방법

코로나가 대 유행을 하는 가운데, 면역력을 유지 혹은 증가시키는 것은 굉장히 중요합니다. 특히 노년층의 경우에는 감염에 더 취약해지기 때문에, 특별히 더 예방 방법을 알고 조심해야 합니다.
그 방법은 다음과 같습니다:

1. **손 자주 씻기:** 너무나 당연하지만 그만큼 가장 중요합니다. 항상 손씻기를 의식하고 자주, 오래 손을 씻으십시오.
2. **마스크 사용:** 질병의 확산을 막고, 방지할 수 있습니다.
3. **규칙적인 식습관:** 다양한 영양소를 규칙적으로 섭취하십시오. 특히 과일이나 채소에는 좋은 영양소와 많은 비타민들이 함유되어 있어, 필히 섭취하셔야 합니다.
4. **운동:** 규칙적인 신체 활동은 혈액순환을 돕고 이는 심장을 건강하게 만듭니다. 걷기, 자전거타기, 요가, 스트레칭등 운동은 면역 체계 성능을 높이는데 아주 큰 역활을 하니, 항상 움직이십시오.
5. **스트레스 관리:** 스트레스는 만병의 근원입니다. 스트레스를 안 받는 건 불가능하지만, 받아서 어떻게 푸는냐가 중요합니다. 운동이나, 책읽기, 대화하기 등 건강한 방법으로 스트레스를 관리하세요.
6. **수면:** 수면은 최고의 자연 면역계 강화제 중 하나입니다. 특히 스트레스를 줄이며, 백신에 대한 신체적 반응을 향상 시키는데 큰 역활을 하는 것으로 나타났습니다.
7. **긍정적인 마음가짐:** 긍정적이고 행복한 마음가짐 하나로 면역력이 높아지는 것을 알고 계십니까? 취미를 만들고 다양한 활동들에 참여 해보십시오. 걱정하던 것들을 잠시 잊을 수 있을 겁니다.
8. **슈퍼 푸드:** 착한 탄수화물의 대명사인 통곡물, 항상화 효과가 있는 다양한 베리류의 과일 (블루베리, 딸기), 오메가 3 지방산이 풍부한 생선, 비타민과 식이섬유가 풍부한 시금치, 케일과 같은 잎채소, 면역력 증진에 탁월한 효과가 있는 견과류와 올리브 오일 또한 슈퍼푸드로 선정 된 아주 좋은 음식들 입니다. 이 음식들은 심장건강, 항암효과, 치매예방등에 아주 큰 도움을 준다고 합니다.
9. **종합 비타민 혹은 보조제:** 의사와 상담하시고 종합 비타민 혹은 보조제등을 섭취하세요.
10. **탈수 절대 금지:** 점막을 촉촉하게 유지하기 위해 하루에 최소 8 ~ 9 잔의 물을 마시면 독감이나 감기에 걸릴 가능성이 낮아집니다. 물, 커피, 차, 수프가 모두 중요합니다.

ANGELUS PLAZA

A Retirement Housing Foundation® Community

The Flight / Angelus Plaza Senior Activity Center

SEPTEMBER 2020

All Activities Are Subject to Change.

IN SEPTEMBER, WE REMEMBER PATRIOT DAY

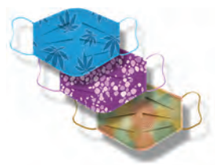
Friday, September 11, 2020
Patriot Day on September 11th honors the memory of the nearly 3,000 people who were killed in the September 11, 2001, terrorist attacks. Each year, in the United States the day is dedicated to remembering those who died as well as those who risked their own lives to save others.

Viernes 11 de septiembre de 2020
El Día de los Patriotas, el 11 de septiembre, honra la memoria de las casi 3.000 personas que murieron en los ataques terroristas del 11 de septiembre de 2001. Cada año, en los Estados Unidos, el día está dedicado a recordar a los que murieron y a los que arriesgaron sus propias vidas para salvar a otros.

2020年9月11日，星期五
9月11日的“愛國者紀念日”紀念在2001年9月11日恐怖襲擊中喪生的近3,000人。每年，在美國，這一天都致力於紀念那些死者以及那些冒著生命危險拯救他人的人。

2020 년 9 월 11 일 금요일
전국 조부모의 날은 조부모 만이 제공 할 수있는 사랑을 기립니다. 그들은 돌보고 인내하며 아이들에게 관대 한 사랑보다 더 많은 것을 제공합니다. 그들은 풍부한 지혜, 지침 및 안정성을 제공합니다. 이 날은 항상 노동절 이후 첫 번째 일요일에 기념됩니다.

SEPTEMBER ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Requirements: Facial Masks and Social Distancing (at least 6 Ft) 		1 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar	2 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida	3 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise	4 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Zumba w/Saida	5
6	7 *Labor Day* Office Closed	8 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar	9 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida	10 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise	11 *Patriot Day* 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Zumba w/Saida	12
13 *Grandparent's Day*	14 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise	15 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar	16 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida	17 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise	18 *Rosh Hashanah (begins at sundown)* 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Zumba w/Saida	19
20	21 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise	22 *Fall Begins* 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar	23 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida	24 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Yoga w/Denise	25 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Zumba w/Saida	26
27	28 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Yoga w/Denise	29 9:00-9:40 a.m. Cardio Workout w/Cesar 10:00-10:40 a.m. Cardio Workout w/Cesar	30 9:00-9:40 a.m. Zumba w/Saida 10:00-10:40 a.m. Zumba w/Saida	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.		

Labor Day
Monday, September 7, 2020

Traditionally, Labor Day celebrated on first Monday of September with parades, cookouts, and family outings. It recognizes the creation of the labor or union movement and honors the social and economic achievements of American workers. This Year, we will celebrate under “new normal “circumstances: no parades and no gathering. However, keep your spirit strong, we will overcome this uncertain time together. Celebrate at home with your family members, be happy and stay safe!

Did you know that many other countries have set aside a day to celebrate workers?

Labor Day is also celebrated on the first Monday in September in **Canada**.

Australians celebrate Labor Day in March or October, depending on the territory in which they live.

In the **Bahamas**, Labor Day is celebrated on the first Friday of June.

China and South Korea celebrate Labor Day on May 1st.

Around the world Labor Day celebrate International Workers’ Day, or May Day, on May 1.

Día del Trabajo
lunes 7 de septiembre de 2020

Tradicionalmente, el Día del Trabajo se celebra el primer lunes de septiembre con desfiles, comidas al aire libre y salidas familiares. Reconoce la creación del movimiento laboral o sindical y honra los logros sociales y económicos de los trabajadores estadounidenses. Este año, celebraremos bajo circunstancias "nuevas normales": sin desfiles ni reuniones. Sin embargo, mantén tu espíritu fuerte, superaremos este tiempo incierto juntos. ¡Celebre en casa con los miembros de su familia, sea feliz y manténgase seguro!

¿Sabías que muchos otros países han reservado un día para celebrar a los trabajadores?

El Día del Trabajo también se celebra el primer lunes de septiembre en Canadá.

Los australianos celebran el Día del Trabajo en marzo u octubre, según el territorio en el que vivan.

En las Bahamas, el Día del Trabajo se celebra el primer viernes de junio.

China y Corea del Sur celebran el Día del Trabajo el 1 de mayo.

En todo el mundo, el Día del Trabajo celebra el Día Internacional de los Trabajadores, o el Primero de Mayo, el 1 de mayo.

2020年9月7日星期一，美國勞動節

傳統上，勞動節在9月的第一個星期一慶祝，遊行，野炊和家庭郊遊。 它承認勞工運動或工會運動的建立，並表彰美國工人的社會和經濟成就。 今年，我們將在“新常態”下慶祝：沒有遊行，沒有聚會。 但是，保持堅強的精神，我們將共同克服這個不確定的時刻。 與家人一起在家裡慶祝，開心並保持安全！

您是否知道其他許多國家/地區預留了一天來慶祝工人？

在加拿大，9月的第一個星期一也慶祝勞動節。

澳大利亞人在3月或10月慶祝勞動節，具體取決於他們所居住的州。

在巴哈馬，勞動節於六月的第一個星期五慶祝。

中國和南韓慶祝5月1日勞動節。

在世界各地的勞動節慶祝5月1日國際工人日或五一勞動節。

노동절
2020년 9월 7일 월요일

전통적으로 노동절은 매년 9월 첫번째 월요일에 노동자들을 위한 퍼레이드, 세일, 행사등이 진행 됩니다. 이 날은 노동 조합의 탄생을 축하하고 미국의 모든 노동자들의 사회적, 경제적 업적을 기리기 위해 만들어 진 날입니다. 물론 이번 년도에는 공식적인 퍼레이드나 여러명이 모이는 모임등은 할 수 없겠지만, 너무 낙담하지는 마세요. 가족들과 맛있는 식사를 하며 도란도란 담소를 나누거나, 마스크와 사회적 거리두기를 실천하며 가까운 산과 바다에 바람을 쐬러 나가셔도 됩니다. 모두 안전하게 노동절을 보내시길 바랍니다!

다른 나라에서도 노동자들의 노고에 감사를 표하기 위한 노동절이 있다는 걸 알고 계십니까?

캐나다도 미국과 같이 9월 첫번째 월요일에 노동절이 있습니다.

호주에서는 거주 지역에 따라 3월 혹은 10월에 노동절을 기념한다고 합니다.

바하마에서는 매년 6월 첫번째 금요일이 노동절입니다.

한국과 중국은 매년 5월 1일이 노동절입니다.

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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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