

COSL Sacramento

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We're Here to Serve You

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HAPPY BIRTHDAY

RESIDENTS

May 1st	Mary Sorenson
May 19th	Timothy Johnson
May 28th	Ethal Morand

Wild World: Coral

Although various corals look like plants, these ocean occupants are actually animals. Tiny creatures called polyps, which are related to jellyfish and sea anemones, build reef systems by attaching to a rock or the ocean floor, then clone themselves over and over to create a large colony. Polyps are translucent, but they host different types of algae that give coral reefs their vibrant colors. Since algae receive energy from the sun, reefs are found close to the water's surface, sharing nutrients with the algae. Coral polyps also have stinging tentacles that they extend at night to catch zooplankton and small fish to feed on. Coral reefs help protect coastlines and provide habitats for thousands of marine species.

June 2018



Sniff Out Lemons to Boost Your Brain

Stop and smell ... the lemons! The citrusy scent may improve your mood and mental processing. When the daily crossword has you stumped or you need to concentrate on a task, researchers have found that a whiff of lemon can enhance cognitive performance by boosting the levels of the brain chemical norepinephrine. Lemony smells also made people feel better and more motivated and alert.

Wedding Dress Tradition

When Queen Victoria of England married Prince Albert in 1840, she made a daring choice and wore a white satin gown for her wedding ceremony. Until then, most brides dressed in red for their nuptials, but Victoria's example began a tradition that continues today.

Advice From Mister Rogers

"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind." —Fred Rogers



Super Facts About the Man of Steel

One of the greatest comic book characters of all time, Superman has been fighting for "truth, justice and the American way" for 80 years. Celebrate this milestone with some Man of Steel trivia.

Cleveland teenagers Jerry Siegel and Joe Shuster created the superhero character in 1933. Superman made his official debut in June 1938 in "Action Comics" No. 1, published by DC Comics.

Born on the fictional planet Krypton, Superman's real name is Kal-El, which means "Star-Child" in Kryptonian. Here on Earth, his full name is Clark Joseph Kent.

The source of Superman's powers is solar energy, specifically from a yellow sun.

Superman has a dog named Krypto, who wears a red cape like his master.

In American Sign Language, tracing an "S" symbol on your chest is the word for "Superman."

The small town of Metropolis, Ill., is billed as the "hometown of Superman," since it shares its name with the fictional city where the character lives.

Doughnut Diversity

The first Friday in June is National Doughnut Day in the U.S., but the love of fried dough is a global phenomenon. Treat yourself to this menu of doughnuts from around the world:

Berliner. This round German doughnut is filled with jam or marmalade and topped with powdered sugar or icing.

Paczki. Similar to Berliners, these Polish pastries are richer and typically filled with jam or cream. In Israel, the *sufganiyah* is a nearly identical treat.

Churro. A cinnamon and sugar mixture nestles into the ridged sides of this skinny, tube-shaped doughnut, a favorite in Mexico, where it is often dipped in chocolate sauce.

Youtiao. This lightly salted, chewy stick is also known as the Chinese cruller, and is typically dunked in rice porridge or soy milk at breakfast time.

Jalebi. Similar to funnel cakes, these treats made with fermented batter and soaked in saffron syrup are found in the Middle East and South Asia.

Koeksister. South Africa is home to this sticky braided doughnut, which is coated in a syrup flavored with cinnamon, ginger and lemon.



A Sweet Mission

One airman's kind gesture in the midst of the Cold War grew into a heartwarming military operation.

In June 1948, the Berlin Airlift began. For the next 15 months, as part of Operation Vittles, Allied forces flew in needed food and supplies to the Allied-occupied parts of Berlin, under siege after the Soviet Union blocked all road, rail and barge traffic into the areas.

Gail Halvorsen, a U.S. Army Air Corps pilot flying in cargo, stopped one day to talk to some German children who had gathered at the fence of Tempelhof Air Base. He offered them the two sticks of chewing gum he had in his pocket. Their delight in the treat gave him an idea. He asked his crew to donate their candy rations, and the next day, he dropped parcels filled with the sweets using handkerchiefs as parachutes.

Because he wiggled the wings of his plane as a signal to the kids below, Halvorsen became known as Uncle Wiggly Wings. After word of the candy bomber's goodwill spread, his commanders created Operation Little Vittles, and donations of candy poured in from America. By the end of the airlift, 23 tons of candy had been dropped.

Halvorsen received many awards for his generosity, which is still remembered today. There are numerous schools in Germany named for him.



All Eyes on the World Cup

Soccer fans around the globe are gearing up to watch the sport's biggest event, the FIFA World Cup. The monthlong tournament kicks off in Russia on June 14, with the championship game on July 15.

The World Cup takes place every four years. Qualifying games are held in the three years prior to determine which teams play in the finals. Out of more

than 200 FIFA teams, only 32 make it to the World Cup—31 qualifiers plus the host country's team, which automatically earns a spot.

This year, 64 elimination matches will be played in 11 Russian cities, with Moscow hosting the tournament's first and final games.

Due to soccer's global popularity, the World Cup is one of the most widely viewed sporting events. More than 3 billion people tune in for the games.

Since the World Cup was first held in 1930, Brazil has the most championship wins, with five titles. Germany is the current defending champion.

Essential Exercise Types

Varying activities is the key when it comes to physical fitness. Here are four types of exercise that experts say should be part of a well-rounded routine. Be sure to consult a doctor before starting a new exercise program.

Endurance. Also called aerobic exercise, these activities increase your heart rate and breathing. Walking, dancing and swimming are examples.

Strength. Muscle mass often declines with age, and strength training builds it back. This type of exercise makes you stronger, relieves joint pain and improves balance. Forms of strength training include lifting weights

and using resistance bands.

Balance. Maintaining good balance is essential to preventing falls. Balance exercises often focus on the lower body. Tai chi and standing on one foot can improve balance.

Flexibility. Movements that stretch your muscles help you stay limber, making it easier to perform everyday activities, such as bending to tie your shoes. Stretching exercises and yoga improve flexibility.



Wit & Wisdom

"All you need is the plan, the road map, and the courage to press on to your destination."

—Earl Nightingale

"A great accomplishment shouldn't be the end of the road, just the starting point for the next leap forward."

—Harvey Mackay

"Throughout the centuries there were men who took first steps down new roads, armed with nothing but their own vision."

—Ayn Rand

"The road to enlightenment is long and difficult, and you should try not to forget snacks and magazines."

—Anne Lamott

"If you see 10 troubles coming down the road, you can be sure that nine will run into the ditch before they reach you."

—Calvin Coolidge

"When all's said and done, all roads lead to the same end. So it's not so much which road you take, as how you take it."

—Charles de Lint

"The road to success has to have obstacles because at the end of the day, when success comes, it will be that much better."

—Shelly-Ann Fraser-Pryce

Fill 'Er Up

Since the invention of the automobile, the price of gasoline has been the driving force behind many decisions consumers make, from the type of vehicles they buy to their road trip destinations. Fill up on this rundown of average prices at the pump over the years.

Year	Average Gas Price Per Gallon
1938	20 cents
1949	27 cents
1957	31 cents
1969	35 cents
1979	86 cents
1981	\$1.31
1996	\$1.23
2008	\$3.27
2012	\$3.64
2017	\$2.42

"Then & Now"

"This Month In History"

JUNE

1919: A colt named Sir Barton wins the Belmont Stakes, making him horse racing's first Triple Crown winner.

1927: The Cyclone roller coaster opens on New York's Coney Island. The wooden coaster is one of the oldest amusement park rides in the U.S.

1934: Sporting a sailor shirt and cap, Donald Duck debuts in the cartoon short "The Wise Little Hen."

1948: Columbia Records introduces its new long-playing 33 1/3 rpm phonograph record.

1958: Brazil wins its first World Cup title, beating Sweden 5-2. Then just 17 years old, soccer legend Pelé scored two goals in the victory.

1969: Featuring country music and comedy, the TV variety show "Hee Haw" premieres.

1971: President Richard M. Nixon's daughter Tricia marries Edward Cox in a ceremony in the White House Rose Garden.

1981: The video arcade game "Donkey Kong" debuts.

1991: Natalie Cole releases her hit album "Unforgettable ... With Love," singing the classic songs of her father, Nat King Cole.

2007: Customers line up to buy the first model of the Apple iPhone.

2010: Woody and Buzz are back for "Toy Story 3," which becomes the first animated film to earn \$1 billion at the box office.

2014: One of Claude Monet's iconic water lilies paintings sells for a record \$54 million at a London auction.