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The Difference Between Living and Living Well

150 S. Grand Ave. • West Covina, CA 91791 • (626) 332-3344

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Veronica Orosco Business Office Manager
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Veronica Jacoba Community Relations Director
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Debbie Galaviz Wellness Director
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Ana Baltazar Resident Services Coordinator
Morgan Jones Memory Care Director
Cecilia Walker Memory Care LE Director
Melodie Misaikone Life Enrichment Director
Mary Reyes Life Enrichment Coordinator
Cesar Martinez Senior Dining Services Director
David Hynes Plant Operations Director
Adam Gliniak Plant Operations Assistant



## December 2023



# The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. They say it's proof of why doing good can make you feel good.

#### From the Heart

"It isn't the size of the gift that matters, but the size of the heart that gives it." —Eileen Elias Freeman













West Covina Mayor Rosario Diaz presented our community with a city certificate.













# Director's

Just a reminder, please leave your trash out your door after 6pm, and no earlier. Also, please refrain from sleeping in our lobby area. We know our lobby chairs are very comfortable, but your apartment and bed seem much cozier!





Free Tune Up Clinic

Monday December 4, 10:00am

IT'S TIME FOR YEARLY

MAINTENANCE ON YOUR

MOBILITY EQUIPMENT!

It's important to catch small

problems before they become

big ones. Aging Care will be

visiting our community to do a

free tune up on power

wheelchairs, scooters, manual

wheelchairs and walkers. Please

sign up at our binder near the

mailboxes if you would like a

free tune up!

### **Thank You Veterans**









### Bring on the Holiday Cheer and Music to Our Ears!!

It's the holidays and we have a variety of different music groups that will be visiting our community to bring holiday cheer! Be sure to check your monthly calendar and highlight the days so you won't miss out on the fun.





The holidays are a joyous time – indulge yourself in things that make you feel happy, relaxed, and stress-free. I wish you lots of love, happiness, and blessings!





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