

# THE EXTENDED CARE OF RIVERSIDE TIMES

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## 1ST ANNUAL TALENT SHOW WAS A SUCCESS!



**AND THE WINNERS ARE: 1ST PLACE: ELOY ARTILES (EXTENDED CARE OF RIVERSIDE)  
2ND PLACE: REUBEN CAPISTRANO 3RD PLACE: MARGARET ALAYON (PACIFIC CONV.)**



**CONGRATULATIONS TO ALL THE PARTICIPANTS:**  
Jeanette Morisak, Maria Balvas, Cathalay Keomurokot, Jim Clarke, Cortney Forman, Leroy Tallman, Jose Martinez, Pria Pahutan, Ria Meranda, Valerie Brooke, Josefina Ruiz, Mary Lou Berkey, Juliet Dimaandal, Suzette Estonactoc, Bob Kissel, Wade Sossaman, Yvonne Quezada, Sue Tabug, Carlo Berguinio, Luciana Alvarez, Claudia Ramirez, Shirley Orten, Purvi Shastri, Cheryl Mataundan

**ANDREW LITCHMAN MEMORIAL SCHOLARSHIP  
RECIPIENTS FOR 2010**  
Tram Nyugen - Monterey Park  
Jeanette Veluz – Garden Park



## HEALTH AND FITNESS

### RECIPE CORNER

#### POTATO CHEDDAR SOUP

2lb red skin potatoes, peel,  
cut in 1/2 inch cubes  
3cup chicken broth  
3/4cup chopped carrots  
1chopped onion  
1/2 tsp salt  
1/4 tsp pepper  
1c half and half  
2 cup cheddar cheese  
1 1/4cup chopped ham

Mix potatoes, broth, carrots,  
onions, salt and pepper.  
Cook in a Crockpot on low  
6-7 hours. Stir in half and  
half milk. Stir in cheese un-  
til melted. ENJOY

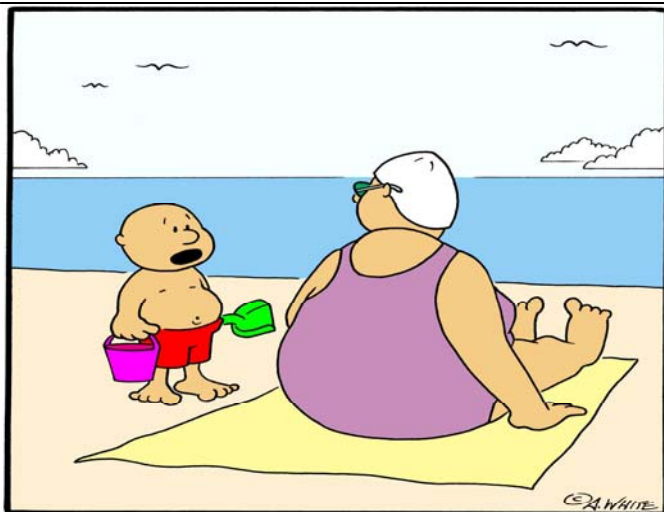


For Seniors who want to stay independent and healthy, there are four types of recommended exercise: Strength exercises build older muscles and increase metabolism, which keep weight and blood sugar in check. Balance exercises give you more freedom of movement and allow you to be more active. Endurance exercises improve your heart health and increase your metabolism. Water aerobics

combines coordination and movement and involves walking or dancing but no bouncing. The water, ideally in a heated pool with the temperature ranging from 82 to 86 degrees, serves as a cushion for your joints and provides resistance strength training without lifting a weight. The Arthritis Foundation explains that water aerobics lessens stress on your joints because the water-and not your legs-supports your weight in the pool. That difference minimizes the

Pressure on your knees and hips

Therefore, water aerobics, done while you are chest-deep, is excellent for seniors with brittle bones.



**"But, Mom, what do the fish do for thirty minutes after they eat?"**

### FUN FACTS

- Panda Bears eat up to 16 hours a day
- Lemons ripen after you pick them, but oranges do not.
- Lifejackets used to be filled with sunflower seeds for flotation.
- Lobsters can live up to 50 years.
- There are 118 ridges on the edge of a US dime.
- Jack is the most common name in nursery rhymes.
- A housefly hums in the key of F
- The Statue of Liberty wears a size 879 sandal.