

Commerce Senior Messenger



OCTOBER 2020

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For The Month*

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Make
Life
Better!**

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Looking Ahead



Fall is here, we wish it felt more like fall. We hope that everyone has been well and enduring the heat of the past month in the best way possible. The senior center staff has been very busy packaging and delivering Home Delivered Meals to all of the senior residents that need them. We do have openings and are ready and able to accept more seniors into the program. If you or anyone you know is interested in receiving meals on wheels please contact the senior center @323.887.4430 Monday through Friday between the hours of 7:30 AM - 3:30 PM.

We would like to hear from all of you to know how you are doing. Our plan is to have a message board in the City of Commerce Senior Messenger Newsletter, where seniors can submit a note to share with their friends at the senior center. The notes will be published each month, not all notes will make the newsletter but we will do our best. Senior resident Terri Dellarosa has already submitted a message she would like us to share.

"Hi! I miss you all. Isolation is aB#!ch. I've been reading, working on puzzles. Home Improvement projects are a priority while waiting for hip replacement surgery next year. Be safe. Love and hugs to all"
- Terri Dellarosa

Many of the seniors who we considered "Regulars" are no longer receiving meals on wheels, which was how we have been distributing the newsletter. We would like to send the newsletter to more of our seniors, so if have a friend or know another senior who would wish to receive the newsletter each month by mail, please contact us at the senior center and we will get this done.

We all miss you and hope that we can begin programming in the near future, please feel free to call us anytime at the senior center if you need anything, or just want a friendly person to talk with, it would be our pleasure.

Ann Marshall
Senior Center Supervisor



"Stay Young, Socialize, Be Happy, Active, Informed & Involved"



Brain Exercises for the Month of October

Lift your mood with this sauna

Rates of depression and anxiety have tripled since the start of the lockdown, skyrocketing from 11% to 36% in six months.

Big Pharma's answer is a medication like Prozac or Xanax. But these drugs have serious side effects. What's worse is that up to 40% of people taking antidepressants still suffer from symptoms...

Exciting research has found that heat can improve mental health, relieve depression and exert an anti-anxiety effect. Heat therapy — or infrared sauna therapy — works in two different but equally important ways...

First, sauna bathing causes the release of a pleasure hormone in the brain called beta-endorphin. Endorphins produce feelings of calm, happiness and well-being — while eliminating symptoms of depression and anxiety.

Secondly, researchers found that stimulating the skin and underlying tissue with heat from an infrared sauna activates serotonin-releasing cells in the brain.

People with depression and anxiety have lower-than-normal levels of serotonin. This neurotransmitter enhances feelings of well-being and happiness.

But here's where this therapy really heats up...

Researchers from the University of Wisconsin-Madison conducted two studies on the antidepressant effects of infrared sauna use. In the first study of 16 people with major depression, a single hyperthermia sauna treatment reduced their depression scores by almost 50%.

In a follow-up study, researchers determined the anti-depression effects from one session lasted six weeks.

If you have a sauna at your house. If you don't suffer from depression use it regularly because the benefits go far beyond mental health. There are a lot of other therapeutic benefits of infrared heat:

- Lowers risk of Alzheimer's and dementia. A 20-year study of 2,315 healthy men found those who used a sauna four to seven times a week had a 65.5% lower risk of dementia and Alzheimer's.
- Reduces risk of heart attack and stroke. Regular sauna sessions can lower heart attack risk by lowering blood pressure as much as 20 points. Another study found it can lower your risk of stroke by 62%.
- Improves your lungs. COPD patients who did four weeks of sauna therapy showed significant improvement in the speed of air coming out of their lungs, compared to the control group.
- Stimulates the immune system. During a sauna session, white blood cells increase in the bloodstream, suggesting an elevation of the body's natural defense against illness. With routine sauna practice, at least one study has shown a decrease in the incidence of the cold and flu virus.
- Helps you detox. Infrared light penetrates into your tissue to release debris from fat. It allows your body to free toxins like arsenic, cadmium, lead and mercury stored in other organs and tissues.



1. Which country is the world's largest producer of gold?

- a. Peru
- b. China
- c. South Africa
- d. United States

2. Born in 1893, who is the only child of a President to be born in the White House?

- a. Robert Todd Lincoln
- b. Kermit Roosevelt
- c. Esther Cleveland
- d. Katherine McKinley

3. Which fruit was the first eaten on the moon?

- a. Apple
- b. Banana
- c. Mango
- d. Peach

4. Martha Stewart said that she stopped dating which actor because she "couldn't get past the Lecter thing"?

- a. Jon Voight
- b. Anthony Hopkins
- c. Michael Douglas
- d. Al Pacino



Answers to Trivia Question

1. *China is the world's top gold-producing country, and has held that position for the last 10 years in a row. In addition to being the top producer of gold, China is also the world's largest gold consumer, and has been for four straight years, according to the World Gold Council. For many years until 2006, South Africa was the world's dominant gold producer, but other countries with large surface area have since surpassed South Africa, including China, Russia, Canada, Peru, Australia and the United States.*

2. *In 1893, President Grover Cleveland's wife Frances became the first First Lady to give birth in the White House when the couple's daughter Esther was born. Esther remains the only child of a president to be born in the White House. After spending the first two years of his presidency as a bachelor, Cleveland was also the first president to be married in White House. On June 2, 1887, Grover Cleveland and Frances Folsom were wed in the White House Blue Room, in a ceremony attended by fewer than 40 guests. At 21, Frances became the youngest first lady in U.S. history.*

3. *Astronauts had previously enjoyed applesauce while orbiting the earth, but peaches were the first fruit to be eaten on the moon. During the United States' Apollo 11 moon mission, the astronauts were able to enjoy two meals while on the moon. Along with canned peaches, the first meal included bacon squares, sugar cookie cubes, coffee and a beverage made with pineapple and grapefruit juices. The second meal on the moon consisted of beef stew, chicken soup, date fruitcake, grape punch and orange drink.*

4. *Let's just start with the first trivia nugget: Did you know Martha Stewart dated Anthony Hopkins?*

The two went out for a time, but Stewart had to end things when she saw Silence of the Lambs. We all know Hopkins was convincing in his role in the film as Hannibal Lecter, but apparently he was a bit too convincing. Stewart just couldn't separate the man she knew from the cannibal onscreen. In a Howard Stern interview, she said she loved him, but had to reconsider her relationship when she watched the movie a second time. "Do you want someone eating your brain while you are sitting in your beautiful dining room in Maine?"

Quote for October

***Every day is a new
Beginning
Stay away from what
Might have been and look
What can be***



7 Things You Didn't Know About Halloween”

October 31 is Halloween. This fun holiday has ancient origins and is one of the oldest holidays on the planet. You know it’s spooky, creepy, and full of candy, but here are 7 things you might not have known about Halloween.

1. The Holiday Goes Back More Than 2,000 Years

Halloween all started as a pre-Christian Celtic festival called Samhain (which means "summer's end") held around the first of November. It celebrated the final day of the harvest and the crossing of spirits over into the other world. People in Ireland, the United Kingdom, and Northern France would ward off ghosts by lighting sacrificial bonfires, and, you guessed it, wearing costumes, according to History.com.

2. The First Jack-o-Lanterns Were Not Made From Pumpkins

Back thousands of years ago in the Celtic lands, simple lanterns were carved out of turnip. These lanterns were sometimes adorned with frightful and spooky faces, which were thought to scare

away evil spirits that might be out and about on All Hallows Eve.

3. Halloween is Big Business.

Second only to Christmas, Halloween is the biggest grossing holiday of the year when it comes to shelling out the shekels. Approximately 8 billion dollars will be spent this Halloween, with over 2.6 billion dollars being spent on Halloween costumes alone and plenty more being shelled out for trick or treat candy. 330 million bucks will be spent just on pet costumes!

4. Skittles Are The Top Halloween Candy

The bite-sized candies outranked M&M's, Snickers, and Reese's Cups, according to 11 years of sales data from CandyStore.com. And even though candy corn also made the top 10, the tricolored treats also ranked among the worst Halloween candies, according to a CandyStore.com survey.

5. Illinois Produces Five Times More Pumpkins Than Any Other State

The Land of Lincoln has more than 15,000 acres devoted to gourd growing, according to the United States Department of Agriculture. Those Illinois farms typically grow more than 500 million pounds of pumpkins annually.

6. The Most Popular Halloween Costume is The Witch

Come Halloween night, there will be over 6 million witches running around! Pop culture favorites come and go as trendy Halloween costume choices every year, but the Witch still reigns supreme and continues to hold her spot as numero uno. Other classic costume choices round out the top ranks, including vampires, pirates, zombies, cats, princesses and superheroes.

7. Candy Corn Was Originally Called "Chicken Feed"

The Goelitz Confectionery Company sold boxes with a rooster on the front in order to appeal to America's agricultural roots, according to National Geographic. The sugary recipe has gone largely unchanged since the 1880s.

*"Pat P's Recipes"
For October 2020*



Chilaquiles Recipe

- *Cook time: 15 minutes*
- *Yield: Serves 4*

It will help with the frying if your tortillas are a little dry. If they are fresh, cut them first, put them in a warm oven for a few minutes first to dry them out a bit, then proceed.

INGREDIENTS

- *1 dozen corn tortillas, preferably stale, or left out overnight to dry out a bit, quartered or cut into 6 wedges*
- *Corn oil*
- *Salt*
- *1 1/2 to 2 cups red chile sauce or salsa verde**
- *Cotija cheese or queso fresco*
- *Crema Mexicana or creme fraiche*
- *Cilantro, chopped*
- *Chopped red onion*
- *Avocado, sliced or roughly chopped*

Here is where you decide if you want red or green salsa on your chilaquiles:

**Red chili sauce*

Take 4 dried ancho chilies, remove seeds, stems, and veins. Heat chilies lightly on a skillet on medium heat to draw out their flavor. Put chilies in a saucepan, pour boiling hot water over to cover.

Let sit for 15 minutes. Add chilies, 2 garlic cloves, 1/2 teaspoon of salt, 1 1/2 cups of chili soaking liquid to a blender. Hold down lid of blender tightly while

blending, blend until completely puréed. Strain through a mesh sieve into a frying pan to make the chilaquiles. (Red chile sauce recipe)

- *Salsa verde*

Put 1 lb tomatillos, husks removed, into a saucepan, cover with water by an inch. Add 1 jalapeno, stems and seeds removed. Add 2 cloves garlic. Bring to a boil. Cook for 5 minutes until tomatillos have changed color and are cooked through. Use slotted spoon to remove tomatillos, jalapeno and garlic to a blender. Add a cup of the cooking liquid. Blend until completely puréed. Add salt to taste. (Salsa verde recipe)

DIRECTIONS

1. *Fry the tortillas: In a large sauté pan, coat pan generously with corn oil, (1/8 inch), heat on medium high to high. When the oil is quite hot, add the tortillas, fry until golden brown. Remove tortillas to a paper towel lined plate to soak up excess oil. Sprinkle a little salt on the tortillas. Wipe pan clean of any browned bits of tortillas.*
2. *Heat the salsa: Add 2 Tbsp oil to pan, bring to high heat again. Add the salsa and let salsa cook for several minutes.*
3. *Add fried tortillas to the salsa: Add the fried tortilla quarters to the salsa. Gently turn over the pieces of tortilla until they are all well coated with salsa. Let cook for a few minutes more.*

Remove from heat. Serve chilaquiles with garnishes and fried eggs and beans or a protein of choice.



At-Home Pilates Workout

You can perform these moves with or without shoes on, whichever is safest and most comfortable for you. Do one set of each exercise below in order, flowing from one move to the next with little or no rest in between if possible. Once you complete the final exercise, rest one to two minutes, and repeat the full Pilates circuit one or two more times.

For best results, complete this work out three times per week. As your fitness improves, you can add additional rounds or sessions.

Pilates Exercise #1: Bent-Arm Plank



Hold for 30 seconds

Lie on your stomach on the floor with your elbows directly underneath your shoulders and forearms flat on the floor. Focus your eyes between your hands. Your legs should be resting behind you, knees hip-width apart (or slightly farther apart for extra balance).

Lift your hips toward the ceiling until your body forms a straight line from head to ankles, and squeeze your upper back, core, and glutes. Hold this position for 30 seconds.

Make it easier: Hold your plank as long as possible, rest, and repeat until you reach 30 seconds total. Or do the move with your knees on the floor, and lift your hips so your body forms a straight line from head to knees

Pilates Exercise #2: Swimming



Do 5 reps

Lie on your stomach on the floor with your legs extended behind you, knees hip-width apart. Keeping your shoulders down away from your ears, stretch your arms forward so they're shoulder-width apart.

Pull your belly button up and in toward your spine as you lift your right arm and left leg off the floor. Your head and chest, if possible, should also lift off the floor, but only lift as far as you comfortably can. Keep your neck neutral, and gaze down on the floor, if that helps. Lower back down, and repeat on the opposite side with left arm and right leg extended. That's one rep. Do five reps total.

Pilates Exercise #3: Saw



Do 5 reps

Important note: This exercise involves forward bending and twisting of the trunk, which is great for stretching and lengthening, but isn't recommended for anyone with osteoporosis. If that's you, skip this exercise and move on to the next (you'll

still get a great workout), or talk to a fitness professional about a safe alternative for you.

Sit on the floor with your legs extended and opened wide. Your heels should rest on the edges of or just outside your mat. Extend your arms straight out to the sides, and flex your feet.

Take a deep breath. As you exhale, rotate your torso to the right, reaching your left hand forward and to the outside of your right foot. Only reach as far as you comfortably can. Pause here, finding length between your fingertips and feeling your sit bones grounded into the mat.

Inhale as you release and stack your spine up, then exhale and rotate to the opposite side. That's one rep. Continue alternating for five reps total.

Pilates Exercise #4: Bird Dog



Do 5 reps

Start on all fours with your hands below your shoulders and knees below your hips. Engage your core, keep your spine neutral, and gaze down or slightly forward

Lift your left arm and extend your right leg until they are in line with the rest of your body. Pause, then lower back down, and repeat on the opposite side with right arm and left leg extended. That's one rep. Do five reps total.

Make it easier: Keep your hands on the floor, and only extend your leg.

Pilates Exercise #5: Single-Leg Stretch



Do 5 to 10 reps

Important note: This exercise involves forward bending and isn't recommended for anyone with osteoporosis. If that's you, skip this exercise (you'll still get a great workout), or talk to a fitness professional about a safe alternative for you.

Lie on your back with your feet lifted so your shins are parallel to the floor in tabletop position. Rest your arms at your sides.

Take a deep breath, and as you exhale, pull your belly button down toward the floor, and peel your head and shoulders off the mat. As you curl up, extend your left leg out at a 45-degree angle while your right knee stays in tabletop. Gently grasp your right ankle with your right (outside) hand, and let your left (inside) hand rest on your right knee. Keep your shoulders relaxed, and continue drawing your belly button down toward the floor.

Switch legs on a two-part inhale. Breathe in as the left knee comes in, and bring more air in as you gently pulse that knee toward you. Switch hands so your left hand is at the left ankle and the right hand is at the left knee.

Switch legs again on a two-part exhale. Breathe out as the right leg comes in, and let more air out as you gently pulse that knee toward you. Switch hands so your right hand is at the right ankle and the left hand is at the right knee.

Continue this breathing pattern as you switch legs and hands. Keep your feet moving in a straight line rather than allowing them to go up and down in a bicycle motion. Do five to 10 reps on each side.

****Remember with any exercise to modify to your ability. Exercise should not hurt.***

Take as many breaks as you need and drink plenty of water.



Can you find these objects hidden in the picture?



teddy bear



comb



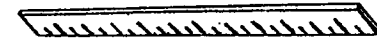
book



bat



lemon



ruler



swim fin



key



hot dog



magnet



fried egg



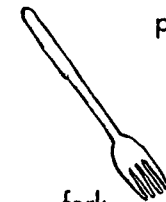
pencil



nail



chick



fork

LOTTERIES ARE EVERYWHERE

W	H	E	E	L	A	T	I	P	S	O	H	O	P	E
P	I	C	K	S	T	N	E	M	N	R	E	V	O	G
B	O	N	U	S	I	M	D	N	R	E	A	T	O	U
K	T	S	S	P	A	I	I	W	A	I	N	I	L	H
T	E	O	S	E	K	A	T	S	P	E	E	W	S	E
Y	E	Y	P	I	G	L	Y	R	M	N	L	A	N	E
K	L	K	S	K	B	C	G	N	I	O	C	G	A	T
C	M	K	C	A	C	L	I	H	S	E	A	E	B	A
U	I	F	E	I	T	A	E	S	R	G	S	R	M	F
L	L	R	O	E	T	N	J	I	E	R	S	A	O	L
A	L	E	C	R	W	I	A	W	A	I	T	R	N	U
R	I	L	E	L	M	T	E	F	C	C	T	E	E	K
T	O	T	A	L	E	S	F	S	H	U	M	R	Y	E
X	N	I	G	H	T	L	Y	I	N	A	P	L	A	Y
E	N	T	R	Y	E	L	L	E	G	U	E	S	S	P

Bans, Bonus, Cash, Circle, Cities, Claim, Easy, Engage, Entertainment, Entry, Extra, Fantasy, Fate, Fluke, Forms, Fortune, Gain, Game, Gift, Government, Guess, Hope, Hospital, Huge, Jackpot, Keys, Loss, Lucky, Match, Million, Money, Nightly, Parties, Picks, Play, Pools, Possible, Raffle, Raise, Reach, Spin, Sweepstakes, Ticket, Title, Total, Tries, Wager, Weekly, Wheel, Wins, Wish, Yell



FOOTBALL SCOUT

The leftover letters will reveal a comment made by quarterback Jack Thompson.

Hidden Message on last answer page

I	T	S	R	E	F	F	O	A	M	S	R	A	Z	I
F	F	O	O	T	B	A	L	L	L	E	V	A	R	T
H	I	R	I	N	G	C	N	G	V	M	S	P	O	T
S	T	L	W	H	S	T	A	R	T	A	T	H	C	D
C	E	E	M	T	H	S	E	N	C	N	U	A	M	I
H	C	T	A	W	A	S	O	L	N	B	R	S	F	S
O	C	T	O	M	B	T	I	D	Y	T	R	O	H	C
O	S	A	C	O	E	P	A	P	N	A	L	E	S	U
L	N	D	O	S	S	O	O	O	L	L	L	R	W	S
S	H	E	E	C	S	S	C	U	O	P	E	N	K	S
C	H	M	O	K	I	A	C	W	S	Y	E	C	D	I
B	A	U	C	T	G	O	I	Y	A	F	I	A	B	O
G	T	A	I	I	N	N	G	L	G	P	A	E	R	N
H	B	O	U	I	G	S	P	I	T	M	A	L	N	B
O	N	D	B	H	I	G	H	S	C	H	O	O	L	Y

BACKS

BINOCULARS

CLIPS

COACH

CONTRACT

DISCUSSION

FACTS

FALL

FILM

FOLLOWING

FOOTBALL

GAMES

HELP

HIGH SCHOOL

HIRING

NAMES

NOTES

OBSERVER

OFFER

PICKS

PLAYERS

POSITION

SCHOOLS

SCOUT

SIGN

SPOT

STATS

TEAM

TIPS

TRAVEL

WATCH



SOFTBALL GAME

The leftover letters will reveal a quote from UCLA softball coach Sue Enquist and why she loves this sport.

Hidden Message on last answer page

W	H	C	T	I	P	T	S	A	F	H	A	T	I	C
L	M	I	N	F	I	E	L	D	O	V	T	E	O	A
S	E	R	I	P	M	U	L	C	B	E	O	U	E	U
T	G	T	O	G	R	E	T	T	A	B	N	T	T	H
A	E	N	L	F	I	G	D	M	A	T	A	M	E	L
B	I	O	I	F	I	E	S	S	T	I	C	F	H	L
A	V	D	T	N	O	N	T	T	G	H	A	H	E	A
E	G	U	B	C	N	U	U	E	A	I	M	E	E	B
K	O	G	A	D	O	I	L	D	R	U	N	N	E	R
I	E	O	C	S	S	L	P	I	T	C	H	E	R	E
R	N	U	K	E	O	E	S	A	B	E	M	O	H	G
T	O	T	S	C	H	E	L	M	E	T	T	K	N	G
S	B	A	T	T	I	N	G	O	R	D	E	R	O	I
W	B	H	O	M	E	R	U	N	W	H	O	I	S	B
S	U	P	P	P	O	S	E	D	D	T	O	W	I	N

BACKSTOP

CO-ED

FOUL

OUTFIELD

BASES

COLLEGIATE

GLOVE

PITCHER

BATS

COUNT

HELMET

RUNNER

BATTER

DIAMOND

HOME BASE

STRIKE

BATTING ORDER

DUGOUT

HOME RUN

TEAMS

BIGGER BALL

FAIR

INFIELD

UMPIRES

CATCHER

FAST PITCH

INNINGS

UNIFORM

Senior Humor



Auld Lang Syne

President
Sharon Rowe

Secretary
Vangie Martinez

Treasurer
Martha Esquivel

Trip Chairperson
Javier Hernandez
562-500-8185
Membership Dues - \$7.00

Senior Citizen Club

President
Nellie Zepeda
(323) -722-4415

Secretary
Isabel Caldera

Treasurer
Martha Esquivel
Membership Dues - \$7.00

Social Club

President
Gloria Nezahualcoyotl

Vice President
Guille Reyes

Treasurer
Pat Ortiz

Trip Chairperson
Raul Elenes
(562) - 928-2861
Membership Dues - \$7.00



Monday 7:30am – 3:30 pm
Tuesday 7:30am – 3:30 pm
Wednesday 7:30am – 3:30 pm
Thursday 7:30am – 3:30 pm
Friday 7:30am – 3:30 pm
Saturday **CLOSED**
Sunday **CLOSED**

Lunes 7:30am – 3:30 pm
Martes 7:30am – 3:30 pm
Miercoles 7:30am - 3:30 pm
Jueves 7:30am – 3:30 pm
Viernes 7:30am – 3:30 pm
Sabado **CERRADO**
Domingo **CERRADO**



**CAMP COMMERCE
 SENIOR SCHEDULE
 Schedule 2020
 Day**

Departure time
 Gage/Telacu - 8:30am
 Senior Center - 8:45am
 Teen Center -9:00am

Weekend
 Departure Time
 Gage/Telacu – 11:45 am
 Senior Center – 12 noon
 Teen Center – 12:15 pm

For your convenience,
 Camp Commerce
 registration is available at
 the Parks & Recreation
 counter at City Hall or at
 the Senior Center.



**City of Commerce
 Community Service
 Department
 (323) 887-4460**

**Emergency Food
 Assistance Program
 Senior Center
 Distribution Schedule
 2555 Commerce Way
 10:30am – 1:00pm**

**October 15, 2020
 November 19, 2020
 December 17, 2020**

**January 21, 2021
 February 18, 2021
 March 18, 2021
 April 15, 2021
 May 20, 2021
 June 17, 2021**

**Delivery Time Table
 Rosewood Senior
 Apartments
 (Harbor Parking Lot)
 10:15am
 Telacu Manor
 10:30am
 Telacu Gardens
 Apartments
 10:50am
 Commerce Senior
 Apartments
 11:00am**



Acknowledgements

COMMERCE SENIOR CITIZENS CENTER

2555 Commerce Way
323.887.4430

Mondays, Tuesdays, Thursdays, Fridays
Open: 8:30 a.m. -5:00 p.m.
Wednesdays
Open 8:30 a.m. - 8:00 p.m.
Closed Saturday & Sunday
Closed: Saturdays & Holidays

SENIOR CENTER STAFF

Senior Services Supervisor
Ann Marshall

Senior Center Assistant Supervisor
Veronica Jimenez

Supervising Recreation Leaders
Elsie Cardoza
Andrea Grajeda
Pat Perez

Recreation Leaders
Daniel Fung
Justin Merino

Nutrition Program Manager
Norma Alonzo

DEPARTMENT OF PARKS & RECREATION

Director of Parks and Recreation
Greg Alaniz
Assistant Director
Adolfo Marquez

Mayor
Ivan Altamirano
Mayor Pro Tem
Oralia Y. Rebollo
Councilmember Hugo A. Argumedo
Councilmember Leonard Mendoza
Councilmember John Soria

City Manager
Edgar P. Cisneros

SENIOR CITIZENS COMMISSION

Chairperson
Jose Zambrano
Vice Chairperson
Raul Elenes
Commissioner Carmen Barragan
Commissioner Mary Gibson
Commissioner Alexander Ortiz

Meeting is held on the first Wednesday
of the month in the
Council Chambers.
Agenda is posted at the Senior Center
The meeting begins at 12:30 p.m.