

The Alhambra



2nd Annual

Health & Safety Expo

October 2008

Volume 1, Issue 5

Inside this issue:

A look back on the history of Alhambra 2

Tenant amenities available at The Alhambra 2

Do your part to conserve electricity: Flip a Switch! 2

Stay in-the-know with our local events calendar 2

Who's participating at the Health & Safety Expo? 3

1st Annual Health & Safety Expo photo gallery 3

Getting personal with janitor Marvo Cabrerias 4

Property management staff and contact information 4

On Thursday, November 6, 2008, The Alhambra's Health and Safety Expo will take place for its second consecutive year.

See Page 3 for more information on Expo participants.

Co-sponsored by The Ratkovich Company, owner and developer of The Alhambra, and the Alhambra Chamber of Commerce, the Second Annual Health and Safety Expo will be held at The Alhambra's Oval Mall courtyard from 11:00 a.m. – 2:00 p.m.

The Expo will feature information and services from health and wellness providers located on The Alhambra campus as well as in the neighboring community. Local fire fighters and EMTs will also be on hand to provide lifesaving, safety and earthquake/disaster preparedness tips.

Admission to the event is free to all tenants, Alhambra Chamber members and the general public.

At least 20 exhibitors are expected to share their expertise and provide services and materials



Last November's Expo attracted several hundred attendees and approximately 20 organizations.

including screenings, flu shots, an array of product samples, discounts on services or memberships and wholesome snacks.

(Continued on Page 3)

TENANT PROFILE: LOS ANGELES CAREGIVER RESOURCE CENTER, USC DAVIS SCHOOL OF GERONTOLOGY

Providing care for family caregivers

At a recent retreat at the Mary & Joseph Retreat Center in Rancho Palos Verdes, a group of 30 men and women enjoyed an invigorating weekend of massages, morning walks, yoga classes, and various arts & craft projects. They sat

with groups of new and old friends designing and painting photo frames, crafting flowers created from paper and enjoying rhythmic relaxation during afternoon drum circles. Though the group consisted of participants as varied as young adults and

For more info on USC Gerontology, go to www.losangelescrc.org.

seniors, all retreat members

had one thing in common: they were all family caregivers for individuals who either had a brain-impairing condition or were over 60, frail and ill.

Coordinated by the Los Angeles Caregiver Resource Center, a non-profit organization under the USC Davis School of Gerontology, 48-hour retreats such as these provide caregivers

(Continued on Page 4)

UPCOMING EVENTS

November

6
2nd Annual Health & Safety Expo
Where: The Alhambra Oval Mall Courtyard
Time: 11:00AM—2:00PM
27-28
Thanksgiving Holiday

LA FITNESS at The Alhambra

Hours of Operation:
Mon-Thu: 5AM—Midnight
Fri: 5AM—10PM
Sat-Sun: 8AM—8PM
Location:
920 South Fremont Avenue
Parking:
Mon-Fri: Two hour validation, then \$1/hr with a max of \$3
Sat-Sun: Free
Phone:
(626) 310-3030

Available spaces in new B2 parking structure




LOCATION: Fremont Ave., next to LA Fitness

RATES:
Unreserved: \$45/space/month
Executive: \$75/space/month

PARKING @ THE ALHAMBRA (PRICES PER SPACE, PER MONTH)

	Unreserved	Reserved
Surface	\$35	\$50
B-7	\$50	\$75
B-2	\$45	\$75

Bike Racks Available

- Building A3
- Building A12 
- Building A9E (south-side courtyard)
- B7 (west side)
- B2 Parking Structure (north and south entrances)

SPECIAL FEATURE

Alhambra Through the Years

Did you Know....



Houses such as this one on Garfield and Main were typical of those found on the Alhambra Tract in the 1870's.

The city's name, "Alhambra" was first derived from Washing Irving's "Tales of the Alhambra." Irving's description of Granada, Spain closely mirrored Alhambra's pre-developed land in the 1870's.



"Alhambra," meaning "red" in Arabic, was used to describe the reddish tint of the walls of the palace The Alhambra in Granada (top right).

The City of Alhambra was incorporated in 1903 with E.W. Thompson sworn in as the president of the first elected Board of Trustees.

During World War II, programs such as the Hi Neighbor program were designed to introduce Alhambra to each other and promote gas rationing by encouraging residents to stay closer to home.

At the time of incorporation in 1903, Alhambra's population was just 600.

In 2004, the population of the city is estimated to be about 90,000.

The Alhambra Board of Trade was established on February 11, 1904, and was later renamed the Alhambra Chamber of Commerce in May of 1913.



Alhambra's first newspaper was a four page Saturday weekly founded by G.W. Rice on November 5, 1887 and named "The Alhambra."

During those days, every letter of every article had to be pulled and set by hand.



The Mission San Gabriel de Arcangel, founded in 1771 and later restored in 1828, is the oldest structure in the San Gabriel Valley.

Content and photos taken from "Alhambra," written by Bruce D. Risher. Copyright 2004 by The City of Alhambra, Alhambra, California.

FLIP THE SWITCH!

Do your part to help save electricity:

Turn off the lights and fans when you leave the room.

Lower the A/C or heater when you go to sleep.

Daylight Savings Time ends on November 2. Don't forget to move your clocks back one hour!

CAMPUS SNACK SHOP

Hours

Monday - Friday, 7AM - 4:30PM

Location

Building A10, 1st Floor, Room 10113

Contact

Seraj Derzakarian
Office: (626) 284-6050
campussnackshop@yahoo.com

Services include

- * Pastries, snacks, sandwiches *
- * Beverages *
- * Office supplies *
- * Stationery *
- * Greeting cards *
- * ATM machine *



2ND ANNUAL HEALTH & SAFETY EXPO

A look at last year's Expo...



The Alhambra held its first Health & Safety Expo last November, which attracted several hundred attendees. Participants included, clockwise from top, Community Health Plan, the Alhambra Fire Department, AHMC Healthcare and the USC Keck School of Medicine



2008 EXPO PARTICIPANTS INCLUDE ...

- Alhambra Fire Department and Medics Unit
Providing disaster preparedness and safety tips
- Alhambra Hospital Medical Center (AHMC)
- Cedars-Sinai Medical Center
Blood mobile will be parked at the corner of Buildings A10S & A9E
- Childtime Learning Center
Providing children's nutrition & health info
- Dr. Alana Szany
Providing massage therapy
- Dr. John Chao, D.D.S.
- Jamba Juice
- La Mig Chiropractic
Providing blood pressure readings, posture analysis, digital foot scans, spinal screenings
- Los Angeles Caregiver Resource Center under the USC Department of Gerontology
- Los Angeles County, Alcohol and Drug Program Administration (ADPA)
- The Perfect Smile
- Ramona Convent Secondary School
- Vista Cove at San Gabriel
- Wang Plastic Surgery

Expect wider variety at 2nd Annual Expo

(Continued from Page 1)

Confirmed participants to date include The Alhambra Fire Department, Alhambra Hospital Medical Center (AHMC) and Jamba Juice.

"With over 20 participants, including the USC Keck School of Medicine, Alhambra Fire and Police Departments, Jamba Juice, and several hundred attendees, our first health and safety expo last year was a tremendous hit," said Victoria Deise Wilson, senior development manager at The Alham-

Interested in participating in next year's Expo?

Whether you promote health or safety through fitness, medicine, food or otherwise, we welcome your desire to reach out to the community.

Contact Property Management and let us know about your organization!

Phone: (626) 300-5000

Email: trcservice@ratkovich.net

bra.

"Aware of the value it brought to local businesses that participated, the Alhambra Chamber of Commerce was eager to co-sponsor this year's event."

More information on The Alhambra Health and Safety Expo can be obtained by calling 626.300.5000.

—Provided by Clive Hoffman Associates

Retreats provide caregiver respite

(Continued from Page 1)

with the opportunity to meet and connect with others who share the same experiences and responsibilities. Each of these caregivers have loved ones who have conditions such as Alzheimer's Disease, Parkinson's Disease, Huntington's Disease, Multiple Sclerosis, stroke and other vascular dementias, traumatic brain injuries, brain tumors, epilepsy or other disorders.

The LA Caregiver Resource Center helps family caregivers deal with the challenges they face by providing information and support through a plethora of community resources. In addition to caregiver retreats, the resource center also provides support groups, family consultations, short-term caregiver respite, legal and financial consultations, and educational training seminars for families. The LA Caregiver Resource Center is also the only one of its kind to provide free, short-term counseling for caregivers on a case-by-case basis.

The Resource Center began in 1977 as the Family Caregiver Alliance, organized by a small group of families and professionals in San Francisco. Recognizing the need to provide a



Photo provided by the USC Department of Gerontology

A group of women partake in an arts and crafts project at a 48-hour caregiver staff retreat organized by the LA Caregiver Resource Center.

USC Gerontology

San Gabriel Valley
PH: (626) 457-4131

For additional information, go to www.losangelescrc.org (800) 540-4442 lacrc@usc.edu

support system for families caring for cognitively impaired individuals, the organization eventually evolved into the Caregiver Resource Center and now operates out of approximately 20 offices throughout California.

Representing a largely unknown, at-risk population, family caregivers usually have little or no support, are often ill-prepared for the role they take on and risk developing chronic or disabling conditions associated with the emotional, mental and physical strains.

With caregivers at risk for conditions such as depression, heart disease and increased mortality, the Caregiver Resource Center provides the opportunities, support and encouragement necessary to keep caregivers healthy.

—Coral Lin



THE ALHAMBRA TEAM

Management Staff

Michael Taylor
Senior Property Manager

June Butler
Operations Manager

Ana Guardado
Leasing Administrator

Andrew Yang
Senior Accountant

Roz Hargrove
Senior Property Accountant

Mina Lee
Property Accountant

Courtney Taylor
Administrative
Property Assistant

Coral Lin
Property Assistant

Marlene Contreras
AP/AR Clerk

Parking

Paul Nonato
Parking Facility Manager
626-300-5070

Security

Rolando Valdovinos
Director of Security
626-300-2211

Janitorial

Manuel Gutierrez
Janitorial Supervisor

Engineering

Ed Millacci
Chief Engineer

Meet everyone's favorite janitor



Marco Cabrera

Marco Cabrera may be just one of a handful of people at The Alhambra who knows this campus inside and out.

For the past 16 years, he has worked at The Alhambra as a member of the janitorial team—first with Marriot Janitorial Services, then with DMS Janitorial after it took over in 1996, and currently with ABM Janitorial.

Marco immigrated from El Salvador in 1985 and worked as a handyman in the construction industry. He eventually began working part time at The Alhambra as a mover before shifting over full time as a leadman. In the year 2000, Marco became the staff's day supervisor where he has remained an integral part of The Alhambra's team for the past eight years.

Known for his dedication and friendly demeanor, Marco attributes his enjoyment of his work to the campus's beautiful environment and unforgettable people.



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