



### A Message from the Desk of



**Kristi Beck,**  
*Executive  
Director*

As we enter the month of June, we are taking another step forward in putting this pandemic in the past! City View commits to conscientiously moving forward, not backward. We celebrate the small wins, like family and friends coming for visits in our building, as we are now a fully vaccinated community. Our outings have resumed, with LA County moving into the less restrictive yellow tier, allowing a higher capacity at indoor museums, restaurants and other venues.

We are also committed to celebrating the special traditions in our lives. In June, we honor our beloved resident and staff birthdays, as well as Flag Day, Father's Day and Juneteenth. We have fun parties planned to celebrate the holidays, such as a Wild West Father's Day, and several fun picnics and outings to kick off summer. If you are planning on celebrating with us in person, we ask that you please call our Concierge in advance so that we can anticipate the amount of people in our community at one time. We are excited to have guests, while keeping the health and safety of our residents a top priority.

Now that the Summer Solstice on the 21st will give us more sun-filled days to enjoy and celebrate, make sure to head up to our beautiful rooftop! Don't forget to grab your sunscreen, a hat, and a cold drink to keep you safe and cool in the summer heat.

*Sun, sun, sun, here we come!*

Kristi Beck



June 2021

[cityview.care](http://cityview.care)



#### Resident Birthdays

Edward H.	6/02
Delores E.	6/19
Anne S.	6/19
KJ H.	6/21
Estelle N.	6/27

#### Holiday Celebrations

##### Pride Month

6/14	Flag Day
6/19	Juneteenth
6/20	Father's Day
6/20	Summer Begins

### Cinco de Mayo Memories



# Wellbeing *Focus*

## June is National Men's Health Month



This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

Why is National Men's Health Month Important?  
It serves as:

### 1. A reminder to get checked out

If you're stressing about a symptom—a busted knee, a persistent headache—it can be easy to get in a cycle of worrying about it. But going to the doctor can do two incredible things: one, it can figure out what's wrong, but two, it can keep you from worrying! Men's Health Month encourages you to get yourself checked out so you can feel better—and stop worrying.

### 2. A conversation starter

Men's Health Month gets people talking about health, which gets people acting about health. Gyms get joined, appointments get made, and resolutions get promised. It's a beautiful thing. Join in!

### 3. An excuse for pampering

Lots of things that are good for your body are also good for your soul! Play some golf, get a massage, take an extra long nap. It's all healthy, and if anyone asks the occasion, you've got an answer at the ready: Men's Health Month!

# SPOTLIGHT ON OUR RESIDENT *Rita D*



Rita was born and raised in Massachusetts and had a happy life growing up and going to school in Boston. She worked all her life as a model, even to the extent of some rather risqué photoshoots! (Feel free to ask her about her modeling experiences!) She also married and had three children that she loves dearly: Natalie, Mark, and Carl. Aside from working and spending time with her family, she loved to dance. Her life motto is: "Do everything you love to do", and as such she always made time to enjoy her hobby of dancing. We enjoy having Rita as part of our City View family, and seeing her walk around with her sunglasses and movie star persona, so thank you Rita for gracing us with your presence!

## Memories of *Mother's Day*



HAPPY MOTHER'S DAY

# June Featured Activities & Events

HAPPY FLAG DAY



Monday, June 14

## Flag Day

America's Flag Day marks the Second Continental Congress' adoption of the first U.S. national flag on June 14, 1777. The first flag, thanks to Betsy Ross' sewing prowess, featured the same 13 red and white stripes we see today. The number and arrangement of stars, however, has changed as the number of states

have increased over the centuries. The current flag has remained the same since 1960. Will we ever go from 50 to 51? Join us for a look at some possible statehood candidates. And consider this a warmup for Independence Day — in just 20 days!

Saturday, June 19

## Juneteenth

The freedom of African Americans from slavery in the U.S. in 1865 is celebrated on the holiday Juneteenth on June 19. Juneteenth is made up of the words 'June' and 'nineteenth,' and it is on this day that Major General Gordon Granger arrived in Texas more than 155 years ago to inform slaves that slavery had been abolished. Other than marking a pivotal date of significance in American history, Juneteenth also serves as an opportunity for African Americans to cherish their culture and heritage.



Sunday, June 20

## Father's Day

Where would we be without dads? Honestly, who would show off 'dad jeans,' tell the same somewhat amusing jokes at Thanksgiving, or spin those charming childhood stories? But of course, there's far more to dads than their wardrobe choices and endless nostalgia for the 'good old days' (Elton John, David

Bowie, and Queen — we get it). Still, dads are heroes. On June 20, join us as we let the community dads know how much they mean to us at our Wild West Father's Day Celebration, featuring western themed entertainment, games, and food galore!

Sunday, June 20

## Summer Begins

As the sun creeps up over the hills and into your community on June 20th, you'll know it's here. That blessed time of year when barbecues and beach trips reign, when work slows and summer holidays mean getting together with friends and family. Just thinking about it likely brings up the smell of fresh cut grass and the taste of cold lemonade. Summer Solstice — also known as the first day of summer — has arrived. (We interrupt this poetic paragraph to remind you that this applies only to those living north of the equator.) We all know the early morning rays of summer bring a smile to our face, but there's plenty of scientific proof to back that up. So, get out there and take advantage of all that vitamin D. Enjoy the start of summer!



## Summer Foods to Beat the Heat



## and Keep Hydrated.

This summer we will be adding more summer foods to our menu, which will help us thrive during the hottest months of the year! Below are seven suggested foods that are good at keeping you hydrated, but chock full of nutrients as well!

### Tomatoes

They are filled with antioxidants like vitamin C and lycopene, which are beneficial for the skin and your overall health.

### Watermelon

It is rich in water and also contains lycopene, which helps keep you hydrated as well as protect skin cells from sun damage.

### Zucchini

It is mostly composed of water (94 percent of its weight), making it a perfect summer side! Rich in vitamin C, it boosts the immune system; being high in potassium, it helps to keep blood pressure in check.

### Oranges

These delicious citrus summer fruits are well known for their Vitamin C levels, but also for their water content!

### Leafy Greens

Veggies like spinach, broccoli, cabbage, cucumber are high in water content and nutrients!

### Berries

A variety of berries aids skin health as they are high in antioxidants and increase your fluid levels in the heat.

### Corn

This yellow veggie favorite on the grill contains antioxidants that help protect skin from the sun's rays! Every corn on the cobb also contains around 70% of water!

Always remember... an uptake of water in the summer is imperative to avoid headaches, dehydration, and brain fog. Make sure to have plenty of water, in addition to high water content foods, to stay hydrated through the day!

"To describe my mother would be to write about a hurricane in its perfect power." ~ *Maya Angelou*

## More *Cinco de Mayo* Memories



## Employee OF THE MONTH **Mauricio Fuentes** Caregiver



Our employee of the month is Mauricio, a star caregiver here at City View! He was born and raised in Los Angeles, and is currently continuing his education at Friedman Occupational Center. One of our favorite aspects of Mauricio is that he is so involved and interested in learning about and interacting with residents! His favorite part of his job is being able to really get to know the residents that he works with, and enjoy participating in activities with everyone.

During his free time, he enjoys spending time with family, as well as his two dogs, Rocky and Woody. He loves to explore new places around California, as well as enjoy summertime fun at the beach or the movies. He loves working on his car, as well as driving it during long, scenic drives. Mauricio, we enjoy your engaged and helpful personality, and appreciate all the work you do at City View! Thank you!

## Community Leadership Team



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