

Vista

Community Newsletter

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CITYVIEW

WHERE SENIOR LIFE
HAPPENS



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A Message from the desk of



**Rosie
Julinek,**
*Executive
Director*

Happy March!

March is upon us and I'm very excited because it means spring is here! I love St. Patrick's Day and Spring and all the fun festivities we have planned, especially because green is my favorite color. I'm looking forward to the Irish Cream Soda floats and non-alcoholic green beer and goodies at our St. Patrick's Day Happy Hour on March 17th. Don't forget to wear your green as we celebrate Ireland! I'm also looking forward to the warmer weather and spring flowers and trees coming to life in beautiful color.

As a woman, I am also excited to celebrate Women's History Month, and honor all the suffragists and activists that worked so hard to bring equal rights to women. American women's history has been full of pioneers: Women who fought for their rights, worked hard to be treated equally and made great strides in fields like science, politics, sports, literature and art. This month we will learn about a few of the remarkable accomplishments made by trail-blazing women in American history, and I for one will continue to work hard as your Executive Director to be an example for my kids and future working women in America.

Have a Beautiful Spring!

Rosie



March 2021

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Resident Birthdays

Bernice L.	3/06
Robert H.	3/11
Daniel R.	3/17
Saul L.	3/19
Susan R.	3/21
Melvin G.	3/24

Holiday Celebrations

3/14	Daylight Savings
3/17	St. Patrick's Day
3/20	First Day of Spring
3/27	Passover
3/28	Palm Sunday



Valentine's Designs Heart Keepsake Boxes



Wellbeing Focus

National Kidney Month



March is National Kidney Month, a time when communities across the country raise awareness about kidney disease. This year's focus is on taking charge of your health and the many factors that go into managing your kidney disease.

Kidney disease can develop at any time, but those over the age of 60 are more likely than not to develop kidney disease. As people age, so do their kidneys. Other risk factors for kidney disease include: high blood pressure, diabetes, kidney stones, a family history of kidney failure, and prolonged use of over-the-counter pain medications.

According to recent estimates from researchers at Johns Hopkins University, more than 50 percent of seniors over the age of 75 are believed to have kidney disease. Kidney disease has also been found to be more prevalent in those over the age of 60 when compared to the rest of the general population. "Many people don't realize that, as we age, we lose kidney function," said Beth Piraino, MD, National Kidney Foundation President. "Unfortunately, older Americans may not realize they are at increased risk until it is too late."

The National Kidney Foundation (NKF) urges everyone over the age of 60 to be screened for kidney disease. NKF recommends annual screening with a simple urine albumin test that checks for protein in the urine-the earliest sign of kidney damage-as well as a blood test for kidney function. You can also follow these healthy lifestyle tips to take charge of your kidney health.

1. Meet regularly with your health care team.
2. Manage blood pressure and monitor blood glucose levels.
3. Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.
4. Aim for a healthy weight.
5. Reduce stress and make physical activity part of your routine.
6. Make time for sleep.
7. Quit smoking.

SPOTLIGHT ON OUR RESIDENT *Helen J.*

Helen was born in New Orleans as a Christmas season baby during the twenties. She grew up in a time where the women's suffrage movement had recently awarded women the right to vote in the 19th amendment. After a successful high school career, Helen went on to attend Virginia State and major in Sociology. She later married her husband, and gave birth to two well-loved daughters, Melenie and Myraline. She was a career elementary school teacher, and to this day in her spare time enjoys playing bridge and bingo with friends. Her philosophy in life is "do unto others as you would have done unto you."



Aside from growing up in a city and era that slowly afforded more rights to women, she and her daughter were lucky that New Orleans was home to the earliest, largest, and most diverse women's rights movement in Louisiana. In the sixties, women who took up the banner of equal rights had often participated in and been inspired by the anti-Vietnam War, students' rights, and/or civil rights movements and wanted to extend ideologies about freedom, equality, and liberation to the sphere of gender. To this end, women's rights activists achieved important and lasting changes on social, cultural, and political levels. As we celebrate women's history month this February, we remember all the women like Helen whose work helped us earn the freedoms women have today.



March

Featured Activities & Events



March is Women's History Month

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. It is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams

to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States. This March, City View residents are excited to learn about and discuss several of the famous women that have had an impact on our world!

March 14

Daylight Saving Time

Daylight Saving Time is a practice designed to give people an extra hour of sunlight in the evening hours. This is done by setting the clock ahead one hour at on March 14 this year. Sadly, it causes us to lose an hour for one day.

However, the practice allows people to get up earlier in the morning and experience more daylight in the evening. Even though we'll be a little more tired mid-March, we have plenty of early daylight hours throughout spring and summer to have us jumping out of bed and excited to see what the day has in store for us!



March 17

St. Patrick's Day

Unless you've been living under the Blarney Stone you already know that March 17 is St. Patrick's Day. It's the one day each year that everyone and anyone calls themselves Irish – if not by birthright, then in spirit. If you have been living under the Blarney Stone,

lucky you! We bet you can share a thing or two about how a religious feast day commemorating the famed Irish patron saint who brought Christianity to Ireland ended up being a day celebrated almost globally, usually involving copious amounts of green beer and whisky shooters. Here at City View we'll celebrate with an Irish Happy Hour featuring St. Patrick's Day trivia, green soda floats or beer, and delicious Irish appetizers!

March 20

Spring Begins

In 2021, the spring equinox occurs on Saturday, March 20. This event marks the astronomical first day of spring in the Northern Hemisphere. The amount of daylight each day will continue to increase throughout the season, leaving us plenty of time to get outside, plant vegetable gardens, enjoy barbecues, make beautiful flower arrangements, and celebrate the revival of nature! Happy Spring to everyone at City View!



Spring Vegetables & Fruits Return to the Menu!



The changing of the seasons also brings a change in our Dining Menu! Exciting seasonal ingredients such as cherries, strawberries, blueberries, peaches, asparagus, spinach, tomatoes, summer squash and corn all make a comeback and are highlighted in fresh and healthy dishes that meet the nutritional needs of seniors. Every day we make our home-cooked meals from scratch, use fresh produce and work with local vendors to ensure we're getting the best quality we can. We never cook with added salt and often put a healthier spin on traditional recipes that residents know and love.

Eating seasonally is so beneficial because you'll be infusing your diet with a saturation of vital minerals and unretouched flavors and colors. Seasonal produce is generally harvested at its peak so it retains its full nutrient and vitamin content. Because it has naturally ripened on the vine or in the ground it will have a more complex and rich flavor. It's no lie that the juiciest and most vibrant tasting fruits and veggies are those that are in season. Nature is wiser than we acknowledge and seasonal foods support season specific needs. After a long winter, the human body craves detoxification and longs to shed the extra weight of winter. Spring vegetables like spinach help to alkalize our bloodstream and energize us for the warmer months when we typically expend more energy being active.

Our dining program is a hallmark of our commitment to championing quality of life for all seniors. In addition to giving residents choices in every meal, our menus provide a variety of flavors – from classic favorites, to regional dishes and resident-suggested selections.



St. Patrick's Day Festivities

- 11:00 Irish News
- 1:30 Reel Around the Isle
- 2:00 Leprechaun Festival
- 2:30 Blarney Floats: I Wish You Were Beer!
- 6:30 Irish Cinema: *Riverdance*

Employee OF THE MONTH Selenne Pacheco Dining Server



Selenne is one of our gracious dining servers! She enjoys her job, as it affords her the opportunity to chat and get to know all the residents, and she is able to interact and help everyone as needed. We appreciate her for her caring attitude and dedication to providing the best service possible to City View residents!

She originally hails from Mexico, coming to the U.S. with her family as an eight year old. She was then raised in Torrance, CA, where she graduated from Torrance High School and later married her sweetheart. She and her husband are now parents to two amazing kids, Mariah and Jayden. In her spare time Selenne loves to shop, not only for herself, but for her family and friends. Her favorite saying is "Be kind to others", and we are happy that she is such an example of everyday kindness.

Thank you for your work at City View, Selenne, we appreciate you!

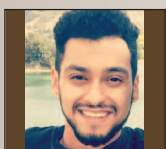
Community Leadership Team



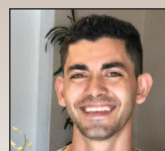
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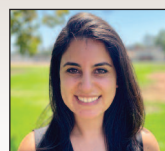
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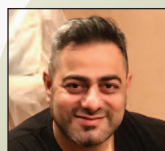
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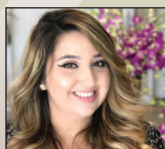
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