

Vista

Community Newsletter

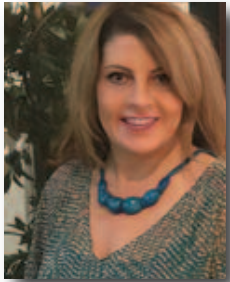
515 North La Brea Avenue, Los Angeles, CA 90036 / 323.938.2131

CITYVIEW

WHERE SENIOR LIFE
HAPPENS



A Message from the Desk of



Kristi Beck,
*Executive
Director*

Happy May!

May reminds us to stop and enjoy the splendor of a lazy Sunday afternoon, remember those near and dear to our hearts, and proudly celebrate our heritage. We look forward to sharing each other's stories and viewpoints together as a community during the many May celebrations!

May features wonderful holidays such as Cinco De Mayo, Mother's Day, and Memorial Day. Cinco De Mayo is a time to remember the victory of the Mexican Army's over the French Empire at the Battle of Puebla. Mother's Day is very dear to every woman's heart and is a special time to celebrate as a mother and with all mothers. Memorial Day provides us all the opportunity to remember the loss of the brave men and women who have served in the U.S. Military.

Don't forget to "Eat Cake!" at our Marie Antionette themed Open House on May 27th! We will enjoy decadent desserts and french music alongside city views on the rooftop.

I wish everyone a safe, happy, and healthy May!

Kristi Beck

May 2021

cityview.care



Resident Birthdays

Dorothy M. 5/1
Daniel L. 5/29

Cherish all your happy moments; they make a fine cushion for old age.
~ Booth Tarkington

Holiday Celebrations

05 Cinco de Mayo
09 Mother's Day
16 Shavuot
31 Memorial Day

Easter Memories



Wellbeing Focus

May is
Arthritis Awareness
Month



Everyone knows someone with arthritis. It is a leading cause of disability, and causes pain, aching, stiffness, and swelling of the joints. The most common types are osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.

- About 1 in 4 (54 million) US adults have arthritis.
- About 24 million adults are limited in their activities from arthritis.
- Adults with arthritis can decrease pain and improve function by about 40% by being physically active.

For those diagnosed with this chronic illness, it can be a lot to handle, but rest assured: you can do it! You'll play a big role in getting your disease under control and staying as healthy as possible via self-management. Self-management is about making healthy lifestyle choices and learning to manage the physical and emotional effects of arthritis. Make the effort to learn all you can about your disease and build strong partnerships with your doctors.

The following self-management habits can help you successfully manage your disease:
Be Organized, Manage Pain, Address the Emotional Side, Tackle Fatigue, Improve Sleep, Get Moving, Balance Activity With Rest, & Eat a Balanced Diet. (See a community staff member or check out arthritis.org to explore each habit further!)

It may seem like a lot to do but you're not alone. Staff members in our community, doctors, family members, and organizations like The Arthritis Foundation are here to help you manage your disease, so take heart!

SPOTLIGHT ON OUR RESIDENT *Shirley R.*



Shirley is our featured resident of City View this May! She was born February 27th, in Boston, Massachusetts in the late 1920's. She attended art school in Boston, specifically the School of the Museum of Fine Arts, where she majored in Art. She also volunteered as a candy striper in the local hospital, helping with injured soldiers. After graduation, Shirley went on to work in retail at Colman's Fashion Shop. She was lucky to meet her spouse Benjamin early on in life, thanks to an introduction via a mutual friend. They were married for over 51 years, and raised two daughters together. While her daughters were in school, she volunteered at the local library, but always made time for her favorite passion: art. She is happy to be a grandmother to four children now, as well as five family dogs, and is looking forward to celebrating Mother's Day with loved ones and our community. Her favorite sayings include: "Be kind to one another" and "What's wrong with please and thank you?" We are pleased to have you join our City View community, Shirley, and look forward to many art adventures together!

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May Featured Activities & Events



Wednesday, May 5

Cinco de Mayo

Everyone knows what May 5, or Cinco De Mayo, means: tacos, margaritas, fun and fiesta. But what exactly happened on this day of seemingly endless partying and celebration? The Battle of Puebla was held and Mexico triumphed over French forces on May 5th, 1862. Pro-Union Mexican citizens in the state of California heavily celebrated the victory at the Battle of

Puebla, viewing it as a victory for the Union's cause. Over the years, annual celebrations spread across California and the U.S., and our community plans to celebrate in style as well. Look out for Mexican flags, cuisine, drinks, Mariachi performers, and more as we have a Cinco de Mayo lunchtime fiesta on the fifth!

Sunday, May 9

Mother's Day

Remember when the Peace Corps adopted the slogan "The toughest job you'll ever love"? No offense, Peace Corps, but that adage is more appropriate for motherhood — a job that is ever-changing and frequently exasperating. Moms don't receive handsome salaries or generous pensions. Instead, their rewards come in the form of expressions of love and the satisfaction of seeing their children grow up to be happy, healthy adults. Thus we honor the undying love and selfless sacrifices of mothers with some royal treatment of them on Mother's Day! This Sunday, our community will celebrate moms at our Mother's Day Brunch, featuring delicious pastries and brunch items, classical pianists, roses, and gifts!



Sunday, May 16

Shavuot

Shavuot—or the Feast of Weeks—is a Jewish holiday, celebrated between May 16-18 on the Gregorian calendar. The holiday has both an agricultural and biblical significance. Agriculturally, it marks the wheat harvest in Israel. Biblically, it commemorates the day God gave the nation of Israel the Torah on Mount

Sinai. The holiday also book-ends the Counting of the Omer, a ritualized counting of each of the 49 days between Passover and Shavuot. The tradition represents the anticipation around God's gift of the Torah.

Monday, May 31

Memorial Day

Memorial Day, for many Americans, conjures up images of barbecues, parades, family gatherings, and summertime. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day,"

following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible.



May Farmer's Market Favorites



Your diet should be as colorful as possible. By eating a variety of foods and trying different sources of proteins, fruits and vegetables, you'll ensure that your body has the valuable vitamins and minerals it needs. Keep your eyes open for the following five delicious May eats available throughout the month in a variety of dishes!

STRAWBERRIES

What tastes better than juicy strawberries? Synonymous with spring, strawberries bring the color and nutrition we all crave coming out of the cool, gray days of winter. The low-calorie berries are loaded with tons of important nutrients: strawberries score points with their vitamin C, fiber and versatility.

SPINACH

Do it like Popeye the Sailor and integrate spinach into your diet regularly. The dark leafy green is packed with fiber, minerals and antioxidants. Antioxidants support your immune system and keep you healthy.

CHERRIES

Fresh cherry season runs from late May to August. Cherries are a good source of fiber, potassium and vitamin C. Beyond the nutrients, cherries boast health benefits worthy of superfood status. They have been shown to fight inflammation in conditions like arthritis.

SALMON

Though you may not think fish has a season — salmon does. Wild salmon season starts on the Pacific coast in May. Not only is it a quality protein source, salmon is one of the best sources of omega-3 fatty acids. These essential fats have been shown to help protect the heart, and emerging evidence suggests fish oils might have a positive impact on the brain from depression to dementia.

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

You are invited to our *Open House* And To Eat Cake

May 27

11:00 a.m. to 2:00 p.m.



Please RSVP to Roxanna at
receptionist @cityview.care

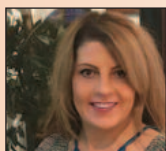
Employee OF THE MONTH Sara Flores *Med Tech*



We are happy to congratulate Sara on once again earning the title of City View Employee of the Month! Her cheerful attitude, great work ethic, and boundless energy always contribute to a fun working atmosphere for coworkers and residents; her recent life-saving nursing skills have us grateful for her presence in 2021! Sara was originally born in Jalisco, Mexico, but moved to the U.S. with her family as a young seven year old. She attended Van Nuys High School, and went on to attend ICDC College to earn a degree as a Medical Assistant. She is happily married and raising five kids.

As a result of working at her job and at home raising her children, her favorite thing to do when she has a chance is to get some sleep! However, she does appreciate that her job is all about helping others, and that she has the chance to learn new things everyday, whether about residents, coworkers, or even new medical techniques. She loves the saying "Don't judge a book by its cover", and tries to live by its message; getting to know people instead of making snap decisions based on momentary interactions. Her other favorite saying is also a book metaphor, "Books have different chapters". This reminds her to take one day at a time and enjoy it while it lasts; whether circumstances are great or difficult, it is merely one chapter in the long road of life. Thank you Sara for your positive outlook and attitude - we love having you as part of our City View family.

Community Leadership Team



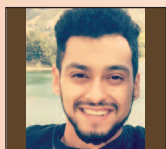
Kristi Beck

Executive Director
Kristi@CityView.Care



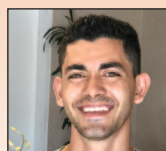
John McMahon

Wellness Director
Wellness@CityView.Care



Arnold Palencia

Activity Director
Activities@CityView.Care



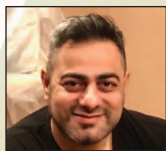
Arcadio Quijada

Maintenance Director
Maintenance@CityView.Care



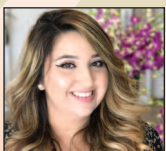
Teea Risley

Sales Director
Sales@CityView.Care



Chef Arie Yosef

Culinary Services Director
ChefArie@cityview.care



Natalie Janbakhsh

Memory Care Director
ActivitiesAsst@CityView.Care