



A Message from the Desk of



**Jonathan
Isaacs,
Executive
Director**

November is a month of light and miracles as we look forward to celebrating the holiday of Chanukah. We are also heading into our second full month of the fall season, during which there have been amazing highlights. We had a fantastic Halloween celebration with Residents and Employees who ensured the entire community was festive. Joy and Amy, our Activity Directors, alongside our Dining Director Flor, all worked hard to create a witchy environment that each and every one felt entering the dining room. So many fall festivities were also celebrated!

We are continuing our Autumn Concert Series; this month with our second of three concerts over this season. Seeing the residents' come to life in music and song is a magical experience for all of us. Our community thrives on the positive energy and life that comes along with these concerts and events.

At the very end of the month we will be celebrating both the Jewish Holiday of Chanukah as well as Thanksgiving. It's a time for us to take a pause and be grateful for all the blessings and positivity we have, both in our personal lives and in this very community.

Wishing everyone a month filled with Joy, Light and Inspiration.

Jonathan



November 2021

cityview.care



Resident Birthdays

Gwendolyn K.	11/04
Helaine L.	11/19
Janyce S.	11/25
Eleanor T.	11/26

Holiday Celebrations

11/02	Día de los Muertos
11/11	Veterans Day
11/18	World Philosophy Day
11/25	Thanksgiving Day
11/28	Hanukkah (begins)

Religious Services and Study

Shabbat Services - Friday at 2:00 p.m.



CityView Astrology

Viewing the Annual Hunter's Moon



November is Alzheimer's Awareness Month



It was President Ronald Reagan who had originally designated November as National Alzheimer's Disease Awareness Month in 1983. The 40th president created the designation to help raise general awareness of the disease, and to increase public knowledge of potential care options for individuals and families impacted by Alzheimer's. Despite the fact that ongoing and extensive research has been conducted into the causes, origins and treatments for this dread disease, Alzheimer's still remains relatively mysterious and misunderstood. The actual causes of Alzheimer's disease remain unclear, although most scientists believe that the likely cause appears to be correlated to genetic factors. There is also some level of evidence supporting the premise that head injuries, depression, and hypertension can also be contributory factors. Early detection of Alzheimer's can be difficult as many symptoms (forgetfulness, short-term memory loss, etc.) are often confused with normal aging processes.

Because the early signs of Alzheimer's disease can often be quite similar to typical manifestations of the aging process, it's instead the severity of the symptoms that will often help us to distinguish if a loved one is indeed suffering from the illness. These early symptoms include short-term memory loss, including difficulty remembering very recent events, problems with speech, increasingly pronounced mood swings, other behavioral issues, as well as general disorientation.

As a loved one's disease further progresses, the family may want to consider some long-term care options to help them face the myriad of challenges ahead. As these manifestations increase in severity and duration, home care by an unskilled family member may become increasingly burdensome. It is at this time, depending on the stage of Alzheimer's that a person is experiencing, that an assisted living or memory care community can represent a sympathetic and appealing option. In our community, your loved one can always receive round-the-clock care and assistance with everyday tasks like eating, bathing, grooming, dressing, and they will also benefit from thoughtfully conceived meal plans, as well as activities expressly designed to engage and socialize your loved one. Each of our on-staff dementia experts are specifically trained to manage the most challenging behaviors and to look after our memory care residents' unique and varied needs. We understand that while everyone is different, our wealth of resources and in-house expertise can help guide you and your loved one during this challenging time of life transition. Please reach out to our Family Specialist with any inquiries!

SPOTLIGHT ON OUR RESIDENT

Gwendolyn K.

Gwendolyn was born on November 4th in the 1950's; an only child to her parents. Raised in the City of Angels, some of her favorite childhood



memories involve gardening and hiking. She enjoyed planting flowers like daisies and roses in her front yard and seeing them grow into beautifully scented blooms. Gwendolyn attended California State University of Dominguez Hills and obtained a Bachelor of Science in Biology. After her time in college, she then worked her way up in a career with the State of California as a Disability Evaluation Analyst for about 30 years. Gwendolyn also enjoyed a passion for philosophical books after her cousin introduced her to them.

While pursuing her career goals, Gwen met her former boyfriend, Luther Pompey. A couple years later they started their family with their only daughter, Chamya Pompey. Chamya worked in UCLA as a librarian, and she wrote many books which Gwen is very proud of. Luther and herself remain in close contact as best friends.

Today one of her goals is to write a book filled with motivational quotes. She gets her inspiration from our traditional philosophical writers, Plato and Aristotle. Being here at City View, she says she get plenty of inspiration. The 360-degree rooftop views of so many parts of Los Angeles helps motivate her to write.

We are glad to have Gwendolyn as part of our City View community these past seven years. She has been a bright spirit here among the staff and residents at City View, sharing pearls of wisdom wherever she goes. Her favorite advice is to love one another for being themselves. Here at City View Gwendolyn enjoys going up to the rooftop, gardening in our fifth-floor patio and partaking in many of the activities that we offer. Thank you being a part of our community, Gwendolyn, and have a great birthday this November!

November Featured Activities & Events



Thursday, November 11

Veteran's Day

In November 1919, President Wilson proclaimed November 11 as Armistice Day after WWI, and it was later changed to Veteran's Day to honor Veterans of all wars. He shared: "To us in America, the reflections of Armistice Day [Veteran's Day] will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude

for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." At City View we have several veterans whom we are honored to recognize and hear share their experiences serving our country at our Veteran's Day party. Thank you for your service!

Thursday, November 25

Thanksgiving

Thanksgiving Day is observed each year in the United States on the fourth Thursday in November. In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, amid the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. In many American households, the Thanksgiving celebration centers on cooking and sharing a bountiful meal with family and friends. Here at City View we look forward to celebrating early the morning of November 21st with a Thanksgiving Family Brunch with Animal Wild Wonders Animal Encounter and Giving Back Fundraiser! Then on Thanksgiving Day we will celebrate all day with homemade treats, parade watching, musical entertainment, and a classic Thanksgiving dinner!



Sunday, November 28 (begins)

Hanukkah

Historically, the holiday came about in the second century BCE, when the Holy Land was ruled by the Seleucids (Syrian-Greeks), who tried to force the people of Israel to accept Greek culture and beliefs instead of mitzvah observance and belief in G^d.

Against all odds, a small band of faithful but poorly

armed Jews, led by Judah the Maccabee, defeated one of the mightiest armies on earth, drove the Greeks from the land, reclaimed the Holy Temple in Jerusalem and rededicated it to the service of G^d. When they sought to light the Temple's Menorah (the seven-branched candelabrum), they found only a single cruse of olive oil that had escaped contamination by the Greeks. Miraculously, they lit the menorah and the one-day supply of oil lasted for eight days, until new oil could be prepared under conditions of ritual purity. This year, we are looking forward to lighting the Hanukkah, singing traditional songs and of course the jelly donuts!



Winner, Winner Turkey Dinner



The side dishes vary from house to house. In some parts of the country, you'll find mashed potatoes and gravy and in other places, sweet potato pie. But no matter how you celebrate Thanksgiving, in most homes around America, one guest is invited to the table each year — the turkey!

How did we end up with the tradition of eating turkeys during the holidays? They were fresh, affordable, and big enough to feed a crowd. Americans have long preferred large poultry for celebrations because the birds could be slaughtered without a huge economic sacrifice. Cows were more useful alive than dead, and commercial beef wasn't widely available until the late 19th century. Chicken was more highly regarded than it is today, but rooster meat was tough, and hens were valuable as long as they laid eggs. There was plenty of ham or brined pork around, but it wasn't considered fit for special occasions. Eating turkey was also in keeping with British holiday customs that had been imported to the New World.

Among the big birds, turkey was ideal for a fall feast. Turkeys born in the spring would spend about seven months eating insects and worms on the farm, growing to about 10 pounds by Thanksgiving. They were cheaper than geese, which were more difficult to raise, and cheaper by the pound than chickens. Cost was an important factor for holiday shoppers, because people weren't necessarily preparing just one meal; Thanksgiving was the time to bake meat and other types of pies that could last through the winter. By 1863, when Lincoln proclaimed Thanksgiving a national holiday, turkeys had taken center stage at Thanksgiving.

Here's some interesting turkey trivia that might surprise you:

- Wild turkeys can fly, but domestic turkeys cannot.
- The wild turkey is a native bird of North America
- Turkeys can run up to 20 miles per hour.
- The long, loose skin that hangs down on a turkey's neck is called a "wattle."

"Autumn is a second spring when every leaf is a flower." ~ Albert Camus

Fall Painting Series



Employee OF THE MONTH April Pickens Concierge



"Live, Love, Laugh!"... "Think Positive and Be Kind To People!"...

With life philosophies like that it's hard not to smile when you are around our Employee of the Month, Concierge April Pickens. We here at City View have been lucky enough to have her working here since 2014.

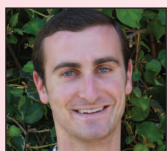
A native of Los Angeles, she has raised two daughters here who are 19 and 20 years old. Spending time with them is one of her favorite things to do when not at work; along with attending the theatre, movies, and concerts, and eating at restaurants. She also likes finding a quiet space to truly relax. Educated at Los Angeles Technical College (LATTTC), April took CNA Home Health Courses and did private caregiving before her time at City View. One of her life goals is to return to school to earn her Phlebotomy License.

When asked what she likes most about working here; April answered "I love to see the residents smile and laugh. I love to hear their life stories. I just love talking with them!"

April's caring attitude, and devotion to our residents make us proud to have her as our Employee of the Month! We are so fortunate to have you work here with us at City View.

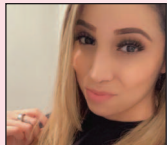
Thank you and Congratulations April!

Community Leadership Team



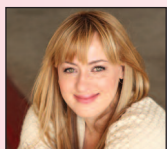
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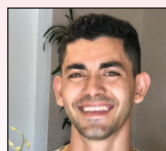
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