



A Message from the Desk of



**Jonathan
Isaacs,**
Executive
Director

The changing leaves and cool nights mean fall is fully underway. This season brings plenty of opportunities for seniors to make new memories with their loved ones and friends. Short walks and leisurely drives give everyone the chance to admire the fall foliage and get some fresh air before the weather turns chilly. The crisp air makes walks more enjoyable, and let's not forget how fun it can be to watch a grandchild make that tackle or touchdown as football season begins.

With fall comes the first big celebration of the holiday season – Halloween. City View is excited to share the upcoming holiday of Halloween with the Residents and families who will hopefully join the fun. We all enjoy dressing up and trick-or-treating with all of our friends. There is nothing more enjoyable than the dress up contests we have along with all the staff joining the party! Making sweet treats together is another delicious way we celebrate. Caramel apples, marshmallow crispy treats, pumpkin bread, mulled cider and sugar cookies for decorating are simple, memory-evoking recipes. Flavorful fall spices like ginger, cinnamon, cloves and nutmeg have also been leaving our common areas smelling wonderful!

We are happily entering the holiday season, and as such will be sending out our annual Employee Holiday Fund Letter for your consideration!



October 2021

cityview.care



Resident Birthdays

Nancy W.	10/03
Caroline S.	10/07
Ben G.	10/25
Donna L.	10/30

Holiday Celebrations

10/1	International Coffee Day
10/11	Native American Day
10/11	Columbus Day
10/12	World Arthritis Day
10/26	National Pumpkin Day
10/31	National Caramel Apple Day
10/31	Halloween

Religious Services and Study

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



Learning all about Iceland

Iceland is a land of fire and ice. Nowhere else can you find a more diversified, contrasted and extraordinary nature. Even with a location barely below the Arctic Circle, the winters on the island can be warmer than in New York or Vienna. The landscape is rough but at the same time romantic: steep cliffs plunging precipitously into narrow fjords, deep canyons, extensive glaciers, black sand beaches, volcanos and boiling geysers represent the island.



*Fjadrargljúfur canyon with
river and big rocks.*

Iceland was founded more than 1,000 years ago during the Viking age of exploration and settled by a mixed Norse and Celtic population. The capital, Reykjavik, when translated, means "Smoky Bay". Smoke, or rather steam, was the first thing the city founder Ingolfur Arnarson saw rising from the thermal hot springs in the 9th century. The early settlement, made up primarily of Norwegian seafarers and adventurers, have since been influenced by the Black Death, hunger and natural catastrophes. These influences developed a tough and vigorous Icelandic folk, in which Nordic fatalism and self-confidence is combined with sensitivity and curiosity of the Celts. The Icelanders are famous for publishing books; they publish more books per capita than any other nation in the world. They love to write, read and tell stories, especially about their famous trolls and sagas. We are excited to learn about them and their country this fall season, and celebrate Iceland!

Physical Therapy First Line of Defense Against Pain

October is
National
Physical Therapy
Month

Physical therapy is a profession dedicated to helping people find pain relief. A PT appointment also improves mobility and overall functional ability and helps patients live healthier, more physically-able lives. Physical therapists are movement specialists and are trained to view your body as a kinetic chain. They recognize which link in the system is causing pain/dysfunction and provide ways to correct that dysfunctional link. A Physical Therapist's primary goal is to help you feel your best while participating in the game of life!

Physical Therapy is highly known for its ability to treat orthopedic patients, geriatric patients, and high-level athletes. But there is so much more to the profession that may not be as highly recognized. Below are three examples of what physical therapy has to offer.

1. **Preventative Care** – You can seek out a physical therapist to help prevent pain and dysfunction? Physical therapists are happy to show you the warning signs of potential future issues. These include:
 - How your body moves or doesn't move correctly.
 - What weaknesses are present that may cause pain in the future?
2. **Balance Issues** – Have you noticed that your balance isn't quite as good as before? Do you feel unsteady on your feet and are more cautious about falling? You can start physical therapy to work on your balance deficits. It also helps you regain strength and proprioception in your lower legs to feel safer and steadier on your feet.
3. **Respiratory Care** – Your physical therapist helps assist you with your breathing and heart issues. After a respiratory disease diagnosis, or you just have difficulty catching your breath while exercising, physical therapy helps battle your deconditioned lungs and heart. It also gets you back on track.

Think of physical therapy as the first line of defense. It is also the safest avenue for pain management. Before jumping to opioids or just giving up, reach out to our Wellness Director to help you find a physical therapist and book an appointment. Make sure to take care of yourself today and make October your healthiest month yet!

SPOTLIGHT ON OUR RESIDENT

Joyce C.

Joyce was born in the 1930's and raised in Brooklyn, NY alongside a younger brother, Larry. Her father was a dress shop owner, and her mother took part in the selling of the dresses. Her favorite childhood memories include beach trips with her extended family to Long Island and New Jersey. She attended Brooklyn College, taking classes in Education, and later worked as both a copy editor and proofreader for a publishing company.



She met and married her husband Harold while young, and they were happily married for nearly 40 years. They had three rambunctious boys together - Seth, Robert, and Warren. She now has one beautiful granddaughter, Veronica. Throughout her life she lived in Arizona, Germany, and Los Angeles. She was able to see Europe in peacetime thanks to her husband serving in the U.S. military for two years in Germany.

Joyce's family was active in their Jewish faith, and always had big family dinners on Passover, as well as other holidays like Thanksgiving. Joyce was active in her temple, attended adult education classes regularly, and was the VP of the sisterhood women's club. When not working, her favorite hobbies included playing piano and tennis, watching musicals and singing along to favorite songs, and cooking and baking!

We are happy to have her engaging spirit here with us, from joining our exercise classes and sharing her opinions in life discussions, to going on trips and partaking in patio cafes and entertainment with our City View community. Thank you for being a part of our community, Joyce, we look forward to a fabulous fall ahead!

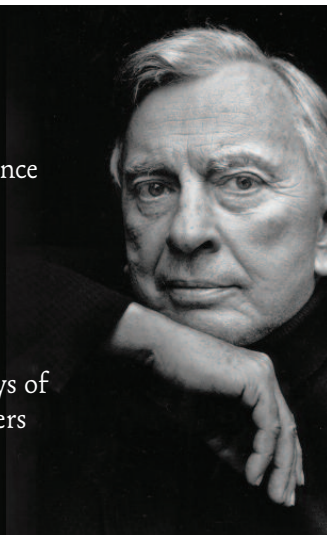
Growing Old Means...

Grandchildren!

American novelist Gore Vidal once joked,

"Never have children, only grandchildren."

Now you can experience the joys of little children without the diapers and sleepless nights!



October Featured Activities & Events



October 1

International Coffee Day

You heard that right! Whether it's refreshing iced, a piping hot americano, an espresso, a pleasantly foamy latte, or plain black coffee, International Coffee Day is a day to take some time off from your hectic day to enjoy your favorite version of the beverage. As we

sip away, let us also recognize and be grateful toward the hard work of millions of farmers who provide us with the magical beverage! On this day, we will be sampling different coffee blends accompanied by some good old-fashioned donuts. So, let's have (as the late Harry Dean Stanton says in *Twin Peaks*) a cup of Good Morning America!

October 26

National Pumpkin Day

National Pumpkin Day recognizes a favored autumn decoration and food. Not only do they make great fall decorations, but the pumpkin also completes a variety of tasty recipes. By October 26th, we're in a frenzy of pumpkin obsession. We cannot wait for the big November holiday for pumpkin pie. No siree, we need pumpkin everything! Bars, cookies, coffee, cheesecake, pasta, and oatmeal. Pumpkins also recall wonderful memories and inspire us to artistry. Whether we frame the perfect photo at the local pumpkin patch, carve up the scariest jack-o-lantern or whip up the tastiest batch of pumpkin bars, this is a holiday worth sharing as we explore a multitude of pumpkin activities!



October 31

Hocus Pocus Halloween

It's the most creative time of the year for costume enthusiasts everywhere! This year the City View community will be kicking off the festivities by enjoying a



month of witchy trivia, photo ops, sweet tooth pleasing treats, witches brew, and more! Throughout the month we will be adding to our "Hocus Pocus Halloween" décor. Finally, on All Hallows Night, we invite family and friends to join us for a wicked good time featuring costumed witches, bewitching appetizers, witches brew beverages, and other magical potion creations! We're looking forward to putting a spell on you at our Hocus Pocus Halloween this year.

Autumn Eats: Pumpkins and Apples!



The fall season brings with it brightly colored foliage, crisp fall air, cooler temperatures and delicious fall produce, including grounding root vegetables perfect for all of your fall meal prep. Fall deliciously places the baking, cooking, decorating, and entertaining emphasis on apples and pumpkins, appropriately planting a seed of inspiration.

While pumpkin and apple are certainly flavors that can be appreciated year-round, peak pumpkin season lasts from mid-September through March, making it a perfect dish to add to any autumn meal. Fresh apples hit their seasonal peak from August through November, as well, making them a staple ingredient of many favorite fall and winter meals. With a seemingly endless supply of recipes and baking suggestions available, both our culinary and activity departments are excited to get into the fall spirit with plenty of pumpkin and apple dishes and desserts.

The wonderful thing about pumpkin is that nothing needs to be wasted, from the baked pumpkin shell to roasted pumpkin seeds! While it is certainly a favorite to many fall lovers, it would be difficult to surpass the popularity of a good old-fashioned apple dish. From apple pie to apple cobbler and cider, it seems that fall is filled with recipes calling for every variety of the fruit.

What gives many dishes that bit of something extra is the ingredients used to season. Sprinkles and dustings of cinnamon, cloves, and nutmeg bring in that fall flavor to sweet and savory dishes alike, whereas vanilla and brown sugar compliment pumpkin and apple desserts very well.

Whether cooking pumpkin pie or apple streusel, the most important thing to remember when baking for the season is simply to have fun, enjoy the process of baking, and take your time taste-testing your results!

"I'm so glad I live in a world where there are Octobers." ~ L.M. Montgomery

Looking forward
to this year's
*Costume
Creativity!*



Featured
photos are
from
Halloween
2020.

Employee OF THE MONTH Luis Hernandez Dining Room Server

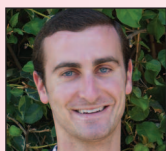


Congratulations to Luis, our City View Employee of the Month! Luis is always a fantastic help in the Dining Room, going above and beyond his duties as a server to help out different departments, such as activities. His engaging personality and helpful attitude are a positive example to everyone who works with him, so we thank him for his great work ethic and efforts! Luis enjoys being a dining room server, as he gets to meet all kinds of people with varied life stories. He enjoys bonding with residents and hearing their life advice. Some of his favorite advice includes always exercising your mind and keeping positive, and that over time everything will work out. He is still figuring out his life goals, but his philosophy is to take it one step at a time, and enjoy the process.

Luis grew up in a Catholic family of five as the middle child, and still prioritizes his family, as they are some of his biggest supporters in giving life advice and guidance. He has lived in LA for most of his life, and attended LA High School, where his love for the outdoors translated into an active life. Luis played highschool basketball, soccer, and football, and still plays recreationally when he can. He likes to go on adventures and explore new places. Last year he went to Utah for the first time to explore Zion National Park. He shared that it was amazing, with beautiful views and vistas completely different from our urban landscape.

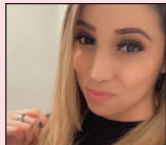
Luis also enjoys the end of year holidays, especially Halloween & Christmas. This upcoming Halloween he is excited to visit haunted mansions, buy a new scary costume (in the past he has been a character from horror movies), and appreciate the unique costume creations everyone will be wearing. We look forward to seeing his costume this Halloween! Thank you, Luis, for all your engagement and participation at City View; we appreciate you!

Community Leadership Team



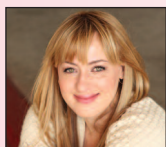
Jonathan Isaacs

Executive Director
jonathan@gardenofpalms.com



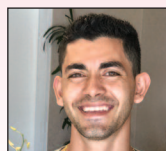
Shirley Rendon

Wellness Director
Wellness@CityView.Care



Joy Daniels

Activity Director
Activities@CityView.Care



Arcadio Quijada

Maintenance Director
Maintenance@CityView.Care



Teea Risley

Sales Director
family@CityView.Care



Amy Hernandez

Memory Care Activity Director
ActivitiesAsst@CityView.Care