



### A Message from the Desk of



**Jonathan  
Isaacs,**  
*Executive  
Director*

We had a fantastic summer here at City View! Last month was filled with light and joy as we joined together as a community in celebration of life and the summer spirit. We hosted our annual Hawaiian Luau, where our residents and staff members dressed up in their Hawaiian best and enjoyed a delicious Hawaiian lunch, followed by a visit from some guest luau dancers! Our outings have been a huge success, with residents who participated and were grateful to be able to be back on our City View bus! We are looking forward to being able to continue to provide our residents with new outings for the upcoming months.

Here at City View we can already feel the holiday spirit in the air as the Jewish High Holidays are approaching. We are already preparing for our High Holiday service, which we hope both residents and family members will find meaningful. We are also in our last month of the quarter exploring Israel. Our residents have enjoyed learning about the different places, foods, music and leaders of Israel. Many of our residents here have a personal connection with and pride in Israel which has been amazing to learn about and witness from them.

Shana Tova to all and may we be blessed to be able to create many more everlasting memories together.

Jonathan



September 2021

cityview.care



#### Resident Birthdays

|                  |      |
|------------------|------|
| Kenneth Huggins  | 9/02 |
| Jill Rippchen    | 9/03 |
| Jacqueline Stehr | 9/07 |
| Eleanor Kaufman  | 9/08 |
| Jill Pickering   | 9/08 |
| Bob Fidler       | 9/28 |

#### Holiday Celebrations

|      |                     |
|------|---------------------|
| 9/06 | Rosh Hashanah       |
| 9/06 | Labor Day           |
| 9/12 | Grandparents Day    |
| 9/16 | Yom Kippur          |
| 9/22 | Fall begins         |
| 9/27 | National Family Day |

#### Religious Services and Study

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



Begins September 6

#### High Holy Days

The High Holy Days represent some of the most meaningful days in the Jewish calendar and are celebrated by Jews across the globe. These truly significant holidays begin with **Rosh Hashanah (9/6)**, which literally means "head of year", and marks the beginning of the Jewish New Year. Rosh Hashanah combines the evergreen theme of renewal and the joy of a New Year celebration.

**Yom Kippur (9/15)**, or the Day of Atonement, follows ten days after Rosh Hashanah. These ten days mark a period known both as the "Days of Awe" and the "Ten Days of Repentance". On this solemn day, Jews reflect upon any wrongs they may have committed during the past year, and attempt to atone and seek forgiveness from God and from those one has personally wronged. Some may consider Yom Kippur to be the birthday of humility, and it is considered the holiest day of the Jewish sacred calendar. Observant Jews fast, and do not eat or drink (including water) anything until Yom Kippur ends at sundown.



continued inside on page 3

## Taking on the Myths of Aging

September is  
Healthy Aging  
Month

YES  
YOU  
CAN

**C**elebrated English novelist George Eliot once remarked about getting older that, "It's never too late to be what you might have been", and because September is the month of Healthy Aging, there's no better time for any of us to reinvent ourselves. In our community, we always encourage each resident to focus on the beneficial and worthy aspects of growing older. We celebrate and revel in a positive aging lifestyle. During September, we should encourage each other to take personal responsibility for our own health and well-being... be it physically, socially, mentally or financially. Remember, it's never too late to take control of your health, or to get started on something entirely new!

Below are some important tips to consider... these suggestions will help you to become more proactive with your health and encourage healthier aging.

- Maintain a positive attitude
- Remember that age is merely a number
- Be proactive
- Try something new
- Embrace your creativity
- Surround yourself with supportive loved ones

Healthy Aging Month is dedicated to celebrating the process of growing older and still pursuing our passions, while at the same time, taking steps to improve our mental and physical health. Drawing upon the September "back to school" attitude embedded in our childhood memories, this month has been especially designated as the time to rejuvenate ourselves and embrace new and positive measures in our lives. As you're aware, our community is dedicated to celebrating the aging process and improving our overall well-being every day of the year. We think, however, that you'll be especially motivated throughout Healthy Aging Month as we deepen our appreciation of our later years. Here's to good health and a life lived to its fullest!

## SPOTLIGHT ON OUR RESIDENT *Beverly S.*

Beverly was born and raised in San Diego, California. She graduated from San Diego State University with a degree in Art. She became a senior planner for the Downtown area and worked on many old historic buildings in San Diego. She loves architecture, and loved her job. She loves going to galleries and exploring all the new art, she enjoys watching movies, and she loves traveling.



To this day Beverly enjoys getting on zoom regularly with a group of friends, some that she's known since kindergarten. She loves people, for the fun in meeting new people and the growth of seeing different points of view. We are so happy Beverly is part of our community here at City View!

## Employee OF THE MONTH Lilian Manapat Caregiver

Lilian is one of our most reliable caregivers, and the first to answer the call when needed. Lilian was born and raised in the Philippines. She and her husband Joselito and their four children came to America in 2011. Lilian has a Bachelor of Science degree in Business Administration and majored in Accounting; she graduated in Manila, Philippines in 1984. Lilian also worked for 13 years in a government office in the Philippines. She then started working as a caregiver in Vienna, Austria and worked there for 8 years, then moved to the US with the approved immigrant visa petition with the help of her brother. In her time off Lilian enjoys taking long walks with her husband, eating at restaurants and treating herself to a spa day.



She loves working as a caregiver because she finds the job very rewarding, she loves the people she gets to meet and the relationships that are built. Her favorite saying is: "Life is too short, focus on what matters the most". Thank you Lilian for being such an encouraging and helpful part of our City View team!



# September Featured Activities & Events



continued from cover

Begins September 6

## High Holy Days

Following Yom Kippur is **Sukkot** (9/20-27), a weeklong Jewish holiday that occurs five days after Yom Kippur. Sukkot celebrates the gathering of the harvest and commemorates the miraculous protection that God

provided for the children of Israel when they left Egypt. Jews celebrate this holiday in a foliage-covered booth (called a Sukkah) and by taking the "Four Kinds" or four special species of vegetation to bless the Sukkah. The four species are the palm branch, myrtle, willow and citron.

The two days following Sukkot are **Shemini Atzeret** (9/27) and **Simchat Torah** (9/28). Shemini Atzeret is characterized as a day when the Jewish people "tarry" or wait to spend an additional day with God at the end of Sukkot. Simchat Torah marks the final day and is the highlight of the end of Sukkot. This day is celebrated with an evening of singing, dancing and rejoicing in the synagogue, as the Torah scrolls are paraded in circles around the "bimah" (podium from where the Torah is read). Simchat Torah is meant to express the happiness and joy that Jews revel in while in possession and observance of the words of the Torah.



Sunday, September 12

## Grandparents Day

The bond between grandparents and grandchildren is like no other. It's the perfect yin and yang of wisdom and innocence. As grandparents have much to teach their grandchildren by passing along their lifetime of wisdom, grandchildren also help remind them of the simple and innocent pleasures of life before the worries of adulthood buried much of those fundamental virtues. On this day, we will honor this precious bond with a High Tea Celebration.



## Rosh Hashanah Foods Rich in Taste & Symbolism



According to Jewish tradition, Rosh Hashanah is the day God created "Adam". "Adam" is the Hebrew word for "human", and represents the birthday of humanity itself for observant Jews. And what better way to celebrate the birthday of humanity than with honey, the symbol of sweetness, abundance, and prosperity? In celebration of the Jewish New Year, sweet honey is paired with apples, bread and cakes. Some celebrants also often make date honey (which isn't actually honey), by boiling and mashing dates to create a thick sweet syrup with a texture similar to honey and tastes just as sweet.

You should also know that no Rosh Hashanah meal is complete without the wonderful and delicious braided egg bread known as Challah. This unique bread is shaped into spirals or rounds to symbolize continuity. The Challah is usually dipped into honey before eating. Yum!

Because Rosh Hashanah literally translates as the "head of the year", a symbolic head of some variety will usually make an appearance somewhere on the dinner table. The easiest presentation typically showcases an entire fresh roasted fish (vegetarians will often substitute a head of cabbage or garlic). Another savory option is couscous with seven vegetables. The multitude of tiny couscous beads represent the innumerable blessings one hopes to receive. Interestingly, the number seven features largely during the holiday as the world was created in seven days.

Finally, sweet honey cake tops the dessert choices, and is often made by following generations-old recipes. The ingredients include, of course, honey, as well as spices such as cloves, cinnamon, allspice, and sometimes coffee, tea or even rum. Honey cakes are symbolic of the desire for a truly sweet, positive upcoming year.

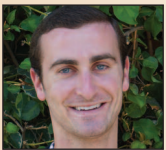


"Those who say they can, and those who say they can't are usually right." ~ Shimi Adar

## The Aloha Spirit comes to *City View!*

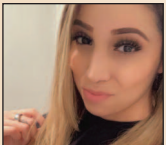


## Community Leadership Team



**Jonathan Isaacs**

Executive Director  
jonathan@gardenofpalms.com



**Shirley Rendon**

Wellness Director  
Wellness@CityView.Care



**Joy Daniels**

Activity Director  
Activities@CityView.Care



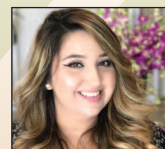
**Arcadio Quijada**

Maintenance Director  
Maintenance@CityView.Care



**Teea Risley**

Sales Director  
family@CityView.Care



**Natalie Janbakhsh**

Memory Care Director  
ActivitiesAsst@CityView.Care