



August 2020 Newsletter

cityview.care



A Message from Rosie Julinek, Executive Director

Happy August! We are progressing further into summer, and as such have been experiencing some LA heatwaves lately. However, we are making sure to cool down with our ever present hydration stations, as well as delicious summer fruits and ice cold desserts!

I want to take a minute to talk about the importance of hydration for our residents, as dehydration can quickly sneak up and affect older adults in the summer. To begin with, dehydration is incredibly harmful as it leads to dangerous effects such as kidney, heart, or brain failure. Such conditions are usually preempted by symptoms such as dry mouth, confusion, lethargy, blood circulation difficulty, headaches, seizures, and more.

The recommended amount of water we should consume to prevent dehydration is 64 ounces or more per day. To promote hydration in our community, we have hydration stations and cups located around the community for easy access, we provide water and other liquids at every meal, and we offer water during every activity. We provide alternatives such as fruit and herb infused spa waters or flavored electrolyte packets to try and make the water offerings more appetizing.

It is extremely important to consistently drink the proffered water. Always watch for the warning signs of dehydration and try to drink 8 ounces of water each hour to make sure you are properly and consistently hydrated for the summer months. Indicators of dehydration include darker colored urine, a dry, sticky mouth, a throbbing headache, and/or needing to relieve yourself less often. A common complaint we have heard lately is that too much water has residents visiting the restroom every couple of hours, and they would prefer to cut down on the constant visits. However, as we indicated before, dehydration leads to serious symptoms and side effects, and increased restroom visits are eminently preferable to hospital visits!

Stay safe and hydrated this summer!

Rosie Julinek

CityView Inspirations



"Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."
~ Vivian Green



"I like to think of life as an adventure, like a roller coaster. It helps with the ups and downs."
~ Eddie Izzard



August 10
National S'mores Day

National S'mores Day on August 10th recognizes the most popular campfire treat! Millions of people of all ages love this gooey, toasted treat. S'mores consists of a roasted marshmallow with a layer of chocolate bar sandwiched between two pieces of graham cracker. Today, many

variations on the original s'more find their way around a campfire, such as adding peanut butter, banana, or switching out the pure chocolate to your favorite candy bar.



August 21
National Senior Citizen's Day
"By the time you're eighty years old you've learned everything. You only have to remember it." ~ George Burns

On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day

provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives. Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. The encourages supporting senior citizen to live their lives to the fullest and as independently as possible.



August 30
National Grief Awareness Day

On August 30th, National Grief Awareness Day recognizes the time it takes to heal from loss doesn't have a prescribed course and is a reminder closure comes in many forms. When a loved one dies, the void they leave affects everyone differently. Throughout the

day, take stock of those in your life who have been affected by a form of loss. The death of a loved one, a close friend or enduring an extreme change in their lifestyle can trigger grief. When we lose the stability of shelter, a job or a routine we have known for years, we suffer a type of loss that requires closure. Some adjust to these changes easily, and others take time to become familiar with new routines.

Offer to listen to a friend or ask them to join you for a coffee or tea. Send a message letting them know they are never far from your mind. Then, set a date for another visit. If you find you are suffering from grief, know that it's natural. You're not alone, and it's okay to ask for help if you feel your grief is overwhelming.



*Resident
of the Month*
Pat

Pat was born on September 8th in Vancouver, Washington and was an only child to Walfred and Catherine. Pat graduated from Marymount College with a degree in art and went on to work as a Recreation Director and LAUSD Art and English teacher for almost 25 years. We also thank her for her 7 years of civil service in the military, where she was stationed in Okinawa during the Vietnam War. She enjoys poker and art and tries her best to live by her Catholic values. She loves cats and dogs, and fondly remembers her dog Pumpkin. Pat has one lovely daughter from her late husband Somek. We are so happy she is part of our community here at City View!



Employee of the Month
April Lewis-Pickens
Activity Assistant

April has been a fabulous Activity Assistant at City View these past few months. Previously, she had been working as the night time receptionist, where her artistic designs brightened our blackboard menu every day. Her willingness to move into new positions and bring her joyful personality to each and every task is what had us designate her as the Employee of the Month! Residents love her infectious smile and talkative manner as she works hard to bring smiles out of every activity. Her philosophy in life is to always "Live, Love, Laugh", and she lives by it both at work and at home. She has two amazing daughters that she enjoys spending time with, as well as enjoying fun pastimes such as going to concerts, traveling, and watching movies! She graduated from Trade Tech as a certified Nursing

Assistant, and plans to return to school to get a licence in phlebotomy. Thank you April for being a joyful part of the City View Team!

August is... *Happiness Happens Month*

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August.



Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy. Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her.

"Folks are usually about as happy as they make their minds up to be." ~ Abraham Lincoln

If you struggle with finding happiness, you can learn to be happy. There is plenty of helpful advice available to guide you in the right direction. Reading self-help material is an excellent place to start. Here are a few published works you might want to read to help you in your pursuit of happiness:

The Power of Positive Thinking by Norman Vincent Peale

Meditations by Marcus Aurelius

Man's Search for Meaning by Viktor Frankl

Most of the best "how to be happy" books and videos boil down to variations of the Ancient Greek philosophy of stoicism (not to be confused with the modern use of the word). The essence of stoicism is this: no matter what is wrong with the world in general, and your life in particular, you can choose to be happy if you learn how.

"Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any set of circumstances, to choose one's way." ~ Viktor Frankl



CIRCUS

Wednesday, August 12
at 2:00 pm (Memory Care)

Thursday, August 13
at 2:30 pm (Assisted Living)

When we remember the circuses and carnivals we attended in our childhood and young adulthood, our memories are tied to various sensory details. From the smell of popcorn, to the feel of melting cotton candy on your tongue, to the taste of cherry or blue raspberry snow cones, to the sounds and sights and colors of the games and the people and the rides... This August we will be bringing the colors and sights and smells of summer carnivals right here to City View!

Be sure to join us for our Summer Carnival on these August dates.

Birthdays this Month

Resident Birthdays

Gene M. 8/01

Barry M. 8/02

Special Birthday: Leon is turning 103!!

Leon S. 8/15

Mercedes G. 8/16



Religious Services and Study

Shabbat Services - Friday at 6:30 p.m.

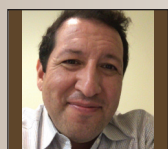
Bible Study - Saturdays at 1:30 p.m.

Our Staff



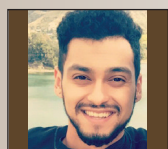
Rosie Julinek

Executive Director
Director@CityView.Care



John McMahon

Wellness Director
Wellness@CityView.Care



Arnold Palencia

Activity Director
Activities@CityView.Care



Arcadio Quijada

Maintenance Director
Maintenance@CityView.Care



Steven Aron

Sales Director
Sales@CityView.Care



Chef Arie Yosef

Culinary Services Director
ChefAgabid@cityview.care



Natalie Janbakhsh

Memory Care Director
ActivitiesAsst@CityView.Care