



## A Message from the Desk of



**Jonathan  
Isaacs,**  
*Executive  
Director*

Happy August!

Thank you to everyone who joined us in celebrating the Fourth of July in style last month! Each event or outing that we've been able to celebrate together these last couple months has allowed us to continue to build our relationships with one another. Having the opportunity to throw these community events and go on exciting beach picnics or restaurant trips is something we do not take for granted, especially after more than a year of pandemic protocols.

We are gearing up to enjoy the last full month of summer in the island spirit this August! It is time for our annual Hawaiian Luau, where we get to dress up in our Hawaiian best, sport colorful leis and grass skirts, and partake in traditional island foods and drinks! We'll be surrounded by lively Hawaiian music and energetically try to emulate the luau dancers.

Here's to a celebratory summer ahead, filled with laughter and joy amongst residents and staff alike!

*Enjoy your summer!*  
Jonathan



August 2021

[cityview.care](http://cityview.care)



### Resident Birthdays

Barry M.	8/02
Florence D.	8/13
Leon S.	8/15

### Holiday Celebrations

8/01	U.S. Air Force Day
8/03	National Watermelon Day
8/15	Relaxation Day
8/18	Hawaiian Luau Day
8/22	National Senior Citizen Day

## Religious Services and Study

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

*faith*

## Celebrating Independence Day at CityView



## Staying Healthy

*by Playing Safe in the Sun*

August is  
Summer Sun  
Safety Month



Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. However, too much sun can cause skin cancer (which is actually the most common cancer in America). You can enjoy your time outside without raising your skin cancer risk by protecting your skin from the sun.

Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun and can damage skin cells. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m.

You can reduce your risk of sun damage and skin cancer by staying in the shade, using sunscreen, and wearing protective clothing and eyewear when you're outside—even when you're in the shade.

**Remember:** Sunscreen isn't an all-protective force field. It is intended to be combined with other sun-safety approaches like hats and sunglasses. Check out the following sunscreen tips to make sure you get optimal sun protection:

**SPF:** Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

**Reapplication:** Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after sweating from exercise.

**Expiration date:** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

Stay safe this summer as you enjoy the sun!

## SPOTLIGHT ON OUR RESIDENT *Billie A.*



Billie was born and raised in a large family in Birmingham, Alabama. She was actually the fourth born of five siblings. After graduating from high school, she went on to attend Spelman College, a historically black liberal arts college for women located in Atlanta, Georgia. She majored in Chemistry, but decided to pursue a different career path. She got a job at the Post Office, working as a Mail Transit Clerk, and found that she enjoyed it so much that she dedicated her working career to it up until retirement. Alongside life as a working woman, she also raised her beautiful daughter Cari, and enjoyed motherhood to the fullest. These days she enjoys being a grandmother to her grandchildren - three smart, rambunctious boys!

Throughout her life, Billie has always enjoyed the game of tennis, and was cheering on the Wimbledon Championship players in July. Billie also loves listening to all genres of music, and can name you any song and artist after listening to the first 5 seconds of the song! Billie is always the first in and the last out at all our City View activity offerings, and is always engaged and welcoming to all. Thank you for your friendliness and positive attitude in our community, Billie!



The Summer Olympics happen every four years. The location may change, but we still see the same sports, the same talent, the same level of dogged determination each and every time we the athletes parade under their respective flags. But each year the Olympics are on, and we watch the best athletes in the world arrive at the opening ceremony, even the most cynical of us feel our emotions well up inside us, because according to Russell-Chapin, "The Olympics represent that moment when we put aside all our biases and appreciate achievement, sacrifice, drive and compassion for others". This first week of August we look forward to training hard as individuals and teams, in order to help close out the Summer Olympics with our own community events and heats, whether in golf, badminton, volleyball, and a variety of other sports. Join us not only in cheering on Team USA, but our unique teams in the community! Go for the gold!

# August Featured Activities & Events



August 3, 2021

## National Watermelon Day

Did you know that watermelon is 92% water? No wonder it's so refreshing! People have been digging into this tasty, juicy fruit for millennia and it all started in Ancient Egypt. It's said that watermelon cultivation began in the Nile Valley as early as the second millennium B.C. Watermelon seeds were even found in King Tut's tomb! Watermelons are enjoyed in all

shapes, sizes, and colors on National Watermelon Day. Best enjoyed outdoors, watermelon-eating contests and seed-spitting contests are a tradition. It's also fun to enjoy smoothies, sherbets, cocktails, and other beverages concocted from watermelon!



August 15, 2021

## Relaxation Day

National Relaxation Day advocates chilling out and promotes stress relief through meditation and other relaxation techniques. Managing stress requires relaxation, which leads to a clearer, calmer mind, positivity and better concentration. The hustle and bustle of the daily grind never seems to leave us with

enough time to just kick back and relax. Some of the best ways to relax include breathing exercises, soaking in a warm bath, meditation, listening to soothing music, writing, and physical activity. The rule of Relaxation Day is to avoid doing anything stressful!

August 18, 2021

## Hawaiian Luau Day

Aloha! Welcome to an afternoon of total immersion into the Polynesian spirit! Our luau brings the island vibes to you in song, dance, traditions and cuisine. Your experience begins with traditional island fare for lunch, followed by a traditional lei aloha and Maui cocktails or mocktails. Experience live Hawaiian music accompanying that features traditional dances from Hawaii, Tahiti, Samoa and New Zealand. A photo shoot with the dancers will follow the exhibition.



August 22, 2021

## National Senior Citizen Day

President Ronald Reagan proclaimed August 21 as the day seniors are to be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. . . For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."



## Luau's are Festivals of Food



The heart-pounding music, the mesmerizing dances, the fragrant leis—luau's offer heaps of enchantment. But amidst all the beauty the best ones offer—from Hawaiian chanting to Samoan fire dancing—one can forget the whole point behind the event: The feast itself.

At its heart, luaus are festivals of food. Rooted in ancient Hawaiian custom, their traditional iterations—aha'aina and pa'ina—focused chiefly on eats. So much food, in fact, that one of King Kamehameha III's luaus included 3,125 saltwater fish, 2,245 coconuts, and 4,000 taro plants (and that's just our getting started). Contemporary luaus have maintained this concentration, with most luaus offering buffets that celebrate Hawaii's bounty.

And bounty it is. Traditional Hawaiian fare was mainly limited to the canoe crops trans-Pacific Polynesians brought to the archipelago—items such as breadfruit, sweet potato, limu (seaweed), coconut, and taro—as well as the fish and birds they came upon when they landed. Over time, however, an influx of foreigners—from missionaries to whalers—and influence of the Japanese, Chinese, Korean, Filipino, and Portuguese immigrants who arrived; changed the landscape of Hawaiian cuisine.

Luau's honor this melting pot of cultures with a number of dishes. Common luau dishes include: Chicken Long Rice, Kalua Pig, Lomi Lomi Salmon, Lauau (stuffed leaves), Macaroni Salad, Molokai Sweet Potatoes, Shoyu Chicken, Poke, Sweet Bread Rolls, and Haupia (nutty flavored custard). Join us at our August Luau for a chance to taste delicious traditional Hawaiian food and drink!

"Cause a little bit of summer is what the whole year is all about." ~ John Mayer

## Memory Care

### Picnic



## Employee OF THE MONTH Sandra Ortega Housekeeper



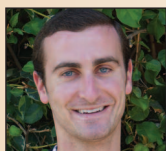
Sandra is our Employee of the Month, thanks to her star performance as a City View housekeeper. She likes everything about her job, loves how she helps as an integral employee, and she feels very comfortable at City View. We appreciate all the hard work she puts in, alongside her positive attitude!

Sandra was born and raised in Jutiapa, Guatemala. She finished high school in Guatemala, and went on to become a typing instructor before she made her way to the United States. She got married and raised four beautiful children, and still enjoys going to the park and relaxing under the sun with her family. Her favorite activity is shopping.

Her life motto is that "You never know what you have until it's gone", so she makes sure to enjoy and cherish every moment of life. Sandra has many talents as well: she loves doing hair, and she knows her way around the sewing machine, and she repairs and makes her own clothes.

Sandra, we appreciate your creativity and dedication to your fellow associates and all the residents here at City View - Thank You!

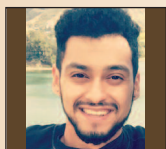
## Community Leadership Team



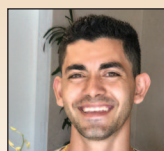
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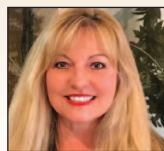
**Sandra Albarron**  
Regional Wellness Director  
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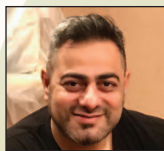
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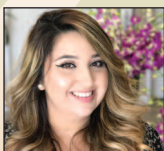
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