



A Message from the desk of



**Rosie
Julinek,**
*Executive
Director*

Love is in the air at City View!

This February we have so many holidays to look forward to. There are three holidays in particular that I look forward to each year: Groundhog Day, The Super Bowl, and Valentine's Day!

First, and most important in terms of weather, is Groundhog Day. On February 2nd, we will all cross our fingers that winter is almost over and spring will approach quickly. I for one am looking forward to days of sunshine after the rainy season we have had.

Second, I honestly love watching the Super Bowl. To be honest, it's not really about the football, but instead the great half time show and commercials! It's amazing that companies will spend millions of dollars to get a 30 second commercial aired at one of the most viewed programs of the year.

Finally, Valentine's Day is a great day to remember your sweetie. Who doesn't love to receive flowers and show your love towards someone?! Happy Valentine's Day to all of you!!

No matter your favorite holiday this month, from Chinese New Year to Mardi Gras to Purim to President's Day, we are excited to share memories and stories from past celebrations and continue to support and love each resident, family member, and staff member here at City View!

I'm looking forward to a great February of festivities!



February 2021

cityview.care



Resident Birthdays

Candace M.	2/13
Geneva C.	2/21
Thomas S.	2/23
Eloise K.	2/26

Holiday Celebrations

2/02	Groundhog Day
2/07	Super Bowl Sunday
2/12	Chinese New Year
2/14	Valentine's Day
2/15	President's Day
2/16	Mardi Gras
2/17	Ash Wednesday
2/25	Purim

Religious Services and Study

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

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



COVID-19 Vaccine Clinic Success!

We are thrilled to share with you that the U.S. FDA approved Pfizer's request for emergency use authorization of its COVID-19 vaccine. This is incredible news and something worth celebrating after what has been a challenging year. As previously shared, the CDC recently recommended that long term care residents and staff be included at the highest priority level for the first distributions of this vaccine. We are happy to have partnered with CVS Pharmacy this January and February to give the vaccine to all interested residents and staff members. The vaccine has been shown to provide a great deal of protection against serious illness due to COVID-19. Thank you to all the residents and staff that chose to get vaccinated so we can better protect our community against potential outbreaks and save lives.

You can rest assured that we will continue to take all necessary precautions after the vaccine is administered, including wearing personal protective equipment and conducting regular testing, to ensure the safety of our residents and staff. We will also work with public health officials to determine how and when to adjust our policies for visitations and social activities and keep you updated. There is a light at the end of the tunnel. We are hopeful that the vaccine will be a lifesaving turning point in the fight against COVID-19. Please do not hesitate to reach out to us with any questions. You may also visit www.cdc.gov/coronavirus/2019-ncov/vaccines to learn more about the vaccine.

Wellbeing *Focus*

American Heart Month Awareness



Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we've learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and choose healthy meals!

SPOTLIGHT ON OUR RESIDENT *Katherine H.*

Our resident spotlight is on Katherine H. this February! Katherine was born in San Francisco, California. After attending high school, she went on to attend the renowned Stanford University, and graduated with a Bachelor's Degree in English Literature. She continued her career at her alma mater as an Editor and Writer for the Stanford Research Institute. Throughout her life she always enjoyed reading, writing, and spending time with her family. She and her spouse raised three amazing daughters: Jennifer, Lisa, and Susan. Her daughters have since gifted her with four lovely grandchildren. She always strives to stay true to her favorite saying - "Be kind to others". Thank you, Katherine, for sharing your kind heart with us here at City View!



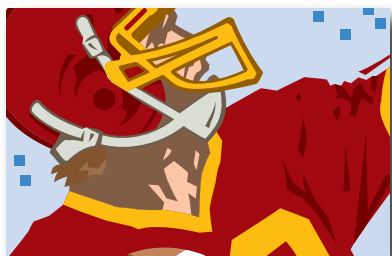
Travel Club *Italy*

Arguably Europe's most enticing country, Italy charms people with irresistible food, historical architecture, diverse scenery and unparalleled art. This January through March we will explore this beautiful country from our community:

- Examining Italian History & Culture
- Discussing Past Travels & Experiences
- Tasting Classic Dishes and Desserts
- Listening to Italian Music and Opera
- Exploring Renaissance Art and Artists
- Learning Italian Phrases and Trivia

We hope everyone enjoys this exciting dive into Italy, and invite you to contribute any Italian knowledge, experiences, and artifacts throughout our lengthy tour!

February Featured Activities & Events



February 7th

Super Bowl Sunday

After 16 hard-fought matches spanning 17 weeks, the two best football teams in the NFL battle their way to a world championship in the grandest TV spectacle in America. This is a cultural phenomenon we anticipate the whole year round; for the

food and friends, the big-budget commercials, the spectacular halftime show, and last but not least, the football. So get your grub on, settle down, and join us for Super Bowl Sunday!

February 14th

Valentine's Day

Valentine's Day is celebrated on February 14, and we are ready to shower our loved ones with tokens of our affection. This day of love is celebrated in so many ways, and it is always exciting to see what new traditions are included or created year after year. Join us in making beautiful cards, enjoying fine dining, eating delicious chocolate goods, singing classic love songs, sharing stories of Valentine memories, and much more!



February 16th

Mardi Gras

Mardi Gras is French for "Fat Tuesday" to reflect the practice of eating rich, fatty foods before the ritual fasting of the Lenten season, which starts the day after on Ash Wednesday. It's also a time to bring out those colorful beads and masks and party! This celebration goes on in many parts of the world in various forms. So get

out there and join our Venetian themed Mardi Gras celebrations on February 16th, and party with the world!

February 25th

Purim

Every year starting on the Hebrew date of Adar 14 (February 25, 2020), Jewish people all over the world celebrate the victorious festival of Purim. This religious celebration commemorates the salvation of the Jewish people in ancient Persia from the cruel Haman's plot to rid them from the world. So raise a glass, rejoice, and feast — Chag Purim Sameach!



The Importance of Vitamin D in a Senior Diet



Vitamin D is often referred to as the "sunshine vitamin" because it's the only nutrient your body produces when exposed to sunlight. Vitamin D can be also be obtained through diet and supplements. In our community we do our best to ensure residents enjoy time in the sun, and our Chef ensures that foods high in Vitamin D, such as oily fish, eggs, oatmeal, and other fortified foods, are available on a daily basis for consumption. It is important to include in sufficient daily amounts to reap the benefits of protection from many issues seniors battle, such as depression, osteoporosis and weakened immune systems.

Vitamin D improves senior mental health, combating prevalent issues like elderly depression. A 2017 study of more than 5,600 older adults found a link between lower levels of vitamin D and depressive symptoms, such as loneliness, lack of enjoyment, and restless sleep. Osteoporosis, a condition that causes bones to become brittle and weak, affects 16% of all seniors, according to the CDC. The condition carries serious health risks, potentially leading to falls and other home safety hazards. The connection between vitamin D and bone health in the elderly is that it helps defend against bone softening.

In addition to fending off life-threatening and chronic diseases, Vitamin D can help boost seniors' immune system to defeat more everyday illnesses, like colds, the flu, and other respiratory conditions, including COVID-19. A global study incorporating 25 clinical trials reported that vitamin D promotes "natural antibiotic-like substances" in the lungs.



National Caregivers Day

Friday, 2/19

Caregivers spend an average 13 days a month on laundry, house cleaning, transportation, medication care, and shopping for and preparing meals. Caregivers spend an additional six days each month feeding, dressing, grooming, walking and bathing their residents or loved ones.

Our extraordinary caregivers provide required assistance in everything from personal care to medical aid. The third Friday in February is dedicated to these intrepid individuals on National Caregivers Day. So on the 19th, take time to appreciate these dedicated and often unsung heroes.

Employee OF THE MONTH Flor Rodas

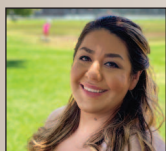
Dining Supervisor



Our Employee of the Month is Flor Rodas, our City View Dining Supervisor! Not only is she a caring, considerate employee; but she happily engages with our residents and staff members. What Flor loves most about her job is all the different people from different backgrounds that she gets to converse with. She is going on her 8th year with us here at City View, and we are lucky to have her.

Flor was born in Guatemala and lived there until the age of nine. She moved to Los Angeles with her family, and has enjoyed living here ever since. She is happy to enjoy a beautiful relationship with her husband Carlos, their son, and a pet cat. On her days off she enjoys experimenting with crafts, as well as watching and playing soccer. She attended Los Angeles Community College, and one of her goals is to continue her schooling to achieve a nursing degree. Flor's favorite saying, that we are glad she exemplifies each day at work, is to "Live and Learn", and we are happy to continue living and learning alongside her! Thank you Flor for all your hard work at City View!

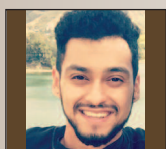
Community Leadership Team



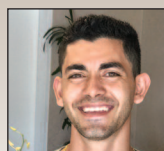
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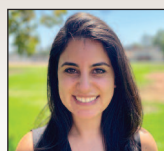
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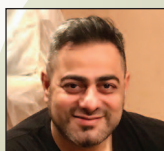
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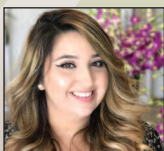
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