

# Vista

## Community Newsletter

515 North La Brea Avenue, Los Angeles, CA 90036 / 323.938.2131

### CITYVIEW

WHERE SENIOR LIFE  
HAPPENS



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## A Message from the desk of



**Rosie  
Julinek,**  
*Executive  
Director*

I hope everyone had a wonderful holiday season! Happy 2021, we are looking forward to creating fun memories with all of our residents, families, and associates here at City View.

It's January, and the time when many of us reassess our busy lives and think about what we want to accomplish or change to balance our lives during the new year. With that in mind, I have a New Year challenge for you: Draw a circle and divide it like a pie. In each slice of the pie write a category of your life that you want to focus on the next year. Write 5 measurable and obtainable goals you can accomplish under each category. Be specific and make sure you can see results and set attainable goals. Taking time to write goals down on a piece of paper is one of the best ways to ensure that you accomplish your goals. You can share your goals with others that are close to you as that will encourage you even more to fulfill them. The process also makes you think about all aspects of your life and try to keep them in balance.

I hope everyone has a happy, healthy New Year and wish you all the best in your 2021 resolutions!

*God Bless,*

Rosie Julinek



January 2021

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



### Resident Birthdays

Kenneth D.	1/02
Lida J.	1/15
LaRue B.	1/17
Billie A.	1/19
Joe K.	1/21
Sandra P.	1/31

### Holiday Celebrations

New Year's Day	1/01
Martin Luther King Jr Day	1/18

*Happy New Year*

### Religious Services and Study

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

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

*faith*

## Christmas in Memory Court





## Wellbeing *Focus*



### **Glaucoma**

#### *"The Sneak Thief of Sight"*

January is National Glaucoma Awareness Month so it's fitting that we should address this significant cause of irreversible blindness. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. But it's estimated that over 50% of them don't even know they have it! Given that it is the second leading cause of blindness in the world, it's important to raise awareness about Glaucoma, and become aware of what it can do to your vision, and how to slow down its debilitating effects.

Glaucoma is characterized as a group of eye diseases that gradually steal away one's sight without any upfront warning. Glaucoma can affect people of all ages, but its most common forms primarily impact the middle-aged and the elderly. Glaucoma is a complex disease that slowly damages your eyes' optic nerves and it only gets worse over time. It's often linked to a buildup of pressure inside the eye. This disease is typically genetically linked and is more common in African American, Latino, and Asian populations. Other higher risk groups include those with family members already diagnosed with Glaucoma as well as diabetics, and people who are severely nearsighted.

Regular and comprehensive eye exams are the single best way to protect your sight from the slow ravages of Glaucoma. An early diagnosis of Glaucoma can help slow down, and sometimes even prevent, additional vision loss. Doctors will usually prescribe special eyedrops to help lessen high eye pressure. Taking these drops regularly will help to significantly reduce the risk that high eye pressure will further progress to Glaucoma.

## SPOTLIGHT ON OUR RESIDENT *Noel T.*

Our resident spotlight is on Noel T. this January. She was born and raised in Northern Ireland, and attended school in the small town of Maghera, County Londonderry. It is actually the biggest town in the south of the county and is the social, economic and political hub of the area. She

had a fulfilling career working as a receptionist in London, as well as operating a dog service for the blind. As for her hobbies, she has loved acting since she was a youth, and carried that love of theater into adulthood; she very much enjoyed London theater life. The life philosophy she lives by is: "Treat everyone the same way you would want to be treated." We enjoy your presence here in our City View community, Noel!



### **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!

## January Featured Activities & Events



January 4, 2021

### National Trivia Day

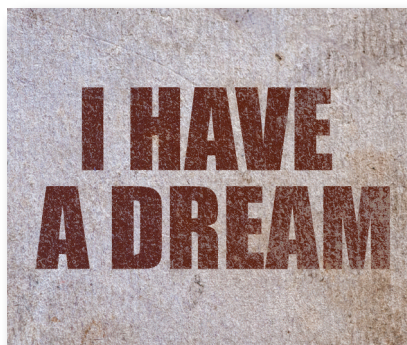
For those who hoard and accumulate arcane tidbits of information (both useful and useless!), National Trivia Day is your day! As the collectors of

dates, facts, history, and quotes that are stored in the hidden recesses of your brain, you are the ones that provide astounding bits of information when family and friends least expect it. And on January 4th, we celebrate you! This National Trivia Day we will challenge residents with Italian trivia crossing various cities and eras, including questions about Italian historical events, religion, foods, art history, and more!

January 18, 2021

### Martin Luther King Jr. Day

Every third Monday in January we honor the American clergyman, activist, and Civil Rights Movement leader Dr. Martin Luther King Jr. (January 15, 1929 – April 4, 1968). He is best known for his role in the advancement of civil rights using nonviolent civil disobedience. King has become a national icon in the history of American progressivism. Our community will hold programs engaging residents in Civil Rights history throughout the week to learn more about the movement and Dr. Martin Luther King Jr.



January 31, 2021

### Inspire Your Heart w/Art Day

Art can move us to tears, or cause us to break out in joyous laughter. Transcendent art possesses the power to inspire our hearts. And just as art comes in so many different forms, there is an equally endless number of ways to celebrate it. This January through March we will examine the major artists and masterpieces of the Italian Renaissance. As art and science



evolved throughout the fourteenth to sixteenth centuries, it was key to the development of the artistic innovations of the era. It will be exciting to explore the creations of Masters such as Fra Angelico, Donatello, Botticelli, Michelangelo, Leonardo da Vinci, Raphael, and Titian!

## Chef's Inspiration

### Explore the Benefits of the Mediterranean Diet



According to the Mayo Clinic, the Mediterranean diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean. It is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease.

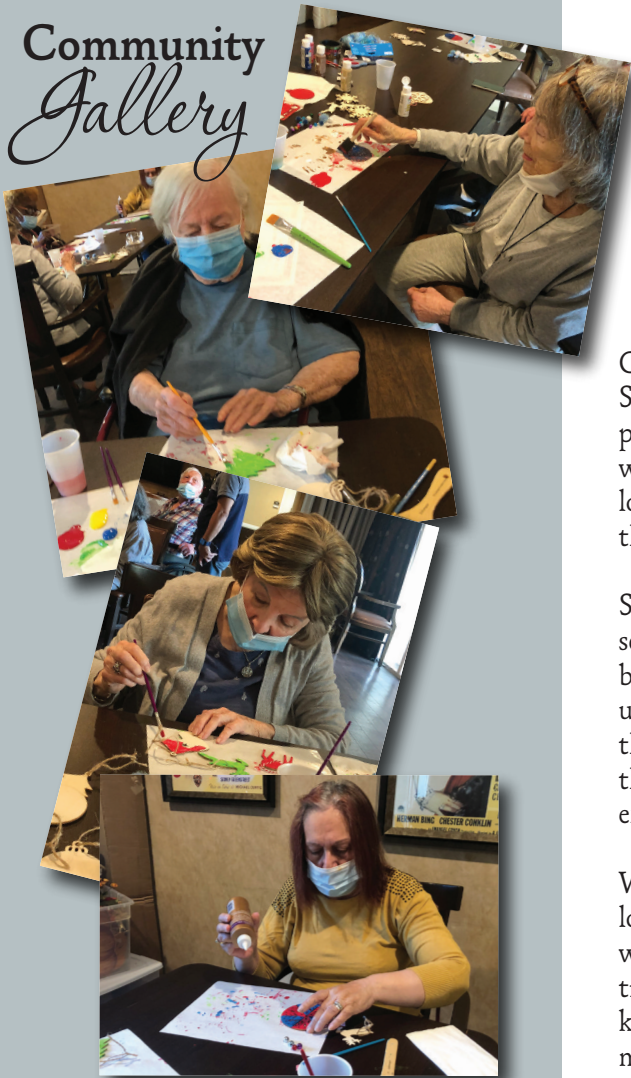
The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

Interested in trying the Mediterranean diet? These tips will help you choose the healthy option:

- Eat more fruits and vegetables. Aim for 7 to 10 servings a day of fruit and vegetables.
- Opt for whole grains. Switch to whole-grain bread, cereal and pasta.
- Use healthy fats. Instead of putting butter or margarine on bread, try dipping it in flavored olive oil.
- Eat more seafood. Try grilled fish twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices.
- Reduce red meat. Substitute fish, poultry or beans for meat. If you eat meat, make sure it's lean and keep portions small.
- Enjoy some dairy. Eat low-fat Greek or plain yogurt and small amounts of a variety of cheeses.
- Spice it up. Herbs and spices boost flavor and lessen the need for salt.



## Community Gallery



## Employee OF THE MONTH Santiago Flores Cook



Our City View Employee of the Month is Santiago Flores, our amazing cook! He not only works to prepare delicious and healthy meals for residents; he also contributes to a wonderful working environment for fellow staff in the kitchen. What he loves most about his job is working with all his amazing coworkers - he loves the environment they have created!

Santiago grew up in Mexico, before coming to the United States in 1987 in search of a better life. He began working in various kitchens as a dishwasher, but he was not content to stay in that position. He wanted to work his way up; first he became a server, and then he started watching the cooks and thought to himself that he could do that. He worked hard until he achieved the position he desired, and we are happy to have his many years of experience in our City View kitchen!

When not at work, he enjoys time with his spouse and two children. He loves relaxing and watching movies in his free time. His favorite saying is a well-known Spanish phrase: "*A quien madruga, Dios le ayuda.*" This literally translates to: "God helps those who wake up early" but is more colloquially known as "The early bird catches the worm". We appreciate all your early mornings and hard work at City View, Santiago!

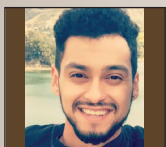
## Community Leadership Team



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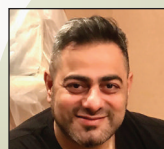
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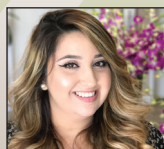
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