



### A Message from the Desk of



**Jonathan  
Isaacs,**  
*Executive  
Director*

Hello, my name is Jonathan Isaacs, and I am the Executive Director at sister community Garden of Palms. I am helping out as the interim administrator here at City View, and ready to meet and answer any questions you might have. I am an individual who takes pride in being transparent and forthcoming with information. I will be working to uphold the commitment and professionalism of the employees throughout your community, so there will be as little upheaval as possible. I am excited to work with the City View team, alongside getting to know residents and their family members as well. I understand the importance of family and tradition, and hope that we all work together as a community and family this summer.

It's hard to believe we are already in summer mode! Feels like just yesterday that we had the Open House along with celebrating Father's Day. The famous saying is true, "time flies when you are having fun". We are extremely excited for our Rooftop 4th of July celebration at City View. The summer is a great opportunity for us to enjoy the rooftop atmosphere in the mornings and evenings – just make sure to stay hydrated as we're getting into 90's temperatures lately. We look forward to having family and friends joining us on Independence Day.

*Enjoy yourself this July!*

Jonathan



July 2021

cityview.care



#### Resident Birthdays

Rita D.	7/03
Mae T.	7/09
Sheila D.	7/13
Dan S.	7/20

#### Holiday Celebrations

7/04	Independence Day
7/14	Bastille Day
7/18	Nelson Mandela Day
7/23	Gorgeous Grandma Day

#### Religious Services and Study

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



#### Butterfly Garden at CityView





## Staying Healthy by Staying Social

July is National  
Social Wellness  
Month



Everyone knows that to stay healthy, it's important to eat right, get some exercise, and avoid burning your skin in the sun. Did you know that, once you retire, maintaining an active social life can help keep you in good health, too? Since July is National Social Wellness Month, it's a good time to explore the impact that staying social can have on your health.

*Researchers have found that feelings of social isolation are linked to mental and physical health problems. The AARP reports that studies have linked perceived isolation to increased blood pressure, higher rates of colds and the flu, indulgence in unhealthy behaviors, and even the early onset of dementia.*

Scientists believe that social contact has profound physiological effects which can reduce stress hormones and inflammation. Scientists believe that regular social contact keeps the neurons in the brain active, thereby warding off dementia. Viewed in this light, socializing is akin to a workout for the brain.

Maintaining friendships isn't always as easy as we'd like it to be, especially as we age. Once you retire, you often lose the social network you formed at work.

Staying social during retirement requires a proactive approach. There are plenty of ways to actively seek out new friendships. Hobbies are a wonderful way to meet people with similar interests. Our community also offers active social opportunities via a full schedule of social events. You can participate in leisure and recreation activities that take place right at home and enjoy social events like outings, group exercise classes, discussions, happy hours, and more! Stay social and stay healthy!

## SPOTLIGHT ON OUR RESIDENT

Pat

Pat was born and raised in Vancouver, Washington. Her father moved their family to Portland, Oregon, however, when he opened a grocery store there. Pat has always had an interest and talent in the arts when growing up, and she pursued further art education at Marymount University. She attended Marymount University when it was still located on Sunset Blvd, and she was only 1 of 19 students who graduated from her class. After school, Pat went on to work for the Federal Government as a Civilian Recreation Director for Service Clubs. She worked in this position for seven years, and during that time she even found herself in Okinawa, Vietnam, during the war. Pat loved to travel, and even lived abroad in Madrid, Spain for a time, where she learned Spanish. Pat then went on to become an Art & English teacher for LA City schools. She also has a daughter named CeCe that she loves dearly. Till this day Pat has a passion for art and attends every art class that City View offers. You can see some of her work on our art gallery outside the Activity room. Pat's life motto is "Do unto others as they do unto you". Thank you, Pat, for contributing your creative, inspiring spirit to City View art adventures!



## Capturing Out-to-Lunch Memories



# July Featured Activities & Events



July 4, 2021

## Independence Day

Americans come together on July 4 to celebrate the nation's birthday and Independence Day. On this day, most Americans enjoy grills in their backyards, at beaches, or in parks. Some partake in parades or marches and enjoy the fireworks that are often launched at dusk. We'll kick off the festivities with details, trivia, and anything else you need to know

about Independence Day. Later that evening we'll head on up to our July 4th Rooftop Celebration, featuring live entertainment, food, drinks, and the nighttime fireworks show. Happy Fourth!

July 14, 2021

## Bastille Day

Sacré bleu! Celebrate the toppling of the long-standing French monarchy, symbolized by the storming of a fortress and political prison in Paris, on Bastille Day on July 14. The holiday is known as 'Fête Nationale' in France, and officially became a holiday in 1880. Right from the beginning, military parades, fireworks, speeches, and public displays were a part of the celebrations, reveling in the downfall of the stringent monarchical rule. The slogan "Vive le 14 juillet!" ("Long live the 14th of July!") has continued to be associated with the day.



July 18, 2021

## Nelson Mandela International Day

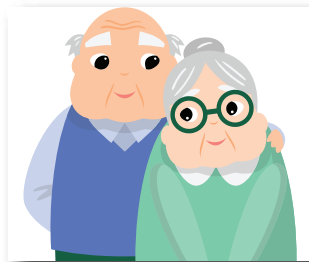
Nelson Mandela has many accolades. He's an iconic figure that triumphed over South Africa's apartheid regime. He was a human rights lawyer, a prisoner of conscience, and an international peacemaker. And he

was the first democratically elected president of a free South Africa (no biggie). So you see why the United Nations General Assembly would want to celebrate his life. Commemorated on July 18—Nelson Mandela's birthday—Nelson Mandela International Day celebrates the idea that each individual has the power to transform the world and the ability to make an impact.

July 23, 2021

## National Gorgeous Grandma Day

Maybe you call her Nana. Maybe you call her Granny. Maybe you call her when you're in trouble because you know she'll be there for you at the drop of a hat. Whatever the case may be, today is her day. But it's not just Grandma Day—oh no. This July 23, we celebrate National Gorgeous Grandma Day. Grandmothers endlessly love and treasure their families, and typically have an infectious love for life. They have experienced a lot and have the best words of wisdom for us. With all the aches and pains of old age, most grandmothers have positive attitudes and amazing energy, which radiates into our lives. The day aims to celebrate women over the age of 50 and encourages them to defy society's standards and live it up a bit.



## Beat the heat and eat like an Israeli this Summer



We are excited to explore the culture and food of Israel this summer. Israeli cuisine comprises both local dishes and dishes brought to Israel by Jews from the Diaspora. Israeli cuisine has adopted, and continues to adapt, elements of various styles of middle eastern cuisine and diaspora Jewish cuisine. It incorporates many foods traditionally included in other Middle Eastern and Mediterranean cuisines, so that spices like za'atar and foods such as falafel, hummus, shakshouka and couscous are now widely popular in Israel.

When its summertime in Tel Aviv, you walk a lot, sweat a lot, and eat a lot of fresh produce. On menus throughout the city's chic cafes, big, bold, flavorful salads abound. They're delicious and satisfying but don't leave you feeling weighed down in the summer heat. As it steams up over here in the States, we've decided to challenge ourselves to cool down and eat like Israelis do: fresh, healthful meals that require as little cooking as possible.

Below are five delicious meals that we plan to insert throughout the summer menu as we eat like an Israeli! *Bon appetit* — or *b'tayavon*, as they say in Hebrew.

- Baked Falafel with Tahini Dressing and Israeli Salad
- Grilled Salmon & Watermelon Feta Salad
- Sabich Sandwiches: Laffa With Eggplant, Eggs, Hummus, and Tahini
- Israeli Couscous Salad with Grilled Summer Vegetables
- Traditional Shakshouka with Homemade Bread and Pickled Cucumber



## Discover Israel



Shalom, and welcome to Israel, the country that our community will explore this summer. From the soft chanting of Hebrew prayers at the Western Wall, the Muslim call to prayer and the Via Dolorosa in Jerusalem, to the ancient olive groves of Galilee and the stunning gardens of the Baha'i in Haifa, it's impossible to miss the presence of religion in this holiest of lands. But as we'll discover, exploring Israel takes us well beyond faith, creed and politics.

This summer our activity directors will challenge and intrigue you with an in depth look at Israeli foods, cultural topics, news, music, dance, and more, so enjoy!

## Employee OF THE MONTH Crisna Caballero Caregiver

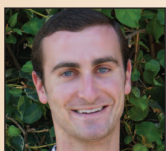


Our employee of the month is Crisna Caballero, also known as "Lola"; an excellent Soul Memory Care Caregiver at City View! She was born and raised in El Salvador, in the City of San Miguel, and came to America in 2001. It's been 20 years since she moved to America and started a family. She lives with her husband Edgardo Salguero, and her two children. Her boys are: Devian Garcia, 17 years old, and Bryant, 10 years old. In her free time, she enjoys spending time with her family and loves to go on mini road trips with her kids. She also enjoys cooking Salvadorian food for her family and friends. Crisna's hobbies include shopping, especially bargaining at the Swap meets with different vendors for goodies. One of her favorite outings is going to Disneyland with her boys.

One of our favorite aspects about Crisna is that she is very caring and helpful to residents. What she loves about her job is getting to know the residents and listening to their stories about their adventurous past journeys. She also mentions that she enjoys working with her amazing coworkers because they all motivate and encourage one another to work as a team. Her favorite bible verse and words to live by is "I can do all things through Christ who strengthens me." – Philippians 4:13

Crisna, we enjoy your encouragement and amazing personality, and appreciate all the work you do at City View. Thank You!

## Community Leadership Team



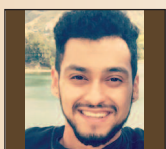
### Jonathan Isaacs

Executive Director  
jonathan@gardenofpalms.com



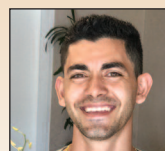
### Dennis De Silva

Wellness Director  
Wellness@CityView.Care



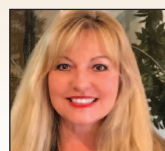
### Arnold Palencia

Activity Director  
Activities@CityView.Care



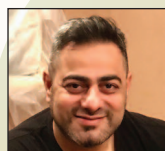
### Arcadio Quijada

Maintenance Director  
Maintenance@CityView.Care



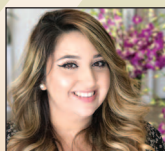
### Teea Risley

Sales Director  
Sales@CityView.Care



### Chef Arie Yosef

Culinary Services Director  
ChefArie@cityview.care



### Natalie Janbakhsh

Memory Care Director  
ActivitiesAsst@CityView.Care