



## A Message from Rosie Julinek, Executive Director

Here's to an amazing June! Not only does it bring the beginning of summer on the 20th, but we celebrate Father's Day on the 21st. These are great holidays to celebrate throughout this time of pandemic, as they help us transform a somewhat gloomy spring outlook to a bright, summery, and positively hopeful outlook!

Every year we celebrate Father's Day and the importance of fathers, whose important roles are described by Doctor of Sociology David Popenoe. "Fathers are far more than just "second adults" in the home. Involved fathers – especially biological fathers – bring positive benefits to their children that no other person is as likely to bring. They provide protection and economic support and male role models. They have a parenting style that is significantly different from that of a mother and that difference is important in healthy child development." June 21st will be a fun day to reminisce about our dads, husbands, and even being a father while we celebrate the fathers in our community!

Since it's also Men's Health Month, and that ties in perfectly with dad's day, I always make sure to encourage my husband and the men in our community to take control of their health. It's hard, but we are all working towards keeping up a healthy body and positive outlook as we live through this pandemic and grow closer every month to reintegrating into society. The best rules to live by for mental and physical health are to:

1. Eat healthy and include a variety of fruits and vegetables every day.
2. Engage in regular physical activity.
3. Learn to recognize and reduce stress and anxiety with healthy coping methods.

*I hope everyone has a beautiful beginning of summer and an amazing Father's Day!*

Rosie Julinek

## CityView Snapshots

*Memory Court residents can't wait to gather together again for baking, cards and fun lunches!*



## Upcoming June Celebrations



JUNE 14

America's Flag Day marks the Second Continental Congress' adoption of the first U.S. national flag on June 14, 1777. The first flag, thanks to Betsy Ross' sewing prowess, featured the same 13 red and white stripes we see today. The number and arrangement of stars,

however, has changed as the number of states have increased over the centuries.



That blessed time of year when barbecues and beach trips reign, when work slows and summer holidays mean getting together with friends and family. Just thinking about it likely brings up the smell of fresh cut grass and the taste of cold lemonade. Summer Solstice — also known as the first day of summer — has arrived.



Juneteenth, which marks the end of slavery in the U.S., commemorates African American freedom — while emphasizing education and achievement. Texas became the final state to comply with the abolition of slavery in 1865 — more than two years after President Lincoln's Emancipation Proclamation.

## Religious Services and Study

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

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

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## Resident of the Month Billie A.

Billie was born in Birmingham, Alabama to parents Mary and Edmond. She was the youngest of five children, growing up with one brother and three sisters. She moved to Los Angeles and attended LACC, and then went

to work for the Post Office for almost 40

years! Along the way she married three times, and had one daughter, Cari. She now has three grandchildren and one great grandchild. A fun fact about Billie is that she loves sunflowers in all their forms: from flowers, to paintings (Van Gogh's "Sunflowers"), to eating sunflowers seeds just like she did as a little girl in Alabama. Here at City View, she enjoys making beautiful bracelets in the jewelry design classes, as well as playing bingo. Her personal advice to everyone is to be the best you can be; not just average, work to be the **best** version of yourself!



May 6th - 12th was National Nurses Week! We are so grateful for all of the work the nurses in our community and around the world do to care for their patients!

Here's a big thank you to Denise and Teresa (pictured to the left) as they go around ensuring medical safety practices and testing everyone regularly during the coronavirus pandemic!

## Father's Day

In the past, observing Father's Day usually meant throwing a backyard bbq, a surprise party with friends and family, hitting the golf course, or taking Dad to the movies. But in the midst of the COVID-19 pandemic, spending face-to-face time with our favorite people has required a little

creativity, and this year's Dad's Day will be no different. Thankfully, technology allows you to show Dad just how much he is loved and valued, even from afar.



Whether you're worlds apart, or just down the block, there are many options for bringing the family together to celebrate all the fathers, grandfathers, stepdads, single moms, and other father figures in your family's life. In addition to sending a Father's Day card or a special, personalized gift, you can easily host a virtual Father's Day celebration from the comfort of your own couch.

Getting the whole family together to chat over FaceTime, Zoom, Skype, or any other telecommunication app is relatively easy, so long as you have a working computer and internet access. Dad will get to see your smiling faces, which is probably the thing he wants most for Father's Day, and you can still practice social distancing to ensure Dad (and family!) stay safe. Just make sure to let us know when you plan to meet virtually so we can ensure all the father's at our community receive any needed help on the tech side!

## Birthdays this Month

### Resident Birthdays

Edward H.	6/02
Cristina C.	6/11
Delores E.	6/19
Anne S.	6/19
KJ H.	6/21
Estelle N.	6/27



## Employee of the month Jessica Velasquez *Med Tech & Caregiver*

Congratulations to our Employee of the Month: Jessica Velasquez! She works for City View in two roles, as a Med Tech and a Caregiver, and is happy to go wherever she is needed. Her favorite part about her job at CityView is that she is able to help others, and her joy in helping people to feel better or put a smile on their face is one of the reasons she is our Employee of the Month!



Jessica was born and raised in California with two brothers and a sister. She attended Glendale Community College, where she received her Medical Assistant Certificate. She herself has two children, a twelve year old daughter and a five year old son, that mean the world to her. Though she doesn't have much free time due to working two jobs, she always makes time to plan special trips for her kids. Their family enjoys going on adventurous car trips, and the last place that they explored was La Jolla, down in San Diego. Before that included adventures in Santa Barbara, Las Vegas, and Mexico! She works hard to follow her own advice: Always live life to the fullest!

JUNE IS

♂ MEN'S

HEALTH MONTH

This month is all about encouraging the men in the community (residents and staff!) to take care of their bodies by eating right, exercising, and working to prevent disease.

## HOW TO OBSERVE NATIONAL MEN'S HEALTH MONTH

### 1. Tweak your diet

Men's Health Month is a great opportunity to change the way you eat. Cut back on alcohol this month or up your intake of healthy fermented foods like sauerkraut and kefir. You can do anything for a month, and if you do it for a month, you can do it for life!

### 2. Set some goals

Use this month to take stock of your health now and think about where you want it to be. Do you want to lose weight? Gain muscle? Simply eat more vegetables? Set small and achievable goals and work with your doctor to make them a reality.

### 3. Get educated

Take this opportunity to read about the common health issues that are specific to men and how you can prevent yourself from getting hurt! Check out the CDC for information on health issues that men face.

## Our Staff



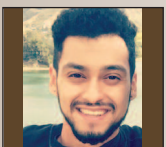
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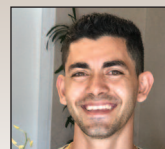
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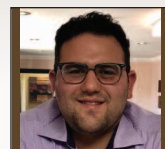
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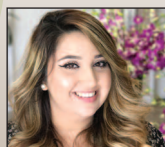
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