



## A Message from Rosie Julinek, Executive Director



Happy Thanksgiving season to all our residents and families! November is a special month where we focus on giving thanks and appreciating the goodness in our lives. I know for myself that I am thankful for my health, family, friends, and all the richness God has blessed me with. I am thankful for City View and the residents and staff that I am blessed to work with every day. Thinking of Veterans Day, here's a big thank you to all those that served and still serve our country, because we appreciate your service! I hope

that as you reflect throughout the Thanksgiving season on this past year, you are able to find relationships, experiences, and accomplishments to celebrate, despite the difficulties we have experienced this year.

Thanksgiving has been my favorite holiday since childhood because my mom would always go out of her way to make an extravagant meal that was so far from our normal cultural tradition of tamales. Delicious scents of spices would fill the air as she cooked a turkey, mashed potatoes, green beans, stuffing, and cranberry sauce. Then all my relatives would join us at the dinner table and we would enjoy a huge feast. Family time at the dinner table always felt so warm and happy and full of connection. This season our time together may be more socially distanced, but I hope that our amazing Thanksgiving Brunch will all the trimmings that Chef Arie is preparing will still evoke feelings of thankfulness and memories of family celebrations. We will be providing boxed dinners to everyone that evening.

On cool fall days, sometimes there's nothing better than curling up in a warm blanket with a good book or Hallmark movie. I don't know about you, but I have to make myself move out from under that blanket and continue to be active when the weather changes. Have you heard of the saying use it or lose it? It is especially true when it comes to our fitness. With COVID keeping us inside more than usual, it's important to stay active however we can. Get up and walk the halls, around the building, through the dining room, up on the rooftop, or even walk to the library for a new book! If you plan to enjoy delicious holiday foods and treats, make a plan to maintain your health and fitness!

Sincerely,

Rosie Julinek

## Welcome to our new Sales Director!



### Katelin Aghel

We are delighted to welcome Katelin Aghel to the City View Sales Team! She is transferring over from our sister community, Melrose Gardens. She brings with her a background in Law and Sales, as well as a friendly invite to visit her office and get to know her better. Fun fact about Katelin: She got married to her fiancée this past September, and is enjoying newlywed bliss! Welcome to the team Katelin!



November 2

## Day of the Dead

Day of the Dead, or Día de los Muertos, is a traditional Mexican holiday. On this day, it is believed that the souls of the dead return to visit their living family members. Many people celebrate this day by visiting the graves of deceased loved ones and setting up altars with their favorite foods, drink, and photos. This Monday we'll offer classic "Pan de Muerto" and sugar skulls delicacies, as well

as set up a traditional memorial surrounded by marigolds to remember our loved ones that have passed on.



Month of November

## National Alzheimer's Disease Month

National Alzheimer's Disease Awareness Month is a call for Americans to pay attention to the epidemic that is raging throughout the country. Affecting nearly 15 million people, including caregivers and people living with the disease, chances are you most people have been somehow impacted by the

Alzheimer's epidemic. The Alzheimer's Association shared the following statistics about Alzheimer's in the United States:

- Every 65 seconds someone in the United States develops Alzheimer's disease
- 5.7 million Americans have been diagnosed with Alzheimer's
- By 2050, an estimated 14 million Americans will have Alzheimer's
- Alzheimer's disease is the 6th leading cause of death in the United States
- 1 in 3 seniors dies with Alzheimer's or a related form of dementia



## A Pandemic Review

*by Marsha S. (City View Resident)*

What terrible sin did the whole world commit to be punished this way? G-d, answer us, our prayers in thousands of different tongues. The masks, the social distancing, the hygiene: who ever heard before of a plague spreading asymptotically? How can you stop the spread if the person isn't even sick? Millions globally are gone (may they rest in peace)! Sons and daughters, husbands and

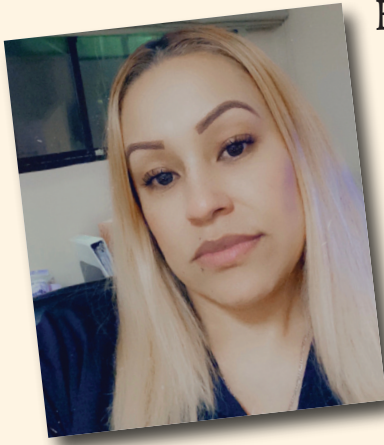
wives, grandparents and dear friends, and still the virus moves forward, killing any in its path of destruction. And that's not all, we suddenly have what is called "Long Haulers", a term given to encompass continuing symptoms, maybe as long as you live. Heart and lung abnormalities, weakened immune systems, debilitating headaches, poor circulation and much, much more. A murdered kills one or more, the electric chair one, but this scourge kills a thousand a day, A THOUSAND A DAY - we grow numb to the numbers we hear with our own ears. And so, I beg my readers, be safe, be strong, have faith... we'll win together. Vote, pray, and most of all, WEAR A MASK.



## Resident of the Month Leon S.

Leon was born over a hundred years ago (really!) in Rochester, New York. He was married to his life long love, Dolores, for most of his life. Back in the day, he had been sitting in his living room when he looked out the window and saw a commotion at the bus stop. He went to check it out and that's when he saw her. The rest was history... Together he and Dolores raised two beautiful daughters. Leon lived and worked as a car salesman in New York all his life. Not surprisingly his two favorite words are more colloquially known by the initials "F.U." - but come on, \*shrug\*, he was a New Yorker and a car salesman... These days we're happy to have Leon and his East Coast sense of humor here at City View!





## Employee of the Month Sara Flores *Med Tech*

We are happy to congratulate Sara on earning the title of City View Employee of the Month! Her cheerful attitude, great work ethic, and boundless energy always contribute to a fun working atmosphere for coworkers and residents. Sara was originally born in Jalisco, Mexico, but moved to the U.S. with her family as a young seven year old. She attended Van Nuys High School, and went on to attend ICDC College to earn a degree as a Medical Assistant. She is happily married and raising five kids. As a result of working at her job and at home raising her children, her favorite thing to do when she has a chance is to get some sleep! However, she does appreciate that her job is all about helping others, and that she has the chance to learn new things everyday, whether about residents, coworkers, or even new medical techniques. She loves the saying "Don't judge a book by its cover", and tries to live by its message; getting to know people instead of making snap decisions based on momentary interactions. Her other favorite saying is also a book metaphor, "Books have different chapters". This reminds her to take one day at a time and enjoy it while it lasts; whether circumstances are great or difficult, it is merely one chapter in the long road of life. Thank you Sara for your positive outlook and attitude - we love having you as part of our City View family!



You're Invited to our  
*Thanksgiving Brunch*

**Thursday, November 26th | 11:30 a.m.**

*Celebrate the harvest and other blessings  
of the past year at CityView.*

*Thanksgiving Activities:*

- 11:00** Thanksgiving Art Designs (MC)
- 11:30** Thanksgiving Brunch (Both)
- 1:30** Thanksgiving Trivia (AL)
- 2:30** Thanksgiving Concert (Both)
- 4:00** Walk and Talk about Thankfulness (MC)

## Birthdays this Month

### Resident Birthdays

Negari M.	11/01
Gwendolyn K.	11/04
Helaine L.	11/19
Dorothy C.	11/20
Janyce S.	11/25
Eleanor T.	11/26



**Remember to Mail Your Vote**

*by Tuesday, November 3rd!*

## Religious Services and Study

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

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

# Veterans Day

## Service Men/Women

**November 11th, 2020**

Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with Memorial Day, which honors those who died while in service, Veterans Day honors all military veterans, including those still with us. Here at CityView we have many veterans who have served in all branches of the military. We are proud to present them below and thank them for their service this Veterans Day!



**Barry M. (Marines)**



**Ben G.  
(Army and Navy)**



**Bob F. (Army)**



**Charles B. (Navy)**



**Dan S. (Army)**



**Edward H. (Army)**



**Kenneth D. (Army)**



**Melvin G. (Navy)**



**Saul L. (Army)**



**Tom S. (Army)**

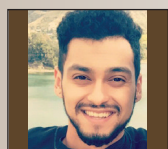
## Our Staff



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