



## A Message from Rosie Julinek, Executive Director

Happy Fall!

I have been overjoyed to see all the autumn decorations come out in storefronts and front stoops! Seeing white and orange pumpkins, cinnamon broomsticks, scarecrows in haystacks, and red, yellow, and orange fall garlands and gourds has been beautiful and inspiring. I can't wait for autumn cheer to spread throughout our building as we decorate this fall.

This October we have two special holidays to enjoy! The Jewish celebration of Sukkot 2020 will begin the evening of Friday, October 2 and ends the evening of Friday, October 9. The holiday commemorates the flimsy dwellings that Israelites were forced to live in during their 40 years of wandering in the wilderness, following their exodus from Egypt. Then on the other side of the spectrum, we will celebrate Halloween in classic fashion with a Dracula themed Costume Ball during the afternoon of Friday, October 30th.

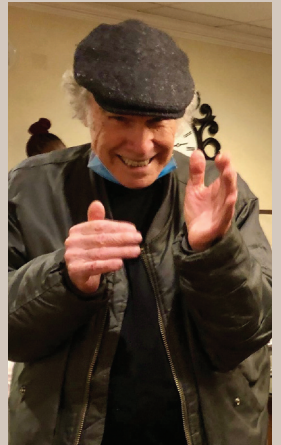
With the coming of colder weather and holiday gatherings comes the readiness for illnesses, such as colds and flu. We still maintain social distancing, as well as proper sanitary measures, so we have a jump on flu season. However, to protect everyone further, we will be bringing a flu clinic mid-October to offer the flu shots to interested residents and employees. Be on the lookout for more information regarding the upcoming flu clinic!

I hope everyone has a blessed and happy October, and that this transition into fall decor and weather lifts everyone's spirits in hopeful anticipation of the coming holidays!

Sincerely,

Rosie Julinek

## CityView Snapshots



Dan (top) and Bob  
clapped to the beat while  
enjoying fellow residents'  
dance moves.



October 2-9

## Sukkot

The Jewish holiday of Sukkot, also known as the Feast of Booths, begins on the 15th day of the seventh month in the biblical calendar—or October 2 this year. The seven day holiday originates from the Book of Leviticus, in which God instructs Moses “You shall live in booths seven days.” Today, adherents celebrate by building temporary dwellings—or sukkahs—from wood, canvas, or aluminum, and praying inside of them. The holy week also commemorates the flimsy dwellings that Israelites were forced to live in during their 40 years of wandering in the wilderness, following their exodus from Egypt.

October 10

## World Mental Health Day

World Mental Health Day is on October 10 and as our understanding of mental health grows, we grow along with it. Mental health has come a long way since the early nineties when the World Federation of Mental Health (WFMH) officially established the day. Our self-awareness and sensitivity towards it have changed things for the better. Our language surrounding mental health has improved as words like “crazy” and “lunatic” are used less flippantly and we come to better understand that they can be unintentionally hurtful and stigmatizing. While we’ve learned a lot, there’s still so much more we can do to evolve as a society.



October 15

## International Shakeout Day

On October 15 International Shakeout day is observed with the mission to educate the public about the importance of taking immediate action in case of an earthquake. This day, which falls on the third Thursday in October, remains our best opportunity to learn (and practice) how to protect ourselves and put our loved ones out of harm’s way. If you live

in an earthquake prone area, then you know how scary it can be when a tremor comes out of nowhere. Let us illustrate for you the importance of this day.



## Resident of the Month Jaqueline

Our lovely resident of the month is Jaqueline, originally from Wales. She grew up in a theatrical family, with her father, mother, and uncle making a living as traveling actors. As a result, she mostly lived with her grandparents in her youth. As she got older, she learned to love theater and acting as well. As soon as she could, she joined her parents and uncle in acting as they travelled England performing in various shows. Aside from acting, she has always enjoyed reading and dancing, and continues to pursue her hobbies to this day. We love having Jaqueline on the third floor as her good humor and dancing skills liven up the day!





## Employee of the Month Rolando Marin

*Housekeeper and Caregiver*

Congratulations to Rolando, our City View Employee of the month for his outstanding work and character in serving as both a housekeeper and caregiver! Rolando was born and raised in Guatemala, but moved to the United States over 15 years ago. He attended a Military College, and went on to give 10 years of military service. As a result, he loves an active lifestyle, and in his off time he maintains his fitness by swimming, running, and playing soccer. He is also a dedicated father to his two children. His philosophy in life is that "Everybody is equal under God", and as a result he treats everyone as equals, no matter their differences.

He loves that his job is quick to let him know when he has been of service, as residents will comment on their happiness or thankfulness, and he appreciates being able to help in various ways. He also loves his community of coworkers, as it makes the job not only enjoyable, but makes time fly by. We love his adaptability and good humor while serving in different positions, and are happy to have Rolando on the team!



Friday, October 30th | 2:30 p.m.

*Stop by for a bite... and have a bloody good time!*

- ~ Costume Contest
- ~ Dracula-Themed Drinks
- ~ Music & Dancing

"Autumn is a second spring  
when every leaf is a flower."

~ Albert Camus



## Birthdays this Month

### Resident Birthdays

Nancy W.	10/03
Caroline S.	10/07
Ben G.	10/25
John M.	10/31



### Religious Services and Study

Shabbat Services - Friday at 6:30 p.m.  
Bible Study - Saturdays at 1:30 p.m.

# Active Aging Week

October 5-11, 2020

The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages older adults to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving! Here at City View you can see several examples listed to the right of the various opportunities to age proactively!



**5th:** Jewelry Design - 11am  
Autumn Tastes and Talk - 1pm

**6th:** Tone and Condition - 10am  
Guess the Tune - 11am

**7th:** Morning Walking Club - 9:30am  
Current Events - 11am

**8th:** Pumpkin Spice Coffee Social - 11am  
Jeopardy - 1:30pm

**9th:** Tech Time with Arnold - 11am  
You be the Judge - 1:30pm

**10th:** Mindfulness Meditation - 9:30am  
Mental Health Discussion at 2pm

**11th:** Brain Teasers and Riddles - 11am  
Beginner Trivia - 1:30pm

## September Photos to Remember



*Residents danced the day away with singer JJ.*

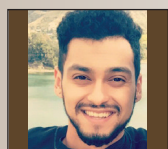
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