

September 2020 Newsletter

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A Message from Rosie Julinek, Executive Director

Sweet Greetings in September!

This month offers us a period to wind down from our final summer celebrations after Labor Day, and a chance to reflect on the sweeping changes that took place due to coronavirus. Summer was a wild ride, and I for one am more than ready to experience the beautiful changes of fall. From autumn leaves shifting colors to reds, oranges, and yellows, and colder breezes bringing forth the scent of pumpkin pie

and cinnamon spices, this season evokes a sense of warmth and comfort that I love. I anticipate the holidays, where family and hearty meals grace our table, and reminders that thankfulness and love overcome the worries and anxieties of the world.

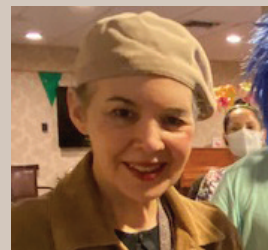
As summer fades away, fall brings new beginnings. From a new school year, to milder weather, to the days becoming noticeably shorter; we love these changes. However, some beginnings are not as welcome, such as the dreaded flu season. Our biggest focus at CityView is keeping everyone healthy, including residents, employees, and visitors. As such, our current preventative measures of cleaning and sanitizing all surfaces, keeping social distances, and doing daily temperature checks will actually stand us in good stead this flu season. In addition to that, we will be offering a flu clinic in the upcoming months, where residents and employees will have the opportunity to be vaccinated against this year's most virulent flu strains.

Onto happier news... our Jewish residents and friends will be celebrating the September high holidays, Rosh Hashanah and Yom Kippur, this month! Our Activity Director Arnold will be helping to organize a giant celebration of Rosh Hashanah, the Jewish New Year, and all residents are invited to join in the festivities. Dates and details are provided in the newsletter articles and calendar. Here's to a new year filled with much sweetness and delight!

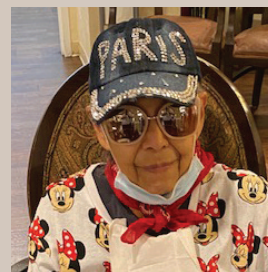
Happy Autumn!

Rosie Julinek

CityView Snapshots



Donna is delighted with the carnival antics!



Eleanor dressed up for carnival craziness!



Rhonda and Arnold enjoying carnival snow cones!



September 7
Labor Day

Do you get weekends off work? Lunch breaks? Paid vacation? An eight-hour work day? Social security? If you said “yes” to any of these questions, you can thank labor unions and the U.S. labor movement for it. Years of hard-fought battles (and the ensuing legislation they inspired) resulted in many of the most basic benefits we enjoy at our jobs today. On the first Monday in September, we take the day off to celebrate Labor Day and reflect on the American worker’s contributions to our country.



September 13
National Grandparents Day

Grandparents Day is an official national holiday, signed by President Carter in 1978 and celebrated on the first Sunday after Labor Day. This holiday is a celebration and reminder that our grandparents are our family and they won’t be around forever. We need to cherish the moments we can with them and create lifelong memories. Video chatting, calling, sending a letter or an arrangement and expressing love and gratitude will make their day; they always want to hear from you.

September 2020 - page 2



September 11
National Day of Remembrance

On September 11, Patriot Day gives all of us time to reflect on the devastating terror attacks that took nearly 3,000 lives. We commemorate those who we lost and give thanks to the brave first responders who put their lives on the line. Take a moment today to consider what we stand for as a nation and how we can work together to make the world a better place for all.



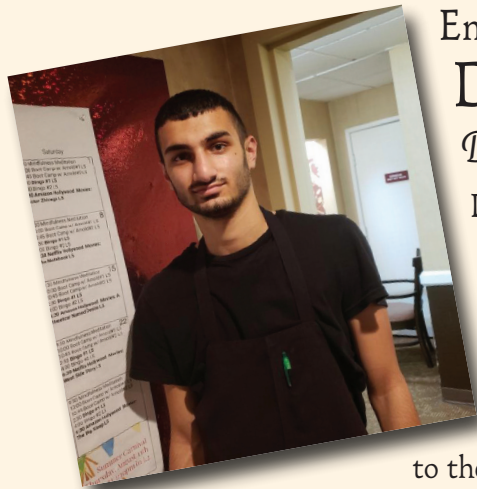
September 22
First Day of Autumn

The fall equinox arrives in the Northern Hemisphere on September 22 at 8:31am EDT. Astronomically, it’s the day when the sun crosses the celestial equator heading south. Thus, the fall (and spring) equinoxes provide Earth with roughly 12 hours of daylight and 12 hours of darkness. The first day of fall signals cooler weather and the end of the harvest. Symbolically, the fall equinox reminds us to be grateful for the “harvests” in our own lives over the course of the year. This fall equinox, take time to reflect on the bounty of nature and the possibilities for abundance in every part of your amazing life.



*Resident
of the Month*
Lida J.

Lida was born and raised in Tehran, Iran. She has two married daughters, and a handsome grandson. In her youth she attended a private school in Iran, and then went on to study Optometry. She worked as an optometrist with her brother in Iran, and when she moved to the United States, she continued to practice optometry in Westwood. Her hobbies include crafting, collecting jewelry, photo scrapbooking, and anything artistic and creative. She also enjoys staying active, from joining exercise classes to playing tennis and more. She loves to be the life of the party, and we love her joyful spirit here at City View!



Employee of the Month

David Younan

Dining Room Server

David was born and raised in Tujunga, California; a neighborhood in the San Fernando Valley region of the city of Los Angeles located by the foothills of the San Gabriel Mountains in the Crescenta Valley. When he is not working, he loves to visit his friends, consume both new and favorite meals, and get his beauty rest. He has three dogs that he loves to roughhouse around with. As for his future career goals, he is preparing to enter nursing school. Meanwhile, as a dining room server at City View, he loves to converse with residents and listen

to their advice and interesting stories. His life philosophy is that “you live and you learn”; and he doesn’t let life lessons get him down on his path to making his dreams of being rich and happy come true. Thank you David for all of your helpful, caring ways! We appreciate you and thank you for your service here at City View.

Celebrating Religious Holidays



Rosh Hashanah

Happy New Year — or “sha-NA to-VAH” — which in Hebrew, roughly means “good year”! This year, we celebrate the Jewish New Year from sundown on September 18 — through sundown on September 20. Rosh Hashanah, which translates from Hebrew to the “head of the year,” is a two-day celebration that begins on the first day of Tishrei — the Jewish calendar’s first month. During Rosh Hashanah, Jews take one or two days off from work — attending High Holy Day Services, gathering with family and friends, and preparing special meals. Symbolic foods include apples, honey, challah (egg bread), fish, couscous, and dates.



Yom Kippur

Yom Kippur will begin in the evening of September 27 and ends the evening of September 28. Otherwise known as the “Day of Atonement,” Yom Kippur is considered the holiest day in Judaism. The holiday lasts approximately 25 hours, and is typically observed with fasting and prayer in alignment with the themes of atonement and repentance. On Yom Kippur, people observing the holiday are asked to fast from food and drink (as well as abstaining from bathing and marital relations). In turn, it is encouraged that people spend the day asking God’s forgiveness for their sins and donating to charity.

Birthdays this Month

Resident Birthdays

Kenneth H.	9/02
Jill R.	9/03
Barbara W.	9/03
Jacqueline S.	9/07
Eleanor K.	9/08
Jill P.	9/08
Bob F.	9/28
Patricia F.	9/29



Religious Services and Study

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

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

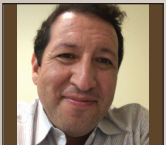
CARNIVAL



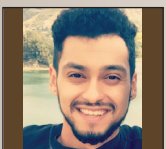
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