

## A Message from the Desk of



**Jonathan  
Isaacs,**  
*Executive  
Director*

Thanksgiving at City View was an amazing success. To be able to start the Holiday Season with our residents, family members and friends altogether this year was a positive and progressive change from last year. Thanksgiving was an opportunity for all of us to take a step back from the busy days we have, and to reflect on all of our blessings. I'm grateful for Flor and our kitchen and dining team who put together such a delicious holiday meal for all of us to enjoy! We want to thank them for putting a tremendous amount of time and effort into the food and ambiance to make sure we all enjoyed the Thanksgiving holiday.

We are now onto more seasonal holiday celebrations, from rounding out Hanukkah to the quickly approaching Christmas and New Year's Eve celebrations! The entire City View Team is looking forward to the Christmas Luncheon we will be hosting on Christmas Day at 12:00pm. This will be a great opportunity for families to gather in one location and enjoy the exciting holiday entertainment among good company and magnificent decorations that our staff has put up together to make the Holidays festive! I hope to see everyone join us at City View throughout the Holiday season to add to the day to day excitement we already have scheduled!

Happy Holidays!



December 2021

cityview.care



### Resident Birthdays

Karen L.	12/1
Charles B.	12/06
Gail M.	12/11
Helen J.	12/20
Marsha S.	12/20
Noel T.	12/20

### Holiday Celebrations

11/28-12/6	Hanukkah
12/21	Winter Solstice
12/25	Christmas Day
12/31	New Year's Eve

### Religious Services and Study

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



*Be on the lookout for our  
Festive Holiday Decor!*





## The Spirit of Gift Giving



Of the many joyous seasonal bounties and rituals, the most evocative rituals of the holidays involves the giving and receiving of gifts. And for some of us, while we might feel pressured to prove our love and caring in a strictly material way, gift-giving often means much more than just spending money. When giving is done thoughtfully, it can have a wonderful, even profound, emotional, social, and often transformative spiritual effect on us and our loved ones.

The definition of a gift is the transfer of something without any expectation of payment. While gift-giving may often involve an expectation of reciprocity, the gift itself is meant to be free. The term “gift” can be applied to anything that makes the recipient feel happier, or can include appeals for forgiveness and an invocation of kindness. Gift-giving (while remaining true to your values and budget!) represents an opportunity to make a meaningful connection with someone who matters.

The rewards of gift-giving are plentiful and profound. The giving of gifts can often produce a positive psychological and emotional effect. Gift-giving reinforces our feelings for another person, and allows us an opportunity to communicate that we truly care about them. The act of giving can also deliver a host of additional benefits to the giver, too! The giving of actual material gifts, time or money has also been proven to lower one’s blood pressure, reduce stress levels, and eventually diminish anxiety or depression, while elevating one’s own self-esteem.

Anne Morrow Lindbergh, an American author, aviator and the wife of legendary aviator Charles Lindbergh once wrote, “To give without any reward, or notice, has a special quality of its own.” In support of this worthy sentiment, research has revealed that the joy of giving often lasts longer than the joy of getting! In fact, a 2018 study presented in Psychological Science by researchers Ed O’Brien and Samantha Kassierer found that the study participants’ level of happiness did not decline, or declined much more slowly, when they repeatedly bestowed gifts on others versus repeatedly receiving those very same gifts themselves. Perhaps the elusive “quality” Lindbergh describes actually refers to the value of connection and its accompanying happiness. Increased happiness always comes from connecting with others we care about or love, and the act of giving is usually reciprocated with the invaluable gift of genuine human connection.

## SPOTLIGHT ON OUR RESIDENT Leslie H.



Let’s continue to give a warm welcome to one of City View’s newest residents! Leslie is an LA native, born and raised here alongside her three siblings: Jolly, Donald, and Robin. She headed south of LA to attend college at San Diego State University and experience a different beach culture. Soon after graduating, she met her future husband, who worked in the U.S. Air Force. After they married, they moved and spent part of their marriage on base in Missouri. There they welcomed their first daughter, Whitney. After the birth of their daughter, they wanted to move back home to LA. They happily settled down in Culver City, and in a few years gave birth to a second daughter, Kelly.

Apart from being a military wife and an amazing mother to her two children, Leslie worked at UCLA for over thirty years. She worked in many of the departments, but retired as the manager of the Department of Materials, Science and Engineering. She enjoyed her career and made such an impact on her colleagues that even today she still receives plenty of calls checking in on her. Hobbies that she explored outside of work include horseback riding and playing several instruments!

We have been so happy to get to know Leslie’s kind-spirited nature here at City View; she always loves to see the best in everyone. She is most known for being able to crack up an entire room and bring a smile to everyone here in Soul. We look forward to fun holiday memories here during the winter season!

# 2022

• HAPPY NEW YEAR •

Join us for our

*New Year’s Eve Dinner*

on Friday, December 31st

at 5:00 p.m.

Please R.S.V.P. with the Concierge

Free to Residents • \$20 fee to Guests

# December Featured Activities & Events



11/28 to 12/6

## Hanukkah

The Festival of Lights, or Hanukkah, is an eight-day celebration that commemorates the rededication of the Holy Temple after the Jewish people battled the Syrian-Greeks (Seleucids) to reclaim it in the second century BCE. Hanukkah has both historical and spiritual meaning in the Jewish religion, and is celebrated by discussing the meaning of the

holiday, lighting the menorah, eating fried foods, and playing dreidel. Rabbi Minnen shares that Hanukkah “symbolizes the creation of light in the darkest times, which will be especially true this year”, as our nation works to heal and recover from the pandemic. We are so fortunate to continue to celebrate throughout the beginning of December, sharing traditions and blessings, progressively lighting the candles of the Hanukkiah, giving gifts, and eating lots of latkes and jelly donuts. Chag Sameach!

Saturday, December 25

## Christmas Day

Every year on December 25, we celebrate Christmas, a day for spending time with family, observing an important Christian holiday, partaking in lighthearted traditions, or just spreading some holiday cheer! Christmas has evolved over several millennia into a worldwide celebration that’s both religious and secular and chock full of fun-filled traditions and activities. Our community will celebrate this holiday throughout the month of December by decorating our community, creating handmade gifts, cookie decorating, enjoying hot cocoa hours and carolers, a Christmas feast, and much more as we spread joy this season. Merry Christmas!



Friday, December 31

## New Year's Eve

On New Year's Eve, you either breathe a sigh of relief that the year is over or marvel at how it went by in a flash. There are some annual traditions that we are especially enthusiastic about observing, such as

toasting a glass of champagne as we watch the grand celebration and Ball Drop at Times Square in New York. We take the opportunity to reflect on the past year with all its highs and lows, but we also get ready to party our way into the New Year. Here's to a new day, new year, and new beginnings!



## Favorite Seasonal Holiday Drinks



It is probably not surprising that eggnog remains our most popular holiday elixir. This creamy, silky milk-based libation has been around since at least the 1700s, and was originally used as a kind of medicine for a range of ailments including even malaria. A taste for eggnog, however, is not a universal phenomenon. The number of people with a penchant for the drink is probably matched by an almost equal number of those who dislike it! For those of us who love it, National Eggnog Day is celebrated every Christmas Eve. So be certain to indulge on December 24th and tilt a glass to your favorite seasonal beverage!

Eggnog, however, isn't the only popular holiday tippie. Seasonal punches come in a wide variety of tastes and colors, although the carmine cranberry-based juice punches are perennial favorites. Splash in some pineapple juice, ginger ale, almond extract, fresh fruits such as cranberries and sliced lemons and limes, and you've got yourself a holiday drink with some real punch to it!

For those who look forward to sipping on something warm during the holidays, Mulled Cider is certainly a leading contender. Apple cider mulled with cinnamon sticks, cloves, allspice berries, orange and lemon peel (and a splash of rum for the adults!) is a wonderful way to savor the warm glow of the holidays!

And if hot drinks are more to your liking, another yuletide favorite remains the popular and delicious cup of piping hot cocoa. However, a tasty holiday version isn't just any hot cocoa... try your cocoa infused with peppermint and topped off with crushed candy cane and marshmallows!

So whatever your holiday beverage cravings may be, there's always a cup of liquid cheer to satisfy your holiday cravings!





MERRY  
*Christmas*  
&  
HAPPY  
NEW YEAR

Join us for our  
*Festive Christmas Luncheon*  
on Saturday, December 25th  
at 12:00 p.m.

Please R.S.V.P. with the Concierge  
Free to Residents • \$20 fee to Guests

Employee  
OF THE MONTH  
**Vanita Harris**  
Concierge transitioning to  
Business Office



One of our newer City View hires, Vanita (Vee to friends) has started out as our morning concierge! Her warm greetings, swift competence, and willingness to go above and beyond in her work have ensured that she is well liked and appreciated! In fact, she has accepted a recent promotion to become the City View Business Office Manager, and she looks forward to progressing in her senior living career and getting to know a new side of the business.

Vanita is an original SoCal girl. She grew up in Rialto (the Inland Empire), and went on to earn her degree from Cal State L.A. She graduated with a Bachelor's in Social Work. In her free time she loves going to brunch on Saturdays, hanging with her sister, attending church on Sunday, and feeding her obsession with adult coloring books.

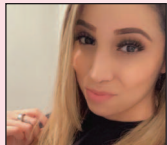
She is coming up on having worked in the senior living industry for about 5 years now, and loves that she is able to learn from and chat with all sorts of residents, brightening people's day and trying to make everyone smile. She likes to tell herself, "It's not always about me, it's about doing for others". She lives up to that credo as best as she can, and we absolutely adore her for it!

Welcome to City View, Vanita, and congratulations on your growing career!

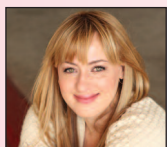
## Community Leadership Team



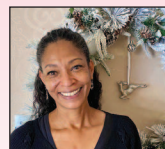
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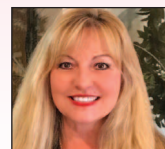
**Shirley Rendon**  
Wellness Director  
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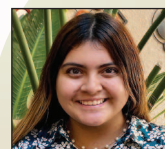
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