



July 2019 Newsletter

cityview.care



A Message from Murielle, *Executive Director*

Most people think of the nation's Independence Day when they think of the month of July. It's usually the first thing that comes to their minds. But there are also a few less familiar titles that July is known for. First, the Dog Days of Summer officially begin in the U.S. on July 3rd, and meander all the way through to August 11th. This is supposed to occur at about the time that the Dog Star, known as Sirius, rises at the same time as the sun. The

Romans associated Sirius with the hottest days of Summer, a period marked by lethargy and inactivity, and as the most balmy time of the year. Fortunately for all of us who live in modern times, we have air-conditioning! July has also been dubbed National Anti-Boredom Month, and while I don't altogether agree with that designation, and to make certain that July doesn't result in boredom at CityView, we have planned a pretty action-packed month for our residents.

This month on our Thursday outings, we will be visiting both the Ronald Reagan Library and the Natural History Museum in Los Angeles. The RR Library is a resident favorite, and for this reason, we are going back for seconds. This will be our first visit to the Natural History Museum, which has thousands of offerings and hundreds of exhibits. In fact, if you are into dinosaurs, the new Antarctic Dinosaurs Exhibit takes you on a virtual ride in a replica LC-130 over Antarctica, and introduces you to four new species of dinosaur, all discovered within the last 30 years. Both visits promise to be very interesting, and are guaranteed to keep the boredom meter down! We also have a lovely lunch outing scheduled on Thursday, July 18th at Gladstones in Malibu. This rolls a scenic drive and delicious lunch at the beach all into one fun day! We will also be featuring more than the usual monthly number of performers who visit us in July. These entertainers will serenade us with song, play the piano, and strum their guitars for us. Sounds like fun to me!

So stay cool during these Dog Days of Summer, and be anything but bored in July,

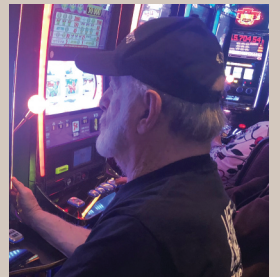
Murielle Chocron

CityView Snapshots

Lida and Winnie



Bob



Ellie



Resident of the Month Helaine Beth Levitte



Helaine was born in New York city ("over the bridge"), and later moved to Los Angeles to be closer to her sister and brother-in-law. She also hated the winter weather, far preferring our sunny Southern California temperatures. Helaine says that every day is an adventure living in Los Angeles. She is very sociable and easy to talk with, and as a result, she often worked in customer service jobs. She worked at a hospital as a front desk clerk, and when her shift was over, she'd volunteer there afterwards because it brought her a lot of joy. Helaine likes to travel, discover new cultures, and learn new languages. One of the activities she likes most here at CityView are the morning exercises. Helaine's advice in life is "To be patient, and never quit."



Please be sure
to attend our
Special Music
Concerts and other
Live Performances
in July.

7/01	UCLA Drummer w/Alex	12:30 p.m.
7/04	Piano w/Audrey	12:30 p.m.
7/04	Freddie Webber Entertains	3:00 p.m.
7/07	Guitar w/Jonah Goldstein	3:00 p.m.
7/11	Piano w/Rex Perry	12:30 p.m.
7/14	Torrie Jones on the Piano	3:00 p.m.
7/18	Michael Sherman Performs	12:30 p.m.
7/21	Song Time w/Finn Sagal	3:00 p.m.
7/25	Piano w/Audrey	12:30 p.m.
7/28	TBD	3:00 p.m.

Birthdays this Month

Paul Koester	7/05
Rosalie Kurtz	7/06
Eleanore Yawitz	7/06
Mae Turner	7/09
Dan Sniderman	7/20
Gladys Phillips	7/21
Rosalind Yankowitz	7/19
Clarisse Geduld	7/23



CityView University

CityView offers many
interesting and varied
educational experiences
for those interested in

brushing up or learning new things. Want to learn Spanish? Explore poetry and books? Find out more about art? Participate in discussions? Do all this and more every month right here at CityView.

Spanish 101 w/Arnold	7/06, 13, 20, 27	11:00 a.m.
Jewelry w/Juniper	7/14	11:00 a.m.
Culinary Creations	7/01, 08, 15, 22, 29	2:00 p.m.
Creative Zone w/Stephanie	7/15	3:00 p.m.
Art & Music w/Jane	7/08, 22	3:00 p.m.
Poetry Corner	7/17	1:30 p.m.
Pablo Neruda - Nobel Prize Winner		
Book Club with Karlyn	7/26	3:00 p.m.
<i>High Country</i> by Nevada Barr		

Religious Services and Study

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

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

July Outings Not To Miss!

Below are the special and exciting outings we have planned for the month of July.



Thursday, July 4

Scenic Drive through Hollywood & Griffith Park

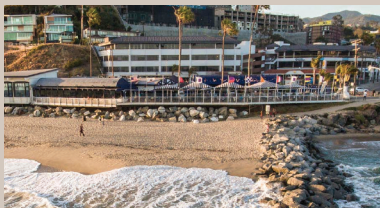
Enjoy a picturesque drive this Independence Day and take part in the beautiful views of the city as we cruise along the streets of Hollywood and climb up the hills of Hollywood, making our way to the incredible views that await us at Griffith Park.



Thursday, July 11

Ronald Reagan Library

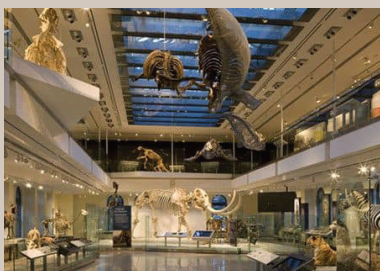
The Ronald Reagan Library is featuring a rare look at "The World of da Vinci". This amazing exhibition also features over three dozen reconstructions of Leonardo da Vinci's fantastic machines with over a dozen that are built life-size including his Mechanical Lion, Mechanical Bat, and Great Kite!



Thursday, July 18

Lunchtime at Gladstones Restaurant

With beautiful ocean views, don't miss this opportunity to join us on a journey to where the sun meets the sea. This classic Malibu restaurant ensures that the seafood is always fresh and the drinks are always cold.



Thursday, July 25

Visit to the Natural History Museum

Explore nature and culture from the inside out the largest museum of its kind in the western United States. The collections include nearly 35 million specimens and cover 4.5 billion years of history. One could spend weeks here, so don't miss out on your chance to spend at least a day here!



Tuesday, July 30 - 1:00 p.m.

Pampered Hands Outing

Located on Melrose Avenue here in Los Angeles, Pampered Hands offers a warm, relaxing, pampering experience to leave you feeling rejuvenated. Let the expert nail technicians, estheticians and massage therapists take care of your nail care needs.

CityView Tuesday Shopping Shuttles

We offer a shuttle every Tuesday in July that will take you to the bank and some of your favorite shops.

7/02	Shuttle to .99¢ Store	11:00 a.m.
7/09	Shuttle to Sprouts	11:00 a.m.
7/16	Shuttle to Goodwill	11:00 a.m.
7/23	Shuttle to Ralphs	11:00 a.m.
7/30	Shuttle to CVS	11:00 a.m.



Thursday, July 25 - 5:00 p.m.

Family Night in the Court

Family members of our Court residents are invited to join us for a tropically-themed get together. Be prepared to be draped in leis and enjoy some Polynesian entertainment and food. Check with Natalie, the Court's Activities Director, for more details as they become available.

July 2019



Poetry Corner

w/Karlyn

Pablo Neruda

Friday, July 5 - 3:00 p.m.

Chilean poet Pablo Neruda, was born Ricardo Eliécer Naftalí Reyes Basoalto in the Linares Province of Chili. His father did not approve of his interest in writing and literature, so to avoid his father's disapproval of his work, he wrote under the pseudonym Pablo Neruda. By the time he was 19 years old, Neruda had written *Veinte poemas de amor y una canción desesperada* (*Twenty Love Poems and A Desperate Song*), a collection of love poems that was controversial for its eroticism, considering the author's young age. By the age of 20, Neruda had established an international reputation as a poet, but faced poverty. *Veinte poemas* eventually sold millions of copies and was translated into many languages, and over the years, it has become Neruda's best-known work. Almost one hundred years later, *Veinte Poemas* still is the best-selling poetry book in the Spanish language.

Neruda became a left-leaning intellectual and went on to live an intensely political life, serving in diplomatic posts in Buenos Aires, Barcelona, Spain, Mexico City, and eventually France. He was a Communist Senator in Chili, and in 1970, was nominated as a candidate for the Chilean presidency. In 1971, Neruda was awarded the Nobel Prize for Literature "for a poetry that with the action of an elemental force brings alive a continent's destiny and dreams."



Ana Guzman

Med Tech
our July
Staff
Spotlight

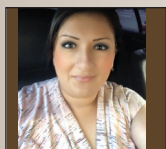


Ana came to the United States from El Salvador in 1989. She went to Atlantic Technical College (ATC) and with that schooling, became a medical assistant. Ana loves working with and helping people and so her job here at CityView is just perfect for her! She has two boys, Luis and Mauricio, two grandchildren, Liah, Louis, Leonel, and two dogs, Rocky and Lola. Ana is a happy person who loves to dance and enjoy living. When asked about what her dreams might be, she told us that her dreams have already come true as she is very happy with the life she lives!

Our Staff



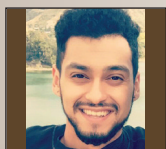
Murielle Chocron
Executive Director
Director@CityView.Care



Yasmeen Younan
Wellness Director
Wellness@CityView.Care



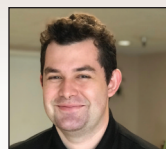
Rosie Julinek
Executive Assistant
RosioJ@CityView.Care



Arnold Palencia
Activity Director
Activities@CityView.Care



Arcadio Quijada
Maintenance Director
Maintenance@CityView.Care



Marcelino (Tony) Salguero
Maintenance



Agabid Lopez
Food Service Director
ChefAgabid@cityview.care



Natalie Janbakhsh
Memory Care Director
ActivitiesAsst@CityView.Care