



A Message from Avi Heyman

There are so many things to be grateful for throughout this holiday season! First, I am happy and grateful to be spending this special Thanksgiving season with all of you! We have planned a wonderful Thanksgiving Feast, complete with all the traditional turkey and holiday trimmings. During this classic feast, we will also feature special Thanksgiving-themed entertainment while you spend time with your friends and families.



November is also a time to reflect upon and honor the contributions of our veterans and to be grateful for their service. As Florida politician, US Congressman, and former Chair of the House Veterans' Affairs Committee Jeff Miller said, "The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude." I indeed wish to express our everlasting appreciation to those who have bravely served our nation.

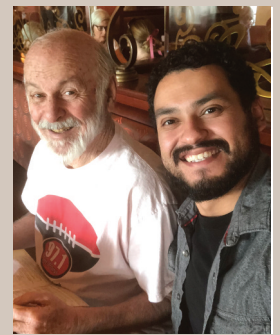
Our Memory Care Family & Friends Support Group in The Court represents a meaningful opportunity for those families who may have loved ones coping with Alzheimer's or dementia or might be caring for someone with memory issues, to better adjust to these challenging circumstances. These meetings provide an informative and friendly setting to get to know others who might be confronting similar issues, and to discover helpful approaches to better handle these concerns. A representative from Alzheimer's LA is always present to lead the discussion, and as the host, CityView provides snacks and beverages. Please join our next two Memory Care Family & Friends Support Group on Sunday, November 10 and 24 at 1:00 p.m. Members of the local community are always welcome to join us for this very helpful and educational social get-together.

I'd also like to take this opportunity to thank Jill Rippchen for handling our Monday Bingo afternoons at 4:00 p.m. Bingo is a game that all our residents enjoy, so having Jill taking over when Arnold's not here on Mondays is something we can all be grateful for, too!

Wishing you all a harvest of blessings, good health and good times!

Avi Heyman

CityView Snapshots



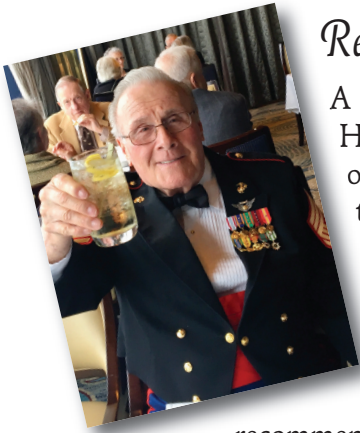
Bob and Arnold



Estelle in her Halloween costume.



Bernice enjoys dinner.



Resident of the Month - Barry Mallin

A Marine Corps veteran and former intelligence officer, Barry served our nation for 26 years. He attended college at Roosevelt University in Illinois, and took defense, intelligence and other government courses. After serving in the Marine Corps, he worked as a consultant for the U.S. government. Barry married Toshiko, whom he met on his first trip to Okinawa. They have two girls, Akimi and Bobbie, and one boy, Jeff. He has six grandsons. Barry also has two younger sisters, Roberta and Melanie. He likes to study history, travel, dance, and listen to Jazz and classical music, and partakes in the occasional scotch. Barry is good friends with actor and writer Harry Bosch (who was perhaps best known for his roles in Falcon Crest, General Hospital, and Get Smart); and Karen, a psychotherapist. Barry recommends and lives by the credo, "Be true to yourself."



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

11/03	Afternoon Jazz Concert w/Finn Sagal	3:00 p.m.
11/10	Afternoon Jazz Concert w/Sophie Patterson	3:00 p.m.
11/17	Afternoon Jazz Concert w/Jade Cook	3:00 p.m.
11/24	Afternoon Accordion Concert w/David Childs	3:00 p.m.



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	11/02, 09, 16, 23, 30	11:00 a.m.
Jewelry w/Juniper	11/10, 24	11:00 a.m.
Culinary Creations	11/04, 11, 18, 25	2:00 p.m.
Ports of Call Dinners	11/05, 12, 19, 26	3:00 p.m.
Creative Zone	11/04, 11, 18, 25	3:00 p.m.
Art & Music w/Jane	11/11, 25	3:00 p.m.

Birthdays this Month

Assisted Living Resident Birthdays

Negari Moulouk	11/01
Gwendolyn Kincy	11/04
Delores Richardson	11/04
Dorothy Carter	11/20
Eleanor Timmons	11/26
Evelyn Mastrov	11/27

Memory Care Resident Birthdays

Negari Moulouk	11/01
Dorothy Carter	11/20



Religious Services and Study

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

November 2019

Family Halloween Costume Party Memories



Don't Miss Our November Outings!

Below are the special and exciting outings we have planned for the month of November!



Thursday, November 7

San Manuel Casino Visit

Voted the best casino in Southern California, and considered by many to be the most thrilling casino in California as well, San Manuel has the most slot machines and award-winning restaurants to boot! Join us for a Las Vegas-style adventure for the day!



Thursday, November 14

Petersen Automotive Museum Outing

This is the perfect automotive enthusiast's dream outing, with over 100,000 square feet of car-related exhibits, 25 galleries, and over 300 vehicles. Los Angeles is the most car-centric city the world has ever known, and this museum represents a living example of the automotive culture found here.



Thursday, November 21

In-N-Out Burger Picnic

A perennial Southern California favorite, this Cali hamburger chain served up its first burger in Baldwin Park in 1948. California may be mostly all about the beaches, but the delicious and iconic In-N-Out burger comes in a close second.

CityView Tuesday Shopping Shuttles

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

11/05	Shuttle to Pampered Nails	1:00 p.m.
11/12	Shuttle to Trader Joes	1:00 p.m.
11/19	Shuttle to Goodwill	1:00 p.m.
11/26	Shuttle to Target	1:00 p.m.

Color their world!

Scientists have discovered that the use of certain colors can help those living with dementia. It is for this reason that we have selected specific colors for our patio in the Memory Care area. We've chosen a palette of blue, red, and green as the use of these colors have been proven to create a soothing effect upon dementia care residents.

It's been determined that blue is a restful color which can bring about a calming effect. Among several benefits, using blue in the environment can actually lower blood pressure. The color red, on the other hand, increases brain wave activity, seems to decrease the size of a room, and increases the perceived temperature of a particular place. Green is another calming color, and is, in fact, considered to be even more restful than blue. Green is also symbolic of growth and life, and can help to make a room appear larger. Lime green is particularly effective for those individuals with Alzheimer's or dementia as it attracts and elicits visual attention. The use of color and patterns also helps one to recognize important elements in one's environment, (such as making chairs stand out against the color of the floor, and contrasting table settings with the table or tablecloth). Painting walls a different color can also help with spatial orientation and aids in navigating. Utilizing color can be very helpful in creating a supportive environment for those living with dementia, and we are incorporating this dimension into the lifestyle we offer our residents in The Court at CityView.





TRIVIA TIME! WITH ARNOLD

What is Trivia Craze? Every Tuesday afternoon at 2:30 p.m..

CELEBRATING

Thanksgiving



Thanksgiving Feast

Thursday, November 28th at 12:00 noon
with Entertainment to follow!

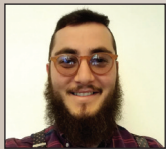
Our November Staff Spotlight

Ilian
Debatian
Housekeeping



Ilian first graced America with her happy smile when she arrived here in 1986 from the Philippines. She attended Columbia College where she was a secretarial major. Her two very special daughters are Gina and Susie. In her off-time, Ilian likes to listen to gospel songs, walk her dogs, and cook for her family. One of the things she enjoys most when she is working here is the interaction with our residents as so many of them remind her of her late parents. She also enjoys working with her "awesome" co-workers. Ilian has a "go with the flow" attitude, and tries not to let anything really bother her. She feels very blessed to have a job with CityView, and is grateful to the community for giving her the opportunity to work. Thank you, Ilian, for your happy attitude and your industrious hard work, too!

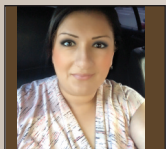
Our Staff



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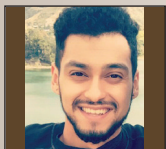
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