



September 2019 Newsletter

cityview.care

A Message from Avi Heyman



September this year.

Some people may not think of September as a particularly eventful month but it really does carry a lot of landmark dates. We all know that September is the time when most grade school students usually return to school. September is also known as the month that hosts National Assisted Living Week, which always kicks off on Grandparents' Day. This year at CityView, we'll celebrate Grandparents' Day on Sunday, September 8th. And finally, for those who are Jewish, *Rosh Hashanah*, the Jewish New Year, is in

I'm pleased to announce that we've developed a very extensive, active calendar of activities throughout the upcoming months for both our Assisted Living residents and our memory care residents. Thursday nights at 6:30 p.m., we host a cocktail hour where residents can get together to simply mingle, and/or discuss relevant topics of the day. Our Ports of Call Program has also been extremely successful as our residents are able to celebrate the diversity of other cultures, including their art, customs, engage in discussions of movies, books, and enjoy amazing cuisines. In September, we'll be celebrating "Everything France", so look for both some Provençal specialties and haute cuisine at your Tuesday dinners, French history discussions, and a closer look at Paris, known as the City of Lights.

We've also instituted a weekly "Buddy System" where we partner interested active residents with one of our memory care residents by matching common interests and personal experiences. This program helps our memory care folks to stay engaged and engender that sense of purpose so important to us all.

And finally, we'll be celebrating Rosh Hashanah for two days with a special service on Sunday evening, September 29th. We'll also host a special celebratory meal and feature other traditions that are the hallmarks of the Jewish New Year. Even if you're not Jewish, we want to invite everyone to feel welcome to participate in this happy event.

Shana Tova, and have a beautiful September,

Avi Heyman

CityView Snapshots



Leon and Filimon



Billie



Mae and Lida



Resident of the Month Rita Dufresne

Glamour has arrived at CityView as former model, Rita Dufresne brings a touch of high-fashion to our community. Born in Massachusetts, and raised in Montreal, Canada, Rita later moved to Los Angeles to be closer to her mother. Rita worked as a model throughout her younger years. She loved the free clothes she received, but not as much as she loved her three children, Natalie, Marc, and Carl. An active person, Rita loved to ski, and also enjoys bingo and playing blackjack with her fellow residents. A warm weather lover, Rita always believes that one should do what one wants and likes. It's exactly what she would recommend to her 21-year old self!



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

9/01	Accordion Concerts w/David Childs	3:00 p.m.
9/08	Jazz Concert w/Chloe Vaught	3:00 p.m.
9/15	Jazz Concert w/Finn Sagal	3:00 p.m.
9/18	Piano w/Mathew	12:30 p.m.
9/22	Jazz Concert w/Chloe Vaught	3:00 p.m.
9/29	Kumbaya Concert w/Jordan Reifkind	3:00 p.m.

Birthdays this Month

Kenneth Huggins	9/02
Jill Rippchen	9/03
Barbara Weitzman	9/03
Jacqueline Stehr	9/07
Eleanore Kaufman	9/08
Jill Pickering	9/08
Robert Fidler	9/28



Religious Services and Study

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

September 2019



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	9/03, 10, 17, 24, 31	11:00 a.m.
Jewelry w/Juniper	9/08, 22	11:00 a.m.
Culinary Creations	9/05, 12, 19, 26	2:00 p.m.
Ports of Call Dinners	9/06, 13, 20, 27	3:00 p.m.
Creative Zone w/Stephanie	9/16	3:00 p.m.
Art & Music w/Jane	9/09, 23	3:00 p.m.
Poetry Corner	9/30	1:30 p.m.
Rudyard Kipling		
Book Club with Karlyn	9/27	3:00 p.m.
Radium Girls by Kate Moore		

Don't Miss Our September Outings !

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



Thursday, September 5

Griffith Park Observatory

A resident favorite, the Griffith Park Observatory is our gateway to the cosmos! With amazing views of Los Angeles and Hollywood, visitors can also look through telescopes and explore the many exhibits.



Thursday, September 12

California Science Center - Air & Space

If you're interested in planes or space travel, this represents an opportunity to view some fantastic air and space presentations. The aircraft displays are located both outside and inside the center, and the museum also features some well-known historic spacecraft as well.



Thursday, September 19

Malibu Scenic Drive

The nicest part of this lovely drive becomes apparent when heading north of town between Malibu Canyon Road and Mugu Rock. At this point, there are plenty of opportunities for gawking, whether it's at the beautiful scenery, or the hillside homes.



Thursday, September 26

San Antonio Winery

This urban winery is also the oldest winery in downtown Los Angeles. It's a hidden gem and a historical landmark that's been operating since 1917. Their celebrated wines include the Riboli Family Wine Estates and San Simeon Estate Reserves. This winery is also the winner of the Wine Enthusiast Winery of the Year.

CityView Tuesday Shopping Shuttles

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

9/03	Shuttle to Trader Joes	1:00 p.m.
9/10	Shuttle to CVS	1:00 p.m.
9/17	Shuttle to Goodwill	1:00 p.m.
9/24	Shuttle to Ralphs	1:00 p.m.

CityView Buddy System

We have started pairing up some of our interested and more independent residents with our memory care residents by matching them around mutually satisfying interests and activities like Karaoke, games, and creative projects. Interested active residents can really make such a phenomenal difference in the quality of life for someone living with mild dementia. Cultivating a friendship, and occasionally serving as a guide to a memory care resident can make all the difference! It's often so interesting to learn about another resident's life experience, and the Buddy System also represents an enriching opportunity to build on your own life experience. It also enable us to become more sensitive to the unique effects of Alzheimer's on someone. Buddies can help to lessen the feelings of isolation and social disengagement that often accompany dementia. They can also help their buddy partner to see beyond his or her condition. We believe that through socializing, we can better appreciate each other and all we have to offer.

September 2019





Art & Music w/Jane Engages our Memory Care Residents

Our memory care residents are very excited to have regularly scheduled visits with Jane each week. She engages these folks with watercoloring and stencil projects while they sing along with Jane to popular tunes like Frank Sinatra's song, "Luck be a Lady Tonight", and "Help Me Rhonda" (for our resident named Rhonda!), and other classic hits from the 50s and 60s. Our residents always have such a wonderful time painting and singing with Jane. Memory Care

residents are invited to please join Jane for Art & Music on the second and fourth Mondays, and every Wednesday at 3:00 p.m.

Our September Staff Spotlight

Roxie Paige Concierge



Roxie is often the very first voice and person our guests encounter when they call or visit us. And that's a good thing, because Roxie makes everyone feel special and welcome! Her philosophy is always to "Be Kind & Live Life" and this sentiment shines through with Roxie. She truly enjoys helping people, and is happiest when others are happy and smiling too.

Roxie is mom to her 18 year-old daughter, Naiya, and fiance to her partner, Reggie. She also has a cat named Tinga. She grew up here in Los Angeles and attended Susan Miller Dorsey High School. In her spare time, she's also a volunteer and a dog walker.

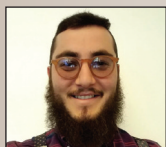
HIGH HOLY DAYS

Shana Tova!

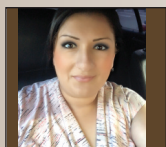
The Jewish High Holy Days begin with Rosh Hashanah that begins on Sunday, September 29th, and ends 11 days later on Tuesday, October 1st, when Yom Kippur ends at sundown. Jewish holidays always begin in the evening, so many celebrate Rosh Hashanah with a festive dinner with family and friends, and then attend services that evening and the following day. Throughout the centuries, Jews have practiced an Ashkenazic tradition of commonly eating apples dipped in honey at Rosh Hashanah, as this act symbolizes the hope for sweetness and blessings for all humankind in the year ahead.



Our Staff



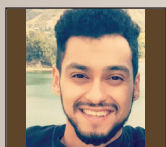
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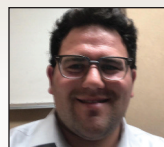
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