

# Vista

August 2019 Newsletter

CITYVIEW  
WHERE SENIOR LIFE HAPPENS



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cityview.care



## A Message from Avi Heyman

Most of you likely don't know this, but I was raised just three blocks from CityView, and I often visited the residents who lived here while I was growing up. My interest in working in senior living dates back to that time, and from that time forward, I realized I wanted to work with seniors, and to help improve their lives. Working in this industry has put me into contact with people from many walks of life, and while I realize I can't please everyone, I will never stop trying.

When I'm not working, I like to spend time with my wife Tanya, my four children, Joseph, Rose, Bernard, and Sam, as well as our three dogs, Nico, Rocco, and Gus. Singing, dancing, and staying spiritually connected are all an important part of my life, and for these reasons, I also look forward to adding to those types of activities here at CityView. A few of the new activities that I've added for the memory care residents are the popular "Art and Music with Jane" activity and Sunday Afternoon Concerts.

You may have also noticed that we've introduced quite a number of new and exciting programs this past month to enhance the lives of all our residents. I'm particularly excited about the new Ports of Call program. For those familiar with cruises, a Port of Call is an intermediate stop for a ship on a scheduled journey. This monthly program celebrates the many cultures that surround us in life, and it represents an opportunity to explore and appreciate both our differences and similarities. CityView is a community working to build a meaningful family that is sensitive to one another.

We'll also be offering a support group event for our memory care families to be led by a representative from the Alzheimer's LA. This unique offering is designed to help those who might be experiencing some of the hardships of dealing with a family member impacted by dementia. We plan to host this support group twice a month on the second and fourth Sunday afternoons at 2:00 p.m. In August, that will be on the 11th and the 25th.

*Always growing our family,*

Avi Heyman

## CityView Snapshots

Manny and Saul

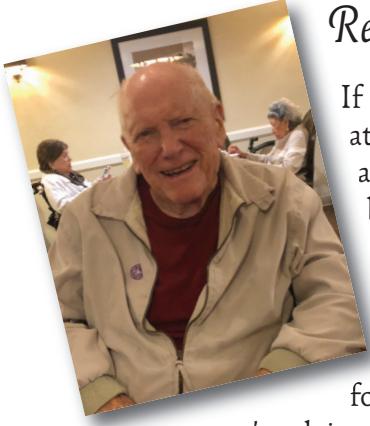


Winnie & Avi



Mae with staff





## Resident of the Month: Saul Lederhandler

If you should ever have any questions about the topic of quantum mechanics, densely packed atoms, electron diffraction, or condensed matter physics, Saul Lederhandler is just the man to ask. Saul worked as a solid state physicist throughout his career, and says that what he liked best about his job was the constant challenge to solve physics problems. His philosophy in life is to "never give up" and that's likely the approach he applied when arriving at solutions to the complex physics problems he addressed in his career.

Saul was born and grew up in New York City, and later moved to Los Angeles, primarily for the beautiful weather. He has one son, Marc, and one daughter, Karen. When Saul wasn't solving problems involving electrical conduction and heat capacity, one of his favorite activities was skiing. As he is no longer skis, his favorite activity these days is Bingo. Perhaps Saul is

counting the cards and has calculated his odds of winning each game of Bingo. Whatever the reason, Saul is a very interesting guy to get to know, and we are very glad to count Saul as a part of our CityView family.



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

8/04	Accordionist and Baritone Singer David Childs	3:00 p.m.
8/07	Piano Entertainment	12:30 p.m.
8/11	Afternoon Concert	12:30 p.m.
8/14	Piano Entertainment	12:30 p.m.
8/18	Afternoon Concert	12:30 p.m.
8/21	Piano Entertainment	12:30 p.m.
8/25	Pianist and Singer Jade Cook	3:00 p.m.
8/27	Ports of Call Luau	12:30 p.m.
8/28	Entertainment w/David Kaufman	12:30 p.m.

## Birthdays this Month

Charles "Gene" Markley	8/01
Barry Mallin	8/02
Michele Fullmer	8/14
Leon Spector	8/15
Mercedes Garcia	8/16
Stuart Taylor	8/20
Marilyn Mooradian	8/28



## CityView University

EDUCATION

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	8/10, 17, 24, 31	11:00 a.m.
Culinary Creations	8/05, 12, 19, 26	2:00 p.m.
Creative Zone w/Stephanie	8/05	3:00 p.m.
Jewelry w/Juniper	8/11, 25	11:00 a.m.
Art & Music w/Jane	8/12, 26	3:00 p.m.
Poetry Corner	8/19	3:00 p.m.
Book Club with Stephanie	8/30	3:00 p.m.

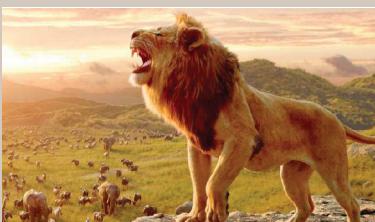
## Religious Services and Study

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

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

## August Outings Not To Miss!

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



**Thursday, August 1**

### **See it on the Big Screen! - *The Lion King***

Walt Disney Pictures has brought the original animated film to life with a photorealistic remake of the film. Starring Donald Glover, Seth Rogen, Beyoncé Knowles-Carter and James Earl Jones, fans of the original film will not want to miss this one!



**Thursday, August 8**

### **Scenic Drive through Hollywood & Griffith Park**

It's always nice to get out for a scenic drive through Hollywood and up to Griffith Park. The scenery can be quite breathtaking leading to the Observatory as is the view, once you reach Griffith Park. Be sure to join us for a lovely drive around town and up through the hills.



**Thursday, August 15**

### **Museum of Flying**

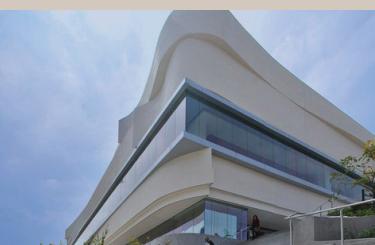
Located in Santa Monica, this museum pays tribute to the aviation visionaries of California that have made significant contributions to the advancement and development of the aviation and aerospace fields. If flying is your thing, you will not want to miss this visit.



**Thursday, August 22**

### **CityWalk & Lunch at the Hard Rock Cafe**

Join us for some of the best down-home American food seasoned with a healthy dose of Rock 'n' Roll. You can't miss the giant iconic guitar fountain which is a CityWalk landmark, along with a 1957 classic pink Cadillac revolving over the center bar. Their steak burgers are legendary, as are their cheese fries and milk shakes.



**Tuesday, August 29**

### **West Hollywood Library Visit**

Some visitors may consider this library to be one of the finest in Los Angeles, with its beautiful architecture and spectacular second floor views of the city. In fact, *Interior Design Magazine* designated it "Best Library of the Year" in 2012.

## **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.

8/06	Shuttle to Trader Joes	1:00 p.m.
8/13	Shuttle to Sprouts	1:00 p.m.
8/20	Shuttle to Target	1:00 p.m.
8/28	Shuttle to Council Thrift Shop	1:00 p.m.



## **CityView Buddy System**

For those of our residents who are interested, we are pairing up our more independent residents with our memory care residents who share common interests. This program helps those with memory issues stay engaged in their community and helps them find a sense of purpose. Look for further clarification in next month's newsletter.

August 2019



## Ports of Call

### Cruise-Style Destinations at CityView

We'd like to introduce our Ports of Call program where we'll be featuring the customs of various cultures in our world. Initially, we'll be exploring these cultures throughout the month with special weekly-themed dinners which will then be capped off with a special cultural event featuring entertainment specific to the society we are embracing for that month. Residents can look forward to expanding on that cultural theme each month and extending it out into other areas of activity, including some of our crafts and outings too.

The month of August will focus on Hawaii, as this is the month when the state became the 50th to join our union. Residents can look forward every Tuesday evening to a Ports of Call Hawaiian dinner (6th, 13th, 20th), and on the final Tuesday (27th), we will instead feature that dinner to a lunch, to be followed by a special Polynesian Luau complete with dancers, tropical drinks and snacks. Be sure to wear your best Hawaiian shirts and/or dresses (mumus are welcome!). We have scheduled a visit to the Council Thrift Shop earlier on the 27th, so if you find your wardrobe short of Polynesian clothing, you may be able to pick up something inexpensive there. And don't forget to wear your favorite floral lei!

## Santiago Flores

*Line Cook*

**August Staff Spotlight**



This month, our staff spotlight focused

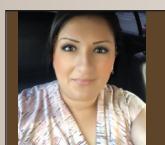
on Santiago Flores. We asked Santiago what he liked best about working at CityView, and his response was, "Everything." Job satisfaction simply doesn't get any better than that! Santiago also expressed that he is grateful for how united his work family is.

Santiago came to the United States in 1987 from Urapan, Mexico. He lives with his lovely wife Sonia, and has two children, Yesenia and Edwin. Santiago enjoys exercise during his off-time. He plans to keep working hard so that someday he can open up his own business.

## Our Staff



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