



November 2018 Newsletter

[gardenofpalms.com](http://gardenofpalms.com)

## A Message from Garden of Palms

Thanksgiving is our official American day for giving thanks, and while feasting and family are welcome on that special Thursday in November, we can enjoy the benefits of gratitude every day. Researcher Robert Emmons, PhD, studied the effects of gratitude on health and well-being for more than 10 years and found that people who regularly practice gratitude experience more joy, have lower blood pressure, sleep better and even have stronger immune systems. And those aren't even *all* the benefits!

Our Garden of Palms Thanksgiving will feature a traditional roast turkey dinner with all the trimmings, and we'll be serenaded by the sweet strains of Yasha's violin.

Speaking of playing, do you remember how much fun we had playing games when we were kids? That's a noble tradition that often gets left behind when we take on adult responsibilities of work or raising a family, but once we're in retirement, why not? Here at Garden of Palms we play Hedbanz, a variation on 20 Questions that uses headbands and picture cards. Everyone takes turns asking creative questions to figure out if you are an animal, food or manmade object. It's lots of fun, so please join us on Tuesday afternoons.

Another great tradition here is *challah* baking, which we do as a group every Friday morning. Nothing evokes home more than the fragrance of freshly baked bread.

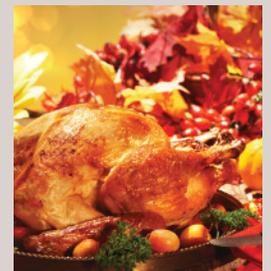
In the U.S. our most important tradition, right and responsibility is voting. Election Day is Nov. 6, so please be sure to vote if you haven't already done so by mail. Do it for our kids and grandkids!

We're grateful every day for our wonderful staff and residents.

Happy Thanksgiving!

### In this issue...

#### Benefits of Gratitude



#### Baking Challah



#### Chinatown visit





## Introducing Sylvia Lepor

Don't be surprised if you see Sylvia Lepor in the front row at our afternoon music concerts. Music is an important part of her life, and not only does she enjoy singing for her own fun and pleasure, Sylvia used to sing on the radio in New York. She was born and raised in the borough of Brooklyn, but three sons and a daughter who now live in California later beckoned her west. Formerly a successful bookkeeper, Sylvia raised six children in total, and also found time to volunteer for various Jewish organizations, including her local office of Pioneer Women, now known as Ma'Amat. It is a nonprofit volunteer organization that helps to provide educational and social services for women, children and families in Israel. When she's not busy with her own family of children, grandchildren and great grandchildren, these days Sylvia particularly enjoys Sabbath services in our building, as well as some of our exercise groups. Welcome, Sylvia!



Please be sure to  
attend our  
**Special Music  
Concerts**  
in November.

11/01	Karaoke Concert w/Mario	2:00 p.m.
11/04	'70s and '80s Music w/Matt	2:00 p.m.
11/07	Gardens Concert w/Winfeal	2:00 p.m.
11/08	Country Music w/Michael Quest	2:00 p.m.
11/11	Sing Along w/Marc Cole	2:00 p.m.
11/14	Gardens Concert w/Marc	2:00 p.m.
11/15	Concert w/Alula	2:00 p.m.
11/18	Concert w/Jacqui Bowe	2:00 p.m.
11/21	Gardens Concert w/Mondrell	2:00 p.m.
11/22	Thanksgiving Concert w/Yasha	2:00 p.m.
11/25	'60s and '70s Music w/Joey Aaron	2:00 p.m.
11/28	Gardens Concert w/Yakov	2:00 p.m.
11/29	Birthday Celebration w/Carlos Greco	2:00 p.m.



## Staff Spotlight

**Pedrito Bautista**  
*Kitchen Crew*

If there's one thing everyone can agree on, it's the importance of patience in working with other people. Fortunately for us, Pedrito Bautista assures us it is one of his outstanding personality traits. This is particularly valued in a community like Garden of Palms. In fact, Pedrito's favorite thing about his job is assisting other people. He came to Los Angeles from the Philippines with his daughter to create a new life for his family here in California, and he's helping to create a better life for all our residents. In his spare time Pedrito enjoys eating spicy food as well as playing basketball, so if you ever want to shoot a few hoops—or talk about the Clippers—Pedrito is your guy.

## Religious Services and Study

Shabbat Services

Fridays at 2:00 p.m.

Saturdays at 9:30 a.m.



November 7

## Always thankful for the snacks we find at the 99

Whether it ends in “-eeto”, “-ay’s”, “-ritos”, “-epperridge” or something else, brand name snack foods to satisfy any snack attack can be found right here at one of our favorite resident haunts. So keep your eyes peeled, and be on alert for multiple fantastic deals on snacks, or other items that can only be found at the 99 cent store.



November 14

## Adventures in China Town

Let’s explore Chinatown for the day as there are a great many cultural things to do and see. Be sure to venture inside of the Central Plaza, and visit some of the areas around it including many bargain shops, galleries, restaurants, temples, and museums.



November 21

## Lunch at Shanghai Diamond Gardens

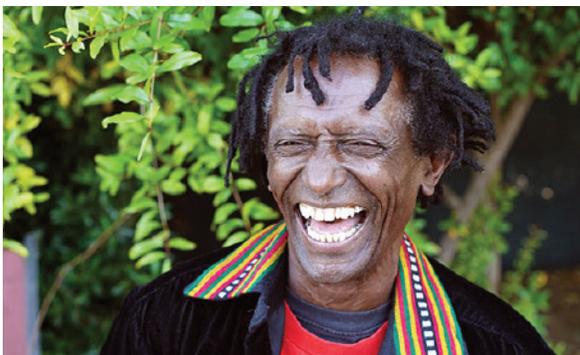
Located in the Pico-Robertson area, this wonderful kosher Chinese restaurant is always a crowd favorite. Patrons love their Mongolian Beef, Orange Chicken, or their Sizzling Fish Filet, so come with us and experience this Chinese gem for yourself.



November 28

## The Beverly Connection

We all know what happens when the going gets tough: the tough go shopping! The Beverly Connection offers an impressive array of reasonably priced options, including Nordstrom Rack, Target and Marshall's. Rather relax over a cup of coffee? The Corner Bakery serves lunch and tasty treats. Get a head start now with your holiday shopping!



## Giving Thanks with Music: Alula Tzadik

Growing up Jewish in the United States is one thing. It was entirely another in Ethiopia, where Alula Tzadik was taken from his Jewish mother at birth and remained unaware of his heritage for a long time. Raised in a Christian orphanage, he never forgot her, and when they were reunited she taught him Hebrew prayers and songs. His songs today in 10 languages have Hebrew, Amharic, Latin and German musical influences overlaid by American hip-hop and reggae, and among the 12 instruments he plays is a *kirrar*, a harp-like instrument that dates back to the time of King David. Alula was a pop star in Ethiopia in the mid-’80s but was imprisoned for playing a political protest song, and only released when the government changed. The singer then left Ethiopia on foot to Sudan, and eventually found his way to L.A. We’re happy to have him playing and singing for us Nov. 15.

## Get Ready for Flu Season

We all can be thankful on Thanksgiving and every day, especially as we get older, for the many discoveries of modern medicine, including vaccinations. With flu season upon us, be sure to get your shot Friday, November 2, right here in the building. We want you to stay healthy!



*Looks like Shirley (striped sweater) is ready to dance at a concert by Yasha.*

# Monthly Birthdays

Celebrate on Thursday, November 29 at 2:00 p.m.

Jean Crouse	11/03
Shirley Simon	11/07
Esther Simon	11/15
Miriam Levy	11/20

**CONGRATS**



*Staff and residents celebrated Phyllis Kraft's birthday on 10/16.*



*Birthday girl Fay Shatzkin blew out her candles 10/17.*

## Our Staff



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