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Hollenbeck Palms is a Continuing Care Retirement Community serving greater L.A.



## Discover Rewarding Retirement Living

Situated on a stunning 8-acre garden terrace overlooking downtown LA, **Hollenbeck Palms** offers a variety of rewarding lifestyle choices and beautiful accommodations. Residents enjoy a vibrant social calendar, freshly cooked meals in our Grand Dining Room or Skyline Bistro, a modern Gym, and free transportation to events and shopping. Tour **Magnolia Court**, our new residential/recreational complex with full kitchens, balconies and walk-in closets. Wellness programs, Assisted Living and Skilled Nursing 24/7 are provided on the same campus.



## Join Us for a Special Event

**OCTOBER 13 & NOVEMBER 10 • 10:30 AM** – “Opera at Hollenbeck” with distinguished speakers from LA Opera – Lifelong Learning Center

**NOVEMBER ALL MONTH** – Be our guest one day in November. Enjoy a meal and see our resort-like campus and accommodations. Call to schedule a date. Bring a friend!

**NOVEMBER 10 & DECEMBER 8 • 1:30 – 3:30 PM** – Holiday Craft Bazaar – Activity Room

**DECEMBER 14 • 12:00 NOON** – Lunch and entertainment by the Sassy Songbirds – “Music of the Holidays...and More”



“The Sassy Songbirds”

Studio Apartments  
**SPECIAL FALL RATES**  
 As Low As \$2,400 per month

**Come See Us for Yourself!**

SCHEDULE A TOUR & COMPLIMENTARY MEAL

**Call (323) 263-6195**

www.hollenbeckpalms.com

FALL 2011

# HOLLENBECK HEADLINES

You're Invited...

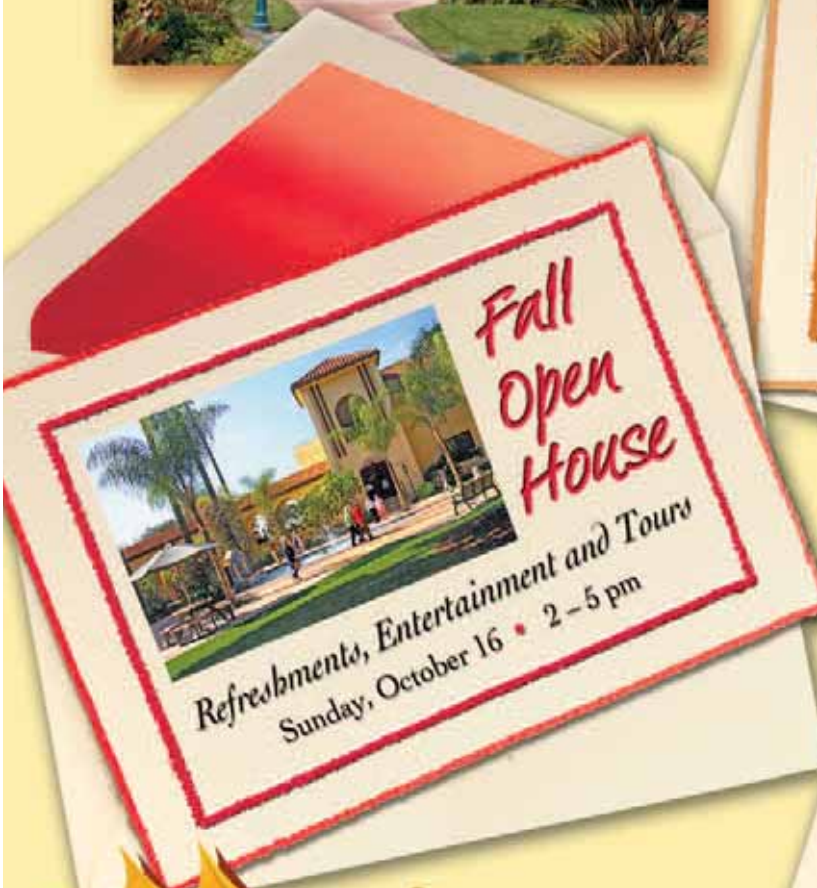


### November Lunch and Campus Tour

Be our guest for lunch during November. Taste our new menu. Tour our campus and meet our friendly residents.



Call to Reserve Your Date



**Call 323-263-6195**

to reserve your place.

Bring a friend and share the fun.



William G. Heideman  
President/CEO



## Join Us at a Special Event:

Fall Open House:  
Tours, Refreshments  
& Entertainment  
– Oct. 16 • 2–5 pm

November Lunch  
& Campus Tour  
– Call to choose a date

Lunch & Music by  
the Sassy Songbirds:  
“Music of the Holidays”  
– Dec. 14 • 12 noon

Call (323) 263-6195  
today to reserve  
your place!



Residents David Rosenbloom  
& Linda Chiavaroli oversee  
our greenhouse

## ANNUAL APPEAL

# Ice Cream Parlor and ARL Hallway

Autumn is in the air and all over our large campus, residents are busy going to crafts and dance classes, musical programs, lifelong learning lectures, fitness sessions and fine dining. Residents also take advantage of performances and venues in the nearby, greater LA community. A number of very special guests have visited us, including performers from the Da Camera Society and distinguished speakers from LA Opera. Occupancy is high as our thriving community attracts new residents and guests.



ARL Wellness Center, B Building

An array of tempting new items were added to the menu in our Grand Dining Room and Bistro Cafe, and we launched an upgraded fine dining program in our 24-hour Skilled Nursing Health Center.

As always, caring for our beautiful community is a very high priority, one that requires ongoing refurbishment of all our structures and amenities. A key goal for 2012 is to continue making improvements to our residential buildings by remodeling the second floor hallway and Ice Cream Parlor in the B Building.

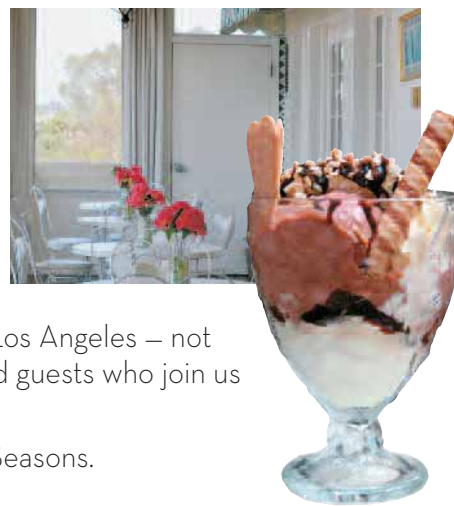
A generous donation for remodeling the Ice Cream Parlor was recently received from the estate of a

former resident. Our Fall Appeal will add funds to upgrade the hallway, which is a busy thoroughfare for all Hollenbeck residents. It leads them to the Ice Cream Parlor for afternoon treats and special celebrations with families and friends. It's also the route to the Assisted Living nursing office, where they receive medications, Wellness Checks and other nursing services.

This project will provide our residents with a beautiful new carpeted and redecorated hallway, and a creatively-designed Ice Cream Parlor, which is one of Hollenbeck's favorite gathering places.

We invite you to be a part of our initiative to make Hollenbeck Palms the best retirement destination in Los Angeles – not only for those who live here, but for family, friends and guests who join us in sharing the special activities we provide.

Wishing you and your family the warmest of Holiday Seasons.

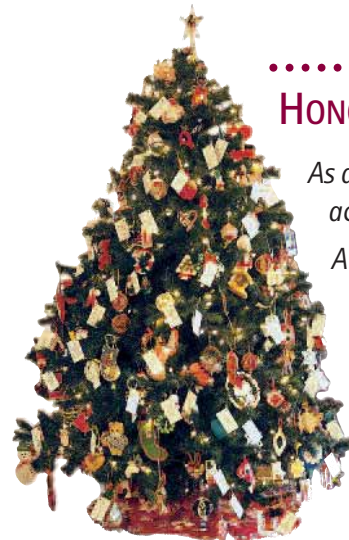


## HONOR A LOVED ONE WITH A CHRISTMAS ORNAMENT

As always, gifts of \$2,500 or more to Hollenbeck will be permanently acknowledged on the Tree of Recognition in our Front Lobby.

Also, at this time of year we offer a special way to honor a loved one. Gifts of \$50 or more received before December 24th can sponsor a Christmas ornament "in honor of" or "in memory of" the person you name, and hung on the Christmas trees in our two main lobbies.

Hollenbeck Residents will receive a holiday card telling them that an ornament has been placed on the tree in his or her honor. Donors will receive written acknowledgement for their tax-deductible gifts.



## DINING AT HOLLENBECK Bon Appetit!



### SUSHI BAR

The residents have spoken! Due to overwhelming demand, Hollenbeck's sushi extravaganzas at the Skyline Bistro will now be held on a quarterly basis. Observe as guest sushi chefs masterfully create a full array of delicacies from the simple

to the exotic – then choose your favorites. Don't forget the miso soup and green tea ice cream!

### NEW AT THE SKYLINE BISTRO – GRILLED PANINI SANDWICHES!



A skilled and obliging wait staff and nursing assistants serve delicious, piping hot, attractively presented food.



### NEW MENU IN GRAND DINING ROOM

Not only fresh foods but fresh ideas abound at Hollenbeck's Grand Dining Room. We've kept all your favorite dishes, such as Salmon, Chili Rellenos, Enchiladas, the Fisherman's Platter and Prime Rib. But now we're adding a changing cycle of new menu items several times a week – entrees, vegetables, dessert items and specialties. Enthusiastic responses from residents have

also prompted us to increase our offerings of Asian dishes. Come and enjoy!

### NEW FINE DINING AT HENSEL

Dining at Hollenbeck's Skilled Nursing Health Center lifts the spirit while nourishing the body – in keeping with Hollenbeck's commitment to nurture body, mind and spirit. Colorful Fiestaware ceramic plates, sparkling glassware and linen add a touch of elegance. The aroma of fresh-cooked food wafts through halls, stimulating appetites. Special diets and preferences are readily accommodated. Says one satisfied resident, "Food at Hollenbeck has always been good, but this elegant dining makes meals really special."



## Mario Rosales – Family Talent

Sometimes good things come in family packages. Mario Rosales, a talented singer and entertainer, joined the Hollenbeck performance line-up after his father Richard and stepmother Eva moved to Hollenbeck last fall.

Mario, the 10th of 11 siblings, grew up playing the guitar, piano, violin, clarinet and saxophone. After a successful career as a radio host, he launched a singing career – and his fans are glad he did. Only a deep, rich voice like Mario's can do justice to the standards he loves to sing – Frank Sinatra, Dean Martin, Neil Diamond and more.

Though Mario entertains full time in Branson, Missouri – a Las Vegas-style family get-away destination – he still finds time to visit Richard and Eva. "They love the Hollenbeck camaraderie, the amenities and the food," he says. And Mario? "I like moving people, making them smile and tap their feet. Entertaining is so much fun."



"Improvisation Workshop is new and exciting."  
— Hildi Greenson

COMEDY WORKSHOPS

Learn the craft of making a good laugh at our popular monthly comedy improvisation workshop or our six-week stand-up comedy class. In the improv workshop, participants are given the merest hint of a scenario which they learn to whip up into a humorous performance on the spot. "Senior Stand-up" classes show you how to mine your life experience for material that can have your listeners holding their sides. Both are taught by fun-loving, experienced professionals who create a congenial, relaxed atmosphere — allowing students to locate the funny bone they never knew they had. Select performances are filmed and edited for lasting enjoyment.

Lifelong Learning opportunities at Hollenbeck are almost unimaginably rich. A steady stream of visiting instructors deliver stimulating lectures and workshops right to the campus. But Hollenbeck residents make up an equally important facet of the program, sharing their wealth of experience ranging over a vast spectrum of topics. Residents also venture out into the wider community to visit arts and recreation venues, and to offer their own contributions as performers and volunteers. Add to this the diverse talents of the gifted activities staff — the result is a feast for the mind and spirit.



"Laughter is an instant vacation."  
— Milton Berle

**Improvisation Workshop** — taught by Suzanne Kent, comedian and coach; monthly morning classes

**Senior Stand-up** — taught by Susanna Spies, founder of Comedy Playground; Six Wednesday nights starting Sept. 14; Comedy Show October 20

CAL STATE LIFELONG LEARNING PROGRAM



"Engagement with Learning"

Hollenbeck is an official, off-campus site of the exceptional California State University, Los Angeles, Lifelong Learning Program. In this on-going series, university professors come to Hollenbeck to share their wealth of knowledge with residents. Possible topics include the arts, humanities, science, technology and healthy living. These informative, enjoyable lectures bring even greater diversity to Hollenbeck's own robust lifelong learning program.



LA Opera's Cosi fan tutte

The opera teachers are fabulous.  
— Michael & Betts Hall

Opera At Hollenbeck

2011-2012 Schedule

- Sept. 8, 2011 — Eugene Onegin
- Oct. 13, 2011 — Cosi fan tutte
- Nov. 10, 2011 — Roméo et Juliette
- Jan. 12, 201 — Simon Boccanegra
- Feb. 9, 2012 — Albert Herring
- Mar. 8, 2012 — Gilbert & Sullivan, Part 2
- April 12, 2012 — La Bohème
- May 10, 2012 — Great Divas (1960-2010)
- June 14, 2012 — Modern Opera

Operas of the current LA Opera season are the topics of our intriguing series, presented in Hollenbeck's Learning Center by distinguished speakers from LA Opera. Join us the second Thursday of each month at 10:30 am.

"Hollenbeck's opera speaker series is very interesting. I want to learn more about the various operas. The presenters are excellent."  
— Suyemi Matsumoto



DR. GERALDINE BRANCH

No one is more qualified to deliver a lecture series on wellness than distinguished physician Geraldine Burton Branch. A new Hollenbeck resident, Dr. Branch will soon celebrate her 103rd birthday.

In the fifth grade, she wrote an essay saying that she wanted to become a doctor. Her classmates scoffed. "You're black, and you're a woman," they said.

Dr. Branch proved them spectacularly wrong. She earned her M.D. at New York Medical College in 1936 and a Master's Degree in Public Health at U.C.L.A. For 60 years, she excelled in obstetrics, gynecology, public health, preventive medicine and academia.

In gratitude for the support she received as a student, she established a four-year scholarship to her alma mater. "All I had to do was make good grades and behave myself...I feel like God helped me and I should pass it on."

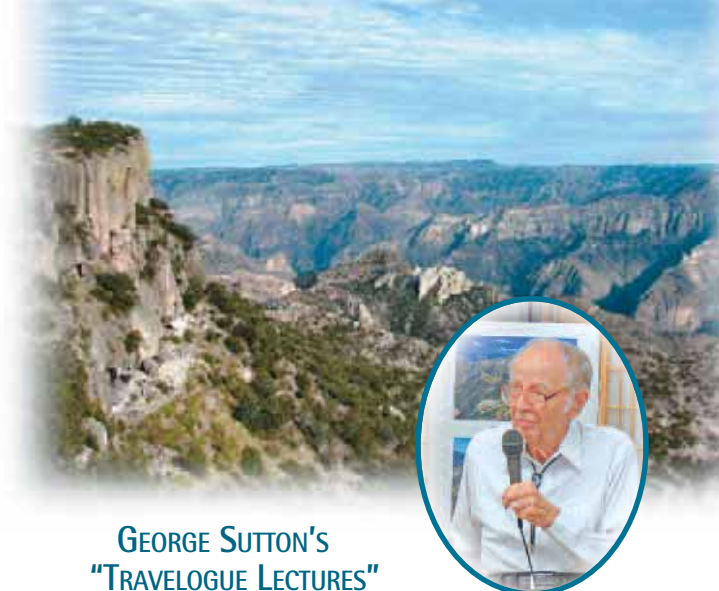
Dr. Branch remains passionate about health and helping people. She was delighted to learn about Hollenbeck's Lifelong Learning program and within weeks of settling in at Hollenbeck joined the speaker calendar. Topics she has presented include "Attitude and Recovery," "Healthy Sleep," and "You Are Never Too Old to Learn."



ED WHITLEY'S VIDEO LECTURE SERIES

Ed Whitley hosts a video and discussion series from the "Great Courses" library, with lectures by university professors. The current series is "Wisdom of History." Topics include the Ottoman Empire and the Louis and Clarke Expedition. Ed is pictured above with his Thunderbolt P47 fighter plane; Bonnie Ann was his bride's name. He flew 30+ missions during WWII.

I enjoy Ed Whitley's video lectures so very, very much. The Saturday 9 a.m. time slot is great — I can attend each one.  
— Pat Kubota



GEORGE SUTTON'S "TRAVELOGUE LECTURES"

George Sutton, one of Hollenbeck's most travelled residents, presents his recent "Travelogue Lecture" about his journey to Mexico's Copper Canyons in the majestic Sierra Madre mountain range between the states of Chihuahua and Sinaloa.

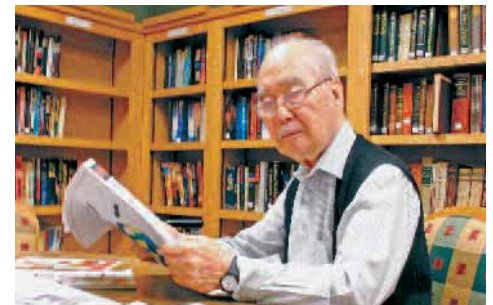
With the enhancement of visual aids including maps, graphs and photographs, George's articulate and factual presentation offered residents a firsthand experience of his wonderful journey. Since moving to Hollenbeck, George's "Travelogue Lectures" have also included "Egypt" and the "Island of Malta".

"I found ALL programs I attended helpful and educational. All speakers are well prepared, very intelligent, knowledgeable and concerned."  
— Richard Rosales

DR. HAROLD SUNOO

When Dr. Harold Sunoo was 20 years old, his grandfather told him, "Study hard and become a successful scholar, and do your best to bring about Korean independence." Harold took this advice to heart. He earned multiple degrees in political science and history, studying and/or teaching at UC Berkeley; UW Seattle; National University of Czechoslovakia; London School of Economics; Stanford University; Yonsei University, Seoul; and New York University.

Dr. Sunoo was Distinguished Professor of Political Science at Central Methodist University, teaching there for 30 years, and Professor of Political Science, UC Irvine. From his youth to the present, his passion has been the reunification of Korea, and he was instrumental in the dialogue between North and South Korea. He has authored 26 books in four languages on subjects ranging from political science and history to language and poetry. When Dr. Sunoo is at the podium he is in his element. He lectures on a variety of topics such as "What's Wrong with the American Economy" and "Development of Democracy from Plato to the Present."



"I like Dr. Sunoo's political lectures because they are always informative and relevant to what is happening in the world today."  
— Jim Kuratomi

# LIFESTYLE INTERESTS

## Residents Embrace an Abundance of Classes, Activities and Special Events



*"We have so much fun, we never want the classes to end!"*  
 – Barbara Hartman

### BALLROOM DANCE LESSONS

After just two months in this popular weekly class residents were waltzing like pros. Led by instructor Stew Mart from Nadia Eftedal's Rhythm Room, they have learned the cha-cha, tango and jitterbug. They will use their new skills at a Happy Hour dance September 28. Vocalist/pianist Peter Hubner will play music from the dance classes, and teachers and students of Nadia's are invited to attend and dance with our residents.

Hollenbeck's resident prolific artists and artisans displayed a panoply of creations at their July Art Show. Easels, tables, and walls bloomed with artwork in pencil, charcoal, chalk and watercolor. The Crafts section was bedecked with quilts, handmade gift boxes and placecards "engraved" with a special heat process. The show, coordinated by Gloria Schwed, Betts Hall and Cortelia Davis, was planned to remain a week. "But people kept coming, so we kept the art up for ten days," said Gloria. The popular negative space pieces have become permanent artwork in the Lobby.

*"I enjoy crafts with Cortelia; she is very creative and patient."*  
 – Toshi Suguro

Literally hundreds of choices for growth and relaxation are offered at Hollenbeck throughout the year. Social, recreational, creative, educational, cultural and spiritual activities abound. "When you retire, you should be able to do everything you enjoy – as well as things you never had time for," says Dennis Hiebert, Activity Coordinator. Hollenbeck's award-winning activities team also includes Loretta Haro and Elivier Sanchez, and together they deliver programs that embrace the participants' specific interests. Residents regularly step up to initiate or run additional activities themselves. "We couldn't offer as much as we do without the creativity, enthusiasm, cooperation and skills of the residents," says Dennis.

### RESIDENTS' ART SHOW

Cortelia displays a quilt; on the table are handmade paper book covers embellished with ceramic beads, tiny scrolls and origami.



Model Monica Klein, instructor Joan Aebi and artist Hildi Greenon pose with "negative space cutouts."



Barbara Hartman holds an African Wedding Broom sewn by Cortelia. It symbolizes jumping from one life to another.



Chinese brush painting, left, was taught by volunteer Carm Fogt.



### SILK SCARF PAINTING CLASSES

World-renowned silk artist, Rhea Jefferies Vittal (BFA) taught Hollenbeck residents how to create beautiful silk scarves by painting on stretched silk with design patterns outlined on the scarf or by using "free form" design ideas of their own. The scarves' colors and designs are stunning, and can be worn as beautiful accent pieces sometimes valued at as much as \$70 in retail stores.



### CERAMICS CLASS

Ceramics is a popular weekly class, taught by Elizabeth Aguayo ([www.lghceramics.com](http://www.lghceramics.com)). Residents are creating a variety of pieces, including jewelry boxes, plates, piggy banks and lanterns. Elizabeth demonstrates painting techniques and shows how different washes and glazes will affect the finished creations. Painted pieces are fired in her shop's kiln. Students are intrigued by the changed hues and



sheen and eager to try new pieces and processes. One resident made a kitchen chef spoon holder for her daughter, another salt and pepper shakers and a salsa bowl for her son. Christmas trees with lights and other pieces are on display in the Activity Room showcase and will be available for sale at the Holiday Craft Bazaar.

*"I tried the class and was surprised—it was fun! Elizabeth is a very good and helpful teacher."*  
 – Lucy Harrington

### HENSEL ACTIVITIES TEAM

Residents in our Skilled Nursing Health Center enjoy a vibrant and rewarding activities program. Classes, music, crafts, special activities and trips are coordinated by a dedicated team. From left to right are: Letty Mercado, Activity Assistant; Aurora Gonzalez, Assistant Activities Director; Luz Reynoso, Activities Director; Marisol Vera, Activity Assistant; and Angie Arciga, Activity Assistant.



### CINCO DE MAYO

Mariachis Los Flores entertain residents and guests on our Plaza.

### FAMILY NIGHT BUFFET

Residents and their families enjoyed ballpark fare and entertainment by Peter Hubner.

MARIO ROSALES delighted residents and guests with his "Fly Me To The Moon" Concert.

### VIOLIN DUO

Da Camera Society violinists Edwin Huizinga & Mark Fewer.

### WHITE POINT BEACH OUTING

It was a perfect day in San Pedro for a picnic and a walk on the beach.

### SENIOR GAMES AT LEGG LAKE

Tai Chi and friendly competition brought residents from several senior communities together.

### HALLOWEEN COSTUME CONTEST

Hollenbeck residents and staff excel at creating alter egos & entertaining one another each year.





# New Members Reception

## & Member Referral Recognition

In June new residents were formally welcomed in the A Parlor. Afterward they enjoyed a Prime Rib Supper in the Grand Dining Room. Entertainment with Joyce Garro followed in the Chapel.



Vocalist and musician  
Joyce Garro of  
"Loving Heart Music."



# Dr. Kanegae – Exceptional Medical Director and Caring Advocate

**D**r. Thomas Kanegae, Hollenbeck's Medical Director, brings rich experience and impeccable credentials to his work. But his long list of accomplishments doesn't begin to tell the story of what this extraordinary physician means to the lives of his patients.

Dr. Kanegae's passionate dedication to his calling is evident in all he does. "It's not unusual for him to turn a life around," says Camille Goldsmith, Director of Nursing at Hollenbeck's Hensel Hall. "He doesn't give up. For

example, we had a wheelchair-bound patient whose condition had been declared irreversible. That person is now walking."

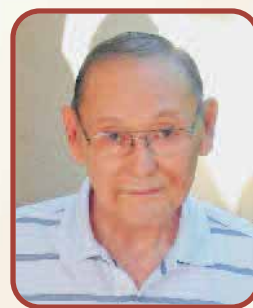
Even though Dr. Kanegae is in high demand at his busy hospital practice, he makes himself available to any Hollenbeck patient who needs to see him. In emergencies, he gives bedside care to prevent the person from having to go to the emergency room.

Under his direction, Hollenbeck's already highly-skilled nurses perform advanced technical interventions that far exceed procedures offered at most skilled nursing facilities. As a result, fewer patients are transferred to the hospital, and medical conditions are caught before they develop into emergencies.

Dr. Kanegae thinks so highly of Hollenbeck that he often refers outside patients to Hensel Hall for a temporary Medicare Rehabilitation stay, finding the care here superior to some hospitals. Tami Ruris Kanegae, his wife, also works here, assisting residents as a Wound Care Consultant. They regularly refer people to Hollenbeck who are looking for a retirement community.

# We Welcome New Residents

**GEORGE NAKASHIMA** is a California native. With a natural talent for all things technical, he built a successful 25-year career in aerospace, working for Douglas Aircraft and Hughes Aircraft.

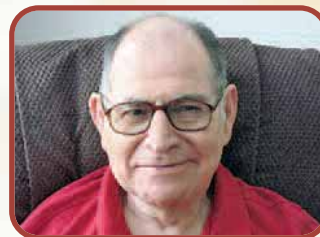


George marvels at how his life ran parallel to that of his wife June for over 10 years before they met. Their path began in Pasadena where they both attended Pasadena Junior College (now, Pasadena City College). Then history intervened, and they were incarcerated with their families in Gila River, a World War II camp for Japanese-Americans in Arizona. They were both later moved to Cleveland, Ohio. During all this time, they never met. Years later, they were finally introduced to each other by a mutual friend. George and June were married for 52 years and lived in Monterey Park until her passing in 2008.

George is a traveler, avid golfer and longtime fan of college and pro football, not to mention the Lakers and Dodgers – when they are playing well!

After exploring several options, George knew right away that he wanted to live at Hollenbeck. "It was almost a snap decision," he recalls. "It wasn't a difficult choice." He particularly enjoys Hollenbeck's bingo and tai chi classes. Not one to leave his technical savvy behind, he stays connected with his nieces and their families via email.

**JOE RODRIGUEZ** a San Diego native, worked for 38 years in the Navy Department of Defense, where he supported the research and development of naval ships. He retired in 2006 and joined the Hollenbeck community a few months ago.



Growing up in a musical family, Joe developed a passion for choral music and a talent for singing. His rich bass baritone has been in demand in choirs ever since junior high school. Every Christmas for 27 years, he performed Handel's choral masterpiece, *The Messiah*.

Joe has amassed an almost encyclopedic knowledge of his favorite instrument, the pipe organ. One of the largest pipe organs in the country is housed at the First Congregational Church of Los Angeles, only 10 minutes away from Hollenbeck. Also nearby is Disney Hall's magnificent organ made of 6,000 pipes.

# We Welcome New Residents

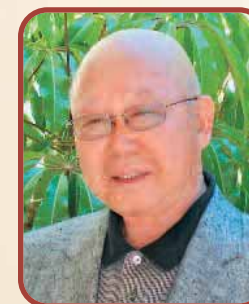
A whiz at following music on the internet, Joe seems the ideal candidate for establishing his own blog or website on his musical specialties.

Hollenbeck's central location supports Joe's other main interest as well – sports. He's a fan of baseball, football and hockey. He enjoys the food and camaraderie at Hollenbeck, and can't say enough good things about all the Hollenbeck Staff.

**ISAMU ITO** grew up in Los Angeles. His school years unfolded in a typical way until the advent of World War II. While still in junior high school, he was relocated to an internment camp in Wyoming for Japanese-American citizens.

Isamu rose to the challenge. What might have been ordinary – just another boy earning his high school degree – became extraordinary against the backdrop of the times and this enormous disruption to his young life. A modest man, Isamu himself sees nothing notable in this accomplishment.

After the war, he shipped off as an Army interpreter and was stationed in northern Japan, the site of the recent devastating tsunami. Returning home in 1948, he



attended college. Stalwartly navigating a difficult job market, he went to work for the Los Angeles Department of Water and Power. "They told me the job would last a year," he says. Instead, seeing his potential, his employers promoted him. Thirty-two years later, he retired.

Isamu has made four trips to Hawaii with the single purpose of playing golf. On one trip, he and his friends played nine rounds of golf at nine different courses in just 10 days.

Isamu moved to Hollenbeck four months ago. "Everyone is very friendly," he says. "The employees bend over backwards to help you."



Lou Hoover

**LOU HENRY HOOVER** was born in Palo Alto, California and lived there until she was four. Then the family moved to Pasadena, where they lived until 1950. The next move took them to Greenwich, Connecticut, which is where Lou grew up. She moved back to Pasadena after her schooling and worked at the Braille Institute for 10 years. For nearly 40 years she lived in Bunker Hill Towers in downtown Los Angeles. She had a small enterprise being a personal



### RESIDENTS RECOGNIZED ON NATIONAL SENIOR FITNESS DAY

In May, members of the Hollenbeck Fitness Club were honored at our 10th Annual Fitness Awards Ceremony. Dr. Marion Fedak, Club Sponsor, generously gave gifts, certificates and praise to those who completed 20 sessions or more during the year. The ceremony coincides with the Annual National Senior Health and Fitness Day, [www.fitnessday.com](http://www.fitnessday.com). Hollenbeck has been an official site of this nationwide event since 2008.

Throughout the year, residents partake of line dancing, aerobics, range-of-motion, and Tai Chi classes; walks in our garden campus; or working out in our gym on state-of-the-art equipment. Personal guidance is offered by certified fitness instructors Anne Haschka and Elivier Sanchez. Says Dr. Fedak, "It's never too late to start."

Honorees received a light blue polo "Fitness Club" shirt and navy tote bag embossed with the Hollenbeck Palms Fitness Club logo, as well as two certificates.

### NUTRITION AND EXERCISE MAKE A DIFFERENCE

Anne Haschka, a certified fitness instructor at Hollenbeck, is on a mission to share health and fitness information. "People don't realize the benefits of lifestyle. Exercise and good nutrition have huge benefits for our health."

Anne speaks from firsthand experience. Facing significant health problems several years ago, she turned her life around with diet, exercise and determination. Inspired by her success, she left her sedentary job and plunged into a new career in fitness. Today she holds an ever-growing list of health and fitness certificates that reflect her passion, commitment and a quest for new knowledge. Another key element – joy. "I bring a sense of fun to my classes," says Anne. "That's what keeps residents coming back."



*"Both Anne and Elivier make exercising a social event. We laugh and have fun. I like the camaraderie."*

– Barbara Hartman

*"It's the best thing at Hollenbeck. We have very good equipment in the gym."*

– Harold Sunoo

*"I like it that both Anne and Elivier challenge us to improve."*

– Toshi Suguro

*"I like the variety offered. We have lots of choices."*

– Lionel Hernandez

*"I look forward to exercises. It is a great way to be with people and make friends."*

– Viola Nakagawa

## We Welcome New Residents

Continued from page 9

assistant to a physician, judge, and several attorneys. She has traveled to many countries in Europe: Switzerland, France, Italy, England and Germany, as well as Spain, the Canary Islands, the Bahamas, Virgin Islands, Guatemala, and Mexico. Her interests include the Spanish language, symphony music and sports.

Lou thinks Hollenbeck is a wonderful place to live; the staff is very courteous and the campus is beautiful.

### HERMINE & BENJAMIN HAMALIAN

have been married for 66 years. They met in New York City during World War II and pledged to marry if Benjamin "made it back" from the war.

Benjamin served for ten years in the Merchant Marines, first with the Norwegian fleet and then, during the war years, with the Americans. Born in Cuba of Armenian descent, he left for ports unknown at the age of 16 and traveled the world. By the time the war broke out he was an experienced seaman. His service during the war years was heroic. Sunk twice by German torpedoes, first in the chilly waters of the North Atlantic and then in the Caribbean, he was fortunate enough to survive both times. He became a proud American citizen, married Hermine and began his life in America.

His entrepreneurial spirit, his facility with languages (he speaks Spanish, English, Armenian, Turkish, and yes, Norwegian) and his knowledge of shipping enabled him to find work in the export/import field. Eventually, he opened his own company, Pantrac International. He closed Pantrac at the age of 86 when he retired.

Hermine, born in New Jersey, was "the woman behind the man". Working first in fashion, she switched careers to be her husband's business partner. When her children were born, she became a stay at home mom and raised two daughters, Diane and Adrienne.

New Yorkers to the core, they left Manhattan when they retired to be near their children and grandchildren. They lived in Montrose for four years before deciding to take advantage of the comfort and care they now enjoy at Hollenbeck.

KOHAR & MINAR RONY were both born in Indonesia, but it took Yale University to bring them together. Kohar came to the United States as a young man. After teaching Indonesian in Monterey, California, he enrolled in Yale. In the meantime, Minar's brother found her a teaching

position there and helped her make the move from Indonesia. "It wasn't until talking to a man on the plane that I realized Yale was something special. I was really lucky!"

They both went on to earn advanced degrees in Southeast Asian Studies. One of their professors even gave them a wedding reception. Kohar was offered a position at the Library of Congress in Washington, D.C. Minar accepted a job at the same institution as an Indonesian cataloguer. Their careers spanned over 35 years. After retiring, they moved to Southern California to be closer to their two daughters, both professors at UC Irvine, and their two grandchildren.

The Rony's have lived at Hollenbeck for a few months. "There is so much to do here," says Minar. "I've attended aerobics, range of motion and line dancing classes. Before we came here, we used to have to pay someone to drive us to the gym, but now it's just a three-minute walk. My husband especially enjoys the people at Hollenbeck, and taking walks on the beautiful grounds. And the food is great. This place is really ideal."

Thinking back over her life, Minar says, "We are lucky. We've got a lot of blessings."

CHIYOKO OSHIYAMA was born in Tokyo, Japan, where she very much loved the cultural activities available to her, including choral singing in her schools and the many festivals held in the temples attended by family and friends. She immigrated to the United States when she was 19.

Living at Hollenbeck Palms, Chiyeko continues to enjoy a rich cultural life. Favorite destinations are just minutes away. She enjoys shopping and dining in nearby neighborhoods such as Little Tokyo and Monterey Park.

She also appreciates the excellent culinary offerings right at home. One of her favorite events is Hollenbeck's quarterly Sushi Bar where expert guest chefs turn out up to a dozen different delicacies.

Chiyeko has led a creative and interesting life. She has traveled to many European countries, particularly enjoying the many fine art museums of Paris. She designed and produced clothing for 30 years. One of her favorite pastimes was flower arranging. She looks forward to being more involved in the Hollenbeck Palms' activity programs, including dancing and singing.

She has one son and many fond memories of her second husband and the times they shared enjoying all that Los Angeles has to offer.

