

HOLLENBECK HEADLINES

HOLLENBECK PALMS

A RETIREMENT OASIS SINCE 1890

CELEBRATING 125 YEARS



Community Adjacent to Downtown, The World At Your Doorstep

Staying independent and fully engaged in life is more enjoyable when opportunities are close by, and the rich cultural life in Los Angeles is unparalleled!

Although Hollenbeck Palms' serene setting seems a world all its own, we are located near one of the world's most storied and exciting urban areas. As we continue to commemorate our 125-Year Anniversary, we celebrate great things happening around us, such as the dynamic redevelopment of Downtown Los Angeles. With beautiful new architecture, the restored 6th St. Bridge and more exciting plans for the L.A. River Waterfront, the cultural opportunities this amazing city offers continue to grow.

MOCA, The Broad, The Natural History Museum and The L.A. County Museum are just a few of the fine museums close to Hollenbeck, and others are only a short drive from these.

Memorable theatrical, music and dance performances await Hollenbeck residents at venues like the Ahmanson Theatre, the Mark Taper Forum, and Walt Disney Concert Hall – all of which are just 10 minutes away.

From popular Downtown eateries like Smeraldi's at the Biltmore and Clifton's Restaurant, to Thai, California Fusion, Japanese, Chinese, Mexican and continental, from tea rooms to delis to bistros and more – every kind of dining is available to Hollenbeck residents!

Sports and other events are ongoing at the world-famous venues like L.A. Live, Staples Center and Dodger Stadium. And residents who enjoy shopping have much to choose from at favorites like the Glendale Galleria and Pasadena's historic Old Town.

Our Activity Department organizes exciting trips out of the area, as well.

See page 2 for details!

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Hollenbeck Activities

Second to None!

We are delighted to welcome Hollenbeck's new Residential Activity Director, Veronica Cerda. Along with Elivier Sanchez, Veronica leads a team of instructors and volunteers in providing a rich and interesting activity schedule to our residents seven days a week.

Among the activities Hollenbeck residents enjoy are:

- 2 Daily Exercise Classes
- Thai Chi
- Stretch Yoga
- Dancing: Ballroom, Folk, Line, & Even Square Dancing!
- Arts & Crafts: Among other projects, residents can learn to make ceramics in our wonderful new Hobby Room!
- Lectures & Presentations: Through our unique "Lifelong Learning Program" partnership with California State University, LA, current and emeritus professors share their expertise on a broad range of topics, including studies of great thinkers like Albert Einstein, Spanish classes, Mind-Body-Spirit-Wellness, Poetry, Astronomical Sciences, Nutrition & Aging and more.
- Computer Classes: Taught by Hollenbeck resident Professor Cliff Uejo, participants learn the basics of the iPad, including email, working with photos and screen shots, creating greeting cards using Martha Stewart CraftStudio App, practicing Google searches via voice command, and more. Because Cliff tailors his classes to the interests of his students, every class is different!

Our staff and volunteers very much care about the interests of the Hollenbeck residents, so we're sure to offer something for everyone!



As we celebrate the rich heritage of our 125-year past as one of California's finest Continuing Care Retirement Communities, we are also embracing the future with two upcoming, state-of-the-art facilities. Our beautiful new

59 bed **Skilled Nursing Center** and 24-bed **Memory Enhancement Center** will provide the utmost advancements in comfort, care and and friendly environments for our most vulnerable population.



Onwards!



Veronica

Takes The Show On The Road

Inarguably one of the world's greatest metropolitan areas, Los Angeles offers a wealth of world-class entertainment, historical and other points of interest, shopping, and a multitude of other fascinating seasonal and ongoing events.

It's with great joy that Activity Director Veronica Cerda and her team plan and carry out trips to the many things to see, hear and do "around town."

Among the nearby attractions Hollenbeck residents enjoy are:

- The Broad Museum, a spectacular 120,000 square foot facility that houses some 2,000 works of art
- Clifton's Restaurant, a longtime family favorite
- World-Famous Dodger Stadium, home to L.A.'s own National League baseball team
- The Ahmanson Theatre, with its acclaimed theatrical productions
- Tea Rooms that represent the delicious traditions and cultures of numerous nationalities
- Popular local grocers like Trader Joe's & Whole Foods, where residents stock up on healthful foods and personal essentials

In addition to exploring all that Downtown Los Angeles offers, Hollenbeck residents enjoy monthly outings on our 24-passenger bus "All Aboard!" to catch special events and visit points of interest, such as to catch exhibitions and study history at:

- The Ronald Reagan Museum
- The Richard Nixon Museum
- The Getty Museum

While there's "no place like home," Hollenbeck residents also enjoy exploring the many delights found in the famed City of Angels, as well!



Music At Hollenbeck Palms

Making A Good Life Even Better!

Participation in a wide range of musical activities is a treasured part of life at Hollenbeck! Besides the obvious joy music brings us, numerous studies among older adults have shown that it can bring remarkable psychological benefits, such as:

- Happier life outlook & elevated moods
- Improved social interaction & increased interest and engagement in activities
- Increased self-expression & self-esteem
- Greater relaxation/reduced tension & anxiety

Studies also show how music promotes positive overall health, often resulting in:

- Fewer doctor visits and a reduced need for medication
- Better sleep
- Diminished pain
- Decreased recovery time
- Improved memory and recall
- Greater cognitive abilities, including overall awareness and ability to concentrate
- Increased mobility & physical coordination

Musical activities at Hollenbeck include our monthly L.A. Opera Speaker Series, during which our residents engage with professional guest speakers in discussions

about current productions at the L.A. Opera.

Hollenbeck is also very proud to offer the innovative sing-along choral group, Choralmania, featuring L.A. Opera singer Miki Yamashita and pianist Daniel Redford. Past Choralmania performances include “Jonah and the Whale” and “Noah’s Flood” at the Cathedral of Our Lady of the Angels, where our residents also participated.

For music lovers Hollenbeck is very fortunate to be a destination for the USC Thornton Gluck Fellows program offering classical music and the UCLA Gluck Vocal Ensemble offering operatic and musical theatre repertoire. These world class performances by their very talented students are always cherished by our residents who love being involved with young people developing their chosen careers.

Hollenbeck is delighted that we are treated to performances by consummate musicians Saul Jacobs & Bob Lipson, who have performed together for more than 60 years. With Saul at the piano, the duo sings, banters and conducts sing-alongs. They also teach a fantastic music retrospective, “The Golden Age of American Popular Music,” featuring such greats as the Gershwins, Rodgers & Hammerstein and others. They’ve presented this hugely popular program at more than 150 Southern California venues, as well as in Arizona.

Their program is accessible via www.composersshows.com/Duo-Programs



HOLLENBECK RESIDENTS

Welcoming Your New Neighbors...

Joan Nester



Born in Detroit, Michigan, Joan Nester spent 38 magical years with the love of her life, Al. She met him on a blind date, on which they went to see Beverly Sills perform in the opera Roberto Devereux.

Joan worked as a flight attendant for Continental Airlines for 23 years, then went on to a 14-year career for Nordstrom in their cosmetic & fragrance buying office.

Kindhearted Joan has rescued and given homes to nine grateful stray cats over the past 30 years. She's currently the loving pet parent to a darling Calico named Jamie.

Among Joan's favorite activities is musical theatre, and she's an avid fan of the L.A. Philharmonic and Opera. Joan loves the energy, friendliness and caring of the staff at Hollenbeck Palms, and she appreciates the warm welcome she's received by the residents here. She looks forward to seeing many more films and taking more train trips.

Marge Lipps



Marge Lipps was born and raised in Teaneck, New Jersey. She graduated from Hunter College in New York, earning her Masters in Special Education. After moving to Manhattan Beach, California, Marge met her late husband through a mutual friend. The two went on to raise five children together – two born to Marge, and three stepchildren. The family enjoyed the Lakers, Dodgers, Los Angeles theatre and travel.

After having been a flight attendant for American Airlines and Pan American, Marge was most recently a facialist in her own Manhattan Beach shop, "Cheeks."

Marge loves cooking using the delicious and holistic healing principles of Ayurveda. She also very much enjoys bus trips, exercising and attending church, as well as traveling.

Sally White



Sally White grew up in Miami, Florida. Once, while at a going-away party, Sally met a charming man. The two wound up spending the evening telling jokes in the kitchen. Ultimately, they also wound up married!

From 1970 through 1996, Sally lived in Madrid, Spain. Among her life's passions is equestrianism. In fact, Sally has been both an advanced level dressage judge and rider.

Sally has three children and one stepson. Besides the security and comfort that life at Hollenbeck Palms provides, residence here also permits Sally to see her children frequently. She plans to continue quilting, and she is also working on her genealogy.

Yoko Sasano



Born and raised in Tokyo, Japan, Yoko Sasano moved to San Francisco to attend San Francisco State University, where she earned her degree in business. She met her husband Akira while at school, and they married after graduating. Interestingly, Akira was born in the U.S., but grew up in Japan, then moved back in order to attend college. Perhaps he also suspected he'd find his heart in San Francisco!

Yoko has worked as an accountant for a number of local Los Angeles businesses, and Akira worked at Mitsubishi Trading Company. The couple very much enjoyed international traveling, particularly their trips to Europe and Australia.

After Akira passed, Yoko moved to Hollenbeck Palms. Yoko loves living here. She's made great new friends, and she enjoys the many activities offered at Hollenbeck, including the daily exercise classes.

Elizabeth Richter



Born in Gallup, New Mexico, Elizabeth Richter has spent more than 40 years teaching: Having begun her career on a Navajo reservation in New Mexico, Elizabeth then taught in Florida, Texas, and ultimately California, where she devoted 25 years to teaching at Rowan Avenue in East L.A. She claims her love of teaching comes from the feeling that she's never had to grow up!

Elizabeth adores her son Robert, and counts being a parent a favorite "hobby," along with poetry, reading, and people watching. It's not surprising that with her extensive background as a teacher, Elizabeth has developed a great appreciation of human behavior. She finds great joy in listening to and learning from others, as well as giving support to those who need it whenever possible.

About Hollenbeck Palms, Elizabeth notes: "I think Hollenbeck is an oasis of life, a study in transitions, if you will. There is nourishment on every level, sunshine with every smile and acceptance and understanding of individuality."

Barbara Inamoto



Barbara Inamoto grew up in a tiny town in the Oklahoma panhandle. She attended Cottey College for Women, then the University of Colorado in Boulder, and ultimately received her BFA in Art History and Interior Design from Colorado University, having also studied pre-Colombian art history, famous painters and folklore at Mexico City College.

She earned her Masters in Art from Long Beach State College, and for a while, taught in Southern California. On a trip to Japan, she became the assistant to the Japanese tour leader for three summers. Eventually, that tour leader became her husband!

Barbara taught college prep to foreign students for 25 years within the LAUSD, and feels she gained more from teaching than her students did from studying. She and her USC professor husband happily shared their home with international students. Barbara's stepson has two children, and Barbara is now a great-grandmother twice over. After retiring, Barbara and her husband traveled until his passing 20 years ago. Barbara served as a docent in the Music Center for many years, and still volunteers there.

She is grateful for the comfort, organization, healthful nutrition and care available from the friendly staff at Hollenbeck, and she enjoys her fellow residents!

Connie Donovan



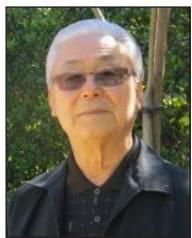
Born in Chicago, Connie Donovan worked as an adult psychiatrist in Boston. One of her three children is a child psychiatrist, and her other two children write for television.

Travel is one of Connie's cherished hobbies, and she counts a trip to Africa as her favorite. Connie also enjoys cooking. A published author, Connie is currently working on a new

book, as well as some poetry.

About Hollenbeck Palms, Connie notes: "I've worked hard my entire life and this time at Hollenbeck is the happiest I've ever been." She loves the gardens and her beautiful apartment, and remarks about how the residents and staff are kind and easy to get along with.

Mike Iwasaki



Born in Tokyo, Japan, Mike Iwasaki attended Aoyama Gakuin University in Tokyo, where he earned a degree in Commerce. Then, on a sponsorship from a family in Memphis, Tennessee, he came to the U.S. to pursue graduate studies in economics and finance for three years at Memphis State University. While in Memphis, Mike and other friends attended

theater events with none other than the King of Rock and Roll himself – Elvis Presley!

Mike has owned two companies – Yomiuri World Television (A Japan-based company offering Japanese language programming in Los Angeles) and Leisure International, Inc. As entertainment booker for the latter, he traveled all over the world.

The proud father of two children, Mike also has one grandchild. He enjoys golfing and hiking, and he loves how friendly people are at Hollenbeck Palms!

Eleanor Smith



If you visit one of Hollenbeck Palms' arts and crafts classes, you might discover Eleanor Smith. Eleanor has made wreaths, ceramics, and seasonal decorations, some of which have been given to her great-grandchildren.

Eleanor grew up in in Northeast Los Angeles. A history buff with a special interest in indigenous cultures, Eleanor was a Bilingual

Headstart Teacher in Boyle Heights and East L.A.

She and her husband Jim were set up by mutual friends who were sure they'd hit it off. Eleanor was married 13 years to this kind, gentle and generous man. They were great travel companions. Among Eleanor's favorite places to visit are Alaska, Canada, Hawaii and nearby national parks. Eleanor has three daughters and a son who passed away a few years ago, as well as seven grandchildren and four great-grandchildren.

Eleanor loves Hollenbeck Palms' safe, open and beautiful campus, with its peaceful fountain and large trees. She's appreciates how genuinely caring and patient the staff are. A few months ago, Eleanor had a mild stroke but didn't realize it. Trained to notice the subtleties of such an event, the Hollenbeck staff made sure Eleanor received great care. She now feels terrific!

In addition to hand-crafting wonderful pieces, Eleanor enjoys music, dancing, singing and visiting museums.

Ellen Wauke



Born in Hilo, Hawaii, Ellen Wauke moved to Oahu at the age of 19 to work at a restaurant (Swing Café) to help out her family. One of the customers at the restaurant, a man named James, was a welder who worked on ships. Ultimately, James would become her husband, and the two had five children together. While Ellen enjoyed life as a stay-at-home mother,

James opened a tofu factory, which he ran for nine years.

In 1968, the family moved to Monterey Park, California. Inspired to open a restaurant, James opened the E & J Café on 8th in San Pedro, which included the initials of their two first names. After James retired, Ellen worked for a short while in the cafeteria at Cal State Los Angeles.

Ellen was very active in the Monterey Park community, and had many friends who lived at Hollenbeck Palms. It was because of them that she decided to make Hollenbeck her home. Besides taking delight in the camaraderie at Hollenbeck, Ellen enjoys daily exercise classes here. She loves needlework, crocheting and bunka (Japanese needlepoint).

Truvella Cash

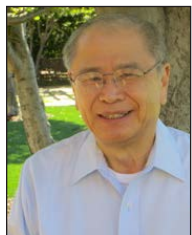


Truvella Cash was born in Tucson, AZ. She worked for the U.S. Postal Service, married and had three children. She is now also a proud grandmother!

Besides being an avid reader who loves keeping up with current events, Truvella enjoys travel, gardening and needle work.

Among the things Truvella appreciates about Hollenbeck is the convenience of the shopping trips.

Cliff Uejio

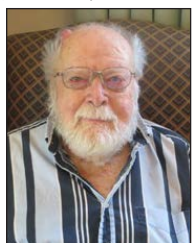


We're delighted that Professor Cliff Uejio is helping his fellow Hollenbeck residents learn the various uses of the iPad!

Born and raised in Honolulu, Cliff received his undergraduate degree in Psychology and Philosophy from the University of Hawaii. After then earning his Masters in English from Cal State L.A., and his PhD from the State

University of New York in Buffalo, Cliff began his teaching career at Howard University in Washington, D.C. Returning to California, Cliff then served as Professor of English and ESL for 27 years at Long Beach City College, where he was also Instructional Dean for 10 years. A fan of international travel, Cliff has visited many countries. Among his favorites are Cambodia and Thailand. Cliff enjoys Broadway shows, dancing, yoga, and of course, working with computers.

Jack Dye



Jack Dye grew up in a small town in the foothills of California's beautiful Santa Cruz mountains.

During his childhood, his mother owned the apartment house in which the family lived, and she was also Jack's teacher.

Later, Jack moved to Yucaipa, California, where he lived for eight years. He eventually made his way to the Montecito Heights area of Los Angeles, where he lived for 45 years. During this time, Jack owned and ran a collectibles store. One of his customers, Lila Negrete, was a Hollenbeck Palms resident. The more she described Hollenbeck, the more it sounded like a wonderful place to be. Happily, Jack decided that he, too, would become a member of our community!

Jack loves being in nature – whether he's gardening, hiking or bird watching. Not surprisingly, he says he's the happiest spending time in Hollenbeck Palms' scenic, peaceful gardens and very much enjoys being part of the Hollenbeck community.

Virginia Warren



Born and raised in Brooklyn, New York, Virginia Warren attended Syracuse University, then later graduated from UCLA with a major in Theater Arts.

Virginia has been a social caseworker and an adult schoolteacher. But at one point, another passion called her, one that also became a career – sculpting. In fact, many of Virginia's sculptures have appeared in galleries and museums, such as Whittier Museum and the Korean Cultural Center.

Her hobbies include reading, film, and traveling to places like Mexico and Peru. An interesting fact about Virginia: having contracted the measles at a young age, she became almost completely deaf. Some years later, she began to be able to hear again, but her speech was impaired from not being able to hear herself speak. Virginia painstakingly studied speech, and after only six weeks, she was able to speak perfectly.

Virginia enjoys how well everyone works together at Hollenbeck, and she appreciates the friendliness of staff and residents alike.

Kathy and Harry Torigoe



Kathy and Harry Torigoe were both born in Hawaii. Kathy grew up in Kauai, and Harry in Honolulu. But they actually met in Los Angeles at Woodbury Business College. After becoming college sweethearts, they went on to get married and have three children – two daughters and one son.

Kathy worked as an executive secretary for the L.A. Metropolitan Transit Authority (formerly known as LA Transportation Commission). Early in his career, Harry was an accountant, then for 40 years, he owned a temporary labor company.

Besides travel, the couple loves ballroom dancing! They enjoy the relaxing life style at Hollenbeck Palms, and now that she has more free time, Kathy does a lot of reading. Both very much appreciate the support from the wonderful Assisted Living staff here, and besides being happy with the many activities offered at Hollenbeck, they note that they've made many new friends.

Marcia Heeger



Marcia Heeger grew up in West Los Angeles, close to the beach. After World War II, she met the man who would later become her husband on a blind date in San Francisco. As it turns out, however, she had known who he was before the war, while attending USC.

The mother of three children, Marcia worked as a bookkeeper for an architectural firm in Palo Alto. Marcia's hobbies include reading, knitting, playing bridge, backgammon and gardening.

Marcia is grateful for the many diverse programs provided on a daily basis at Hollenbeck Palms, and she enjoys the diversity of her fellow residents here. She also appreciates the personnel, the beauty of the property, the care that's available if and when needed, and the gym. She notes, "There is no place I would rather be for the rest of my life than Hollenbeck Palms."

Noriko Hosogai



Noriko Hosogai grew up in Yokohama, Japan. On a trip to Hong Kong, she caught the eye of the man who managed the hotel where she stayed. He showed her around the city, and after she returned to Japan, he wrote her numerous letters. Although Noriko had other suitors, when this man proposed, she accepted.

In Japan, Noriko was a pharmacist, and when the family moved to Hawaii for her husband's job, she became a full time homemaker. Noriko has two daughters, including a daughter with her name, who lives in Hollywood. Her daughter discovered Hollenbeck Palms when Noriko was living in Waikiki, and she moved Noriko to Los Angeles so she could live here. Her daughter Megumi's eyewear brand MEGUMI-O can be found at Cedars Sinai's American Eye Institute Optical Boutique or online at megumio.com.

Having golfed with the ladies club at Waialae Country Club in Hawaii, Noriko looks forward to Hollenbeck's Wednesday night putting green games. Of Hollenbeck, Noriko says, "the food is delicious, the campus and view are beautiful, and the people who live and work here are very nice."

**COME SEE US
FOR YOURSELF!
SCHEDULE A TOUR &
COMPLIMENTARY MEAL**

323.263.6195
hollenbeckpalms.com



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Trimming the Grapevine

By William G. Heideman, President & CEO



The Executive Council of our Residents' Association is a vital part of daily life at Hollenbeck Palms. Its nine members, all elected by our residents for two-year terms, are my eyes and ears into our busy community. While as a continuing-care facility we are required by California law to establish resident associations with representative councils, we have always encouraged residents to be highly involved in daily activities. Many come to Hollenbeck after long, distinguished careers and possess unique skills from which everyone can benefit. The Council is an important channel for contributing those talents.

Self-governing, with its own structure and bylaws, the Council meets with management the first Friday of every month. The Executive Council sets the meeting agenda, records and distributes the minutes and takes action on all phases of life at Hollenbeck, from pointing out needed repairs to critiquing new menu items. They also plan and present bi-monthly informational programs for the residents at Hollenbeck, helping to facilitate other interest group activities, such as our art studio, opera lecture program, film series and travelogues.

I find working with the Council important in creating an environment of cooperation and ensuring timely response to and resolution of the various issues that arise at Hollenbeck. The feedback I receive from them is invaluable, and the meetings are always lively with lots of positive energy and exchange of ideas. My job is easier when residents know that their views are heard and respected.

One of the Council's most outstanding achievements has been the creation of an annual employee scholarship program, which has raised nearly \$18,000 and awarded 19 scholarships since it began in 2011. The Council accepts yearly applications from staff who are pursuing college degrees or license upgrades. The program is funded entirely by the residents and run by a committee of the Council, who interviews each applicant and selects the winners.

The Executive Council is an important ingredient in the mix that makes Hollenbeck Palms a very special place for senior living.

Discover the **Magnolia Court Apartments** Our newest and most spacious residential complex



- Full kitchens
- Multiple baths
- Balcony or patio
- Washer/dryers in each unit
- Walk-in closets
- Full gym and exercise classes
- Two meals a day in either the Magnolia Court Skyline Bistro or the Hollenbeck Grand Dining Room
- 7-day per week activities schedule
- Underground parking
- Transportation to special events and doctor appointments