

# HOLLENBECK HEADLINES

## Hollenbeck Palms: The Best Of Both Worlds

*Carefree living brings  
more opportunities*

Enjoy your new home and with Hollenbeck's transportation services, you can explore points of interest and learning in nearby communities including Pasadena, Glendale, Alhambra, Monterey Park, and Montebello. You can also enjoy visitor favorites like Simi Valley's Ronald Reagan Museum and Chumash Casino in Santa Inez.

Hollenbeck's new 22-passenger bus provides the comfort and convenience of travel without parking hassles. We do the driving; you enjoy the adventure. With more free time at your disposal, you have the

opportunity to learn things you've always wanted to learn. There are many opportunities on and off campus for that! Inside this newsletter, you'll learn about some of the many classes available for Hollenbeck residents – both on and off campus. Your residential needs and driving are in capable hands, so you can spend your time enjoying the activities you already love, and discover new ones. Hollenbeck living really is the best of both worlds – the relaxation of retirement and the excitement of new experiences!



*Enjoy Hollenbeck's  
8 Acre Campus!*



*Explore Los Angeles  
and Beyond*



**IN  
THIS  
ISSUE**

- Pages 2-3 *Here & There*
- Page 4 *Resident Association Scholarship Awards  
Resident George P. Sutton Completes Book*
- Pages 5 *Heideman Health Center*
- Pages 6-7 *Meet Your Fellow Residents!*
- Page 8 *Trimming the Grapevine: Thoughts from  
Hollenbeck President & CEO William G. Heideman*

**NEW  
Skilled  
Health  
Center!**



Our Hollenbeck residents enjoying a special catered feast of assorted fresh sushi, prepared by a local sushi chef, right at our Skyline Bistro!



Residents having a ball line dancing and looking spiffy in their country attire.



# HERE &

Minar, Melvin, Ruth and Norman are playing an intensive match of Dominoes, in Hollenbeck's Sport's Lounge!



Margaret Sanchez and her daughter and niece "Luau the Day Away" at our Annual Luau!



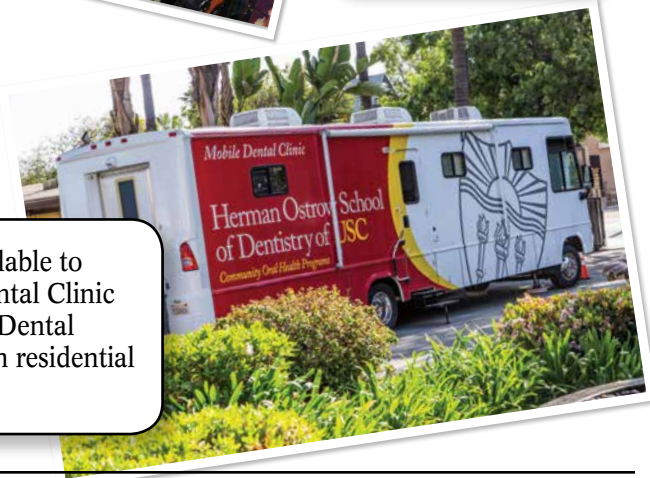
Mr. and Mrs. Flores at Hollenbeck's Annual Luau!



Another wonderful service available to residents is having the USC Dental Clinic on campus 3 days a week! The Dental Clinic is available to residents in residential and skilled nursing.



David and Linda share their love of the Arts and their love of travel with various lectures including Rodgers and Hammerstein and their recent adventure of the Pacific North West!





With the L.A. Metro Station so close by there are many places to go! Paul and Lane are going on an adventure to Pasadena.

Hollenbeck residents pose on Chris Barden's "Urban Lights" exhibit at LACMA.

Rachel, Marian & Toshi return from shopping in Downtown.

Paul shows off his strength at Michael Heizer's "Giant Rock" exhibit, also at LACMA!

# OUT THERE

Cathy and Lane enjoying a beautiful day at Mission San Juan Capistrano.

Taking time out to share a pastry with friends or some time at the Barbershop, not too far from Hollenbeck you can always enjoy a trip to L.A.'s historic Farmer's Market.



"All A Board!" Residents get ready to board Hollenbeck's new 22 passenger bus!

Who wouldn't love a beautiful summer day at White Point Beach in San Pedro. Hollenbeck staff and residents dancing on the beach.





# Hollenbeck Palms'

## Resident Association Scholarships

### Awarded!



*Heriberto Sanchez, Food Service, Janette Mosqueda, Food Service, Melissa Monugian, ARL-Nursing, Juan Carretero, Food Service, Christian Monreal, Food Service, Juan Herrera, Food Service, Akhere Osezua, Nursing.*

In 2011, the Hollenbeck Resident Association established a scholarship fund for any Hollenbeck employee working towards a degree, licensing or technical career advancement. We are pleased to announce that this year's scholarships have been awarded to a wonderful group of staff members. As they make sure things run smoothly and comfortably here, these individuals steadfastly pursue education for their various professional interests, which include nursing, engineering and law.

In order to receive a scholarship, applicants must have completed a minimum of one year of employment at Hollenbeck Palms. Applicants are interviewed by a subcommittee of the Hollenbeck Resident Executive Council, which then selects the recipients. Congratulations to our scholarship winners!

## Resident George P. Sutton & Co-Author Oscar Biblarz Complete 9th Edition of

### *“Rocket Propulsion Elements!”*

An acclaimed rocket propulsion expert, former Exec. Director of Engineering at Rocketdyne (now Aerojet Rocketdyne) and Laboratory Associate at Lawrence Livermore National Laboratory, George P. Sutton decided that a primary retirement goal was to continue his research and writing.

To that end, during this past year at Hollenbeck Palms, George completed the Ninth Edition of “Rocket Propulsion Elements.” A comprehensive introduction to essential concepts and applications, the book continues to be a definitive guide for students and working engineers, presenting knowledge about thermodynamics, aerodynamics, flight performance, propellant chemistry and more.

Since 1943, George has been actively involved in the design, research, development, testing, teaching, installation and management of rocket propulsion. He designed the 75,000-pound rocket thrust chamber that propelled the first U.S. astronaut into space – John Glenn. In academia, he was the Hunsaker Professor of Aeronautical Engineering at

the Massachusetts Institute of Technology, and he also served on the faculty of Cal Tech.

George also worked in the Pentagon as Chief Scientist of the Defense Department's Advanced Research Projects Agency. His additional distinguished professional credits, books and affiliations are many!

George has two daughters, three grandsons and twin great-grandsons. He's happily chosen to spend his retirement years at Hollenbeck because it has “superior medical capability, a good maintenance crew, and very friendly employees and residents!”

*George Sutton beside the rocket thrust chamber at the Endeavor exhibit.*





# A New Horizon In Expert, Loving Care: Hollenbeck Palms' Skilled Nursing Facility

Besides being lucky 7-11, Wednesday, July 11th of this year had a special meaning at Hollenbeck Palms. It's the day the new wing of a beautifully designed Skilled Nursing Facility opened. In order to better accommodate the various levels of need required by our residents, the new wing is more spacious and will allow our staff easier access to our residents than the previous facility.

Thanks to the generosity of our donors, including Hollenbeck's own Trustees, this architecturally appealing building represents a new era in accommodations for our residents with specialized nursing needs.

The facility's overall total of fifty-nine beds – some two bed rooms and some one bed – are a generous size and each has a private bathroom. The new wing also features eight foot wide halls and several alcoves where medication and housekeeping carts can be safely stored, ensuring full, uninhibited passage throughout the hallways.

Because many Hollenbeck Palms' residents have lived on the campus for over a decade and many others are likely to follow that trend, we want to be certain that we meet whatever new care our residents may require.

Hollenbeck Palms' President & CEO, William G. Heideman notes, "Keeping up with the needs of the aging population is critical to the success of any long term care community.

The beautiful, new building is a vital step in preserving the continuum of care at Hollenbeck – from Residential to Assisted Living, to the Skilled Nursing Facility, as needed."

Among the many specialized services provided, short or long-term, in our Skilled Nursing Facility are:

- Companion, Custodial and Full Care Options
- Physical, Occupational and Speech Therapies
- Respiratory Therapy
- Intravenous Therapy
- Pain Management

In addition to the greater expansiveness of the new building, the Skilled Nursing Facility connects to the existing solarium for dining and the physical and occupational therapy facilities.

We're excited and grateful about this opportunity to bring our residents enhanced comfort, privacy and efficiency with this new building!







# Getting To Know Your Neighbors

## Mary Kitabayashi



Mary Kitabayashi grew up near Modesto, California, in the town of Turlock. She married “the nicest man she ever met,” and together, they had two sons, and later, two grandsons, who are now 21 and 23.

While in the workforce, Mary worked for Southern California Gas Company as a keypunch operator, eventually earning a promotion to a senior position.

Mary and her husband enjoyed travel, including taking trips with friends to the Caribbean and Alaska.

She is grateful to her sons for choosing Hollenbeck Palms as her post-retirement home, after the loss of her beloved husband of approximately 70 years. She very much enjoys the many activities available for residents, the quiet living quarters, and the many friendly people here!

## Donald and Kathleen (Mari) Utsumi



Donald and Kathleen (Mari) Utsumi hail from San Leandro, California. They met in Oakland through Donald’s brother and his wife, who happens to be Mari’s sister!

During the Korean War, the brothers were in the military. The sisters both had children while they were stationed in Waco, Texas, and later, the families relocated back to San Leandro.

Donald had a long career in the grocery store industry. In their leisure time, the Utsumis enjoyed catch and release steelhead fishing, primarily in the Smith River area during the first runs of the giant trout heading for their spawning grounds. They loved being outdoors near the redwood tree forests.

Now at Hollenbeck, the Utsumis are closer to their grandchildren. Mari notes, “It’s really nice not to have to cook and clean!” Their new activities now include watercolor painting, ceramics and exercise classes.

## Takenobu and Sumiko Maruhashi



Takenobu Maruhashi spent his early youth in Manchuria, N.E. China, where his father taught military school. Sumiko, who began her early childhood education in Los Angeles, later moved to Japan. There, she finished her education, and

in Hiroshima, she met the man who would become her husband, Takenobu!

The couple eventually moved to Los Angeles, where Takenobu worked for a Japanese Government Agency. Sumiko worked in a variety of jobs, and finally, the Maruhashis retired and found themselves happily residing at Hollenbeck.

In their free time, the couple has very much enjoyed taking in all that the Los Angeles has to offer in recreation and entertainment. Now, at Hollenbeck Palms, Takenobu and Sumiko enjoy a carefree lifestyle, and very much appreciate the delicious meals here.

## Stanley and Sachiko Kobayashi



Stanley Kobayashi was born in Chicago, and at age 5, moved with his parents to Japan. Two years later, the family moved to Shanghai, China.

Stanley later returned to the United States and was drafted into the military, where he processed payment vouchers for soldiers. During his 20s, Stanley returned to Japan, and met Sachiko.

After they became husband and wife, the Kobayashis moved to New York and had a son and a daughter. They now have two grandchildren.

Prior to their retirement, Sachiko managed corporate accounts at Mizuhu Bank, and Stanley was manager of the electronics department at Sumimoto Corp. of America.

The couple appreciates classical music. Stanley plays the piano, and enjoys reading and writing. Sachiko loves dogs and taking walks in the park. The Kobayashis note how nice it is to meet kind people from different cultures and ethnicities at Hollenbeck.

## Martin Bell



Martin Bell was born in East Texas, and grew up in Dallas, where he later attended college. He continued living in Dallas for 40 years. He’s the proud father of two children and one grandchild.

While working, Martin was a real estate broker. Among his favorite hobbies is enjoying the open road, and all that can be experienced from RVing. In fact, for two years, he traveled across the United States in a motor home!

On settling into retirement living at Hollenbeck, Martin notes how much he appreciates the peace and quiet here, and how relaxing it is knowing that his needs are met.



### **Marian Dahldorf**



Raised in Chicago, Marian Dahldorf worked as a librarian. She later became involved in researching data and producing statistical reports using such mathematical tools as moving averages, frequency distribution, linear regression, and logarithms at McMaster-Carr Supply Company.

After retiring, Marian was active in the Chicago Lyric Opera Chapter, as well as local chapters of the Art Institute, the Historical Society, Friends of the Library, Art Guild and the local Women's club.

Marian moved to Los Angeles to be closer to her children and grandchildren. About life at Hollenbeck, she says it's "a small community where we all have the same chronological memories, but experienced them in different places. There is always something to talk about besides our grandchildren!"

She looks forward to continuing her full, independent life at Hollenbeck.

### **Motomi and Jo-Dell Arao**



Los Angeles is the hometown of both Motomi and Jo-Dell Arao. The couple met through a mutual girlfriend. It was obviously a fortuitous meeting, as Motomi and Jo-Dell would marry and have four children. They now have eight grandchildren, as well.

During their early working years, Motomi owned a machine shop and Jo-Dell was a secretary. In later years, they purchased and operated an avocado farm in Moorpark, California.

Among the activities the Araos enjoy are attending family gatherings, and visiting Las Vegas.

About Hollenbeck, they say they really appreciate the staff, the numerous new friends they've made, the various activities, exercise programs and beautiful grounds and gardens available to all Hollenbeck Palms' residents.

### **Octavia Frank**



Octavia Frank was born in San Jacinto, El Salvador. After coming to the United States at age 40, she enjoyed a rewarding career as a caregiver. Octavia has fond memories of the people she has worked with over the years. She has been invited to numerous holiday celebrations, and has been encouraged to feel a part of their families.

Another joy for Octavia has been travel. She's had a wonderful time visiting Europe, Australia, New Zealand, Mt. Fiji, and other parts of the world.

Now that she has more free time, Octavia loves engaging in activities at Hollenbeck such as music, dance and exercise. She loves the view here, especially the lush trees and beautiful gardens. And she can't say enough good things about the staff.

Summing up her thoughts on life, Octavia says, "I have been very blessed, I've enjoyed each day of my life. I thank God."

### **Win Griffen**



Born on a Thanksgiving morning, Win Griffen spent the first 17 years of her life in India.

She has a daughter, Mary, a son, Karn, and five beautiful grandchildren. In addition to raising two children, Win pursued her PhD. in Clinical Psychology. She had a Private Practice in Pasadena, CA. for 40 years.

Win's travels have been inspiring. One of her most memorable trips was a solo-pilgrimage back to India in 1992.

Of her favorite memories have been hiking in the spectacular Himalayan mountains, and, going on tiger hunts with her father in the Central India jungles.

Music, teaching SoulCollageR, entertaining her friends (cooking has been one of her passions), and art of all kinds, have enriched her life.

About Hollenbeck Palms, she has enjoyed meeting and getting to know the remarkable residents. In her free time she is enjoying painting, ceramics, loving her adopted cat (on the grounds), and, most of all, having her family (12 of us) here, in the Bistro, on Christmas Eve.

### **Hannah Yoshitomi**



Hannah Yoshitomi was born in the City of Commerce, California, then moved to Bell where she lived until her early teens, before going to Japan. There, Hannah furthered her studies in classical Japanese dance.

When she returned to the U.S, her family moved to Anaheim, then, Colorado. While in Colorado, Hannah met a nice neighbor,

who, after his discharge from the Army, would become her husband of 61 years.

Along the way, they had three children, seven grandchildren, and five great grandchildren.

During her working years, Hannah was a supervisor at an insurance company. Among her favorite hobbies are traveling, dancing, and gardening.

Hannah likes getting to know the friendly people at Hollenbeck, as well as the many activities. Best of all, she's thrilled to no longer cook or wash dishes.

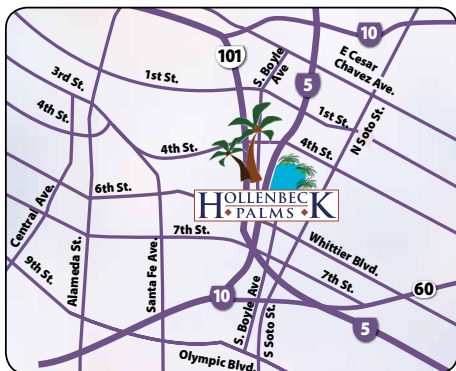


**COME SEE US  
FOR YOURSELF!  
SCHEDULE A TOUR &  
COMPLIMENTARY MEAL**

**323.263.6195**  
hollenbeckpalms.com



573 S. Boyle Ave.  
Los Angeles, CA 90033



CA license #COA212/RCFE 191800001

# Trimming the Grapevine

**By William G. Heideman, President & CEO**



As part of our longstanding dedication to providing for the ongoing and changing needs of our residents, Hollenbeck Palms is pleased to announce the planning and construction of two new facilities – the new twenty seven bed Skilled Nursing Facility, which opened on July 11th and a thirty-three bed Memory Enhancement Center, which we estimate will be completed in mid-2020.

With the construction of each, we're transitioning 1950's-1960's era vintage buildings to appealing Spanish style architecture. The one and two bedrooms of the Skilled Nursing Facility are spacious and each includes its own bathroom, bringing residents more privacy than before. The hallways are expansive and the Skilled Nursing building connects to the solarium and the physical and occupational therapy areas already at the location.

The new Skilled Nursing Facility will provide enhanced comfort and privacy for our residents, while supporting the

easy implementation of any needed medical treatment.

In furthering our commitment to helping residents with dementia, we look forward to the Memory Enhancement Center. The future thirty-three bed facility will play a vital role in maintaining quality of life, preserving mental faculty and in helping those with the disease continue to feel that they're contributing to those around them. The state-of-the-art facility will be a harmonious environment in which the use of color, texture and shape will help maximize comfort and minimize confusion.

As our population as a whole ages, Hollenbeck Palms remains dedicated to providing a continuity of care – both as pertains to the aging process of our residents and with the consistency of high quality care given by our staff.

## 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