



# HOLLENBECK HEADLINES



JOIN THE NEXT EVENT WITH  
**LAUGHTER & LEARNING**

**LINKS TO MORE STORIES**

TIPS FOR  
CHOOSING  
COMMUNITIES

INTERVIEW  
WITH IVANIA  
RAMIREZ

MEMORY  
ENHANCEMENT  
CENTER

UP TO \$5,000  
MOVE-IN  
CREDIT!

# JOIN THE NEXT EVENT WITH LAUGHTER & LEARNING



## What's been happening at Hollenbeck?

The *Valentine's Day Luncheon and Dance! A Day at the Races! A Moving Seminar*, PLUS activities seven days a week! Our Valentine's event was so nice, we did it twice – on February 14 *and* 21. Guests danced to The Wyatt Haupt Trio, and new visitors were able to tour the resident options at Hollenbeck Palms. Plus, everyone enjoyed the special theme menu from our executive chef. It's just the start of new events and activities throughout the year.



On April 9, we hosted experts from Gentle Transitions – a national pioneer in the moving process for seniors – to share insights on the smart steps for those considering a transition to a senior living community. It was a great lunch and learn for all. On Sunday, April 28, [\*A Day at the Races\*](#) will bring key supporters of Hollenbeck Palms together at Santa Anita Race Track. It's a great day to visit a legendary local attraction, and share in the vision to make Hollenbeck Palms more amazing than ever before.



With the everyday options for residents of Hollenbeck Palms, some have called it an “*oasis of active relaxation*” – there's so much to do, or do nothing but “*relax.*” Seven days a week residents can enjoy a [list](#) of great things to do. And for those looking for an active senior community like Hollenbeck Palms, events are popping up throughout the year – be on the lookout for details to join our next celebration.





# SEARCHING RETIREMENT COMMUNITIES?

## 4 TIPS YOU CAN'T LIVE WITHOUT

“If I knew then, what I know now...,” said everyone, probably everywhere – at one time or another. Hindsight is 20/20 – but insight is priceless. Looking into retirement communities can be overwhelming without a clear understanding of how to research, what to ask, and who to trust. The more you know, the better informed you will feel about choosing a community for all the right reasons. Here are 4 tips that are sure to help you understand the information that’s most critical to guiding your very personal decision. [continued >](#)

# SEARCHING RETIREMENT COMMUNITIES

*continued*

# 1

## Does the experience *feel* right?

Your *feeling* is likely made up of a number of factors.

Ask yourself:

- *What is the atmosphere like?*
- *Are the people you meet with warm and friendly – like family?*
- *Does the staff take the time to genuinely understand the lifestyle and arrangements you desire?*
- *Does the community offer ongoing activities, or areas to simply relax in the fresh air?*



# 2

## Are multiple levels of care available?

While you may not have immediate needs for a variety of care, it is comforting to know that as time goes by, the trained staff is on-hand for every age and stage of life. Make sure to check into:

- *Are you going to have to move/relocate as your needs change?*
- *Is there a Skilled Nursing Facility on property?*
- *Is rehab or physical therapy available?*
- *Does the care staff consist of licensed nurses?*



FREE  
DINE & TOUR

[continued >](#)

# SEARCHING RETIREMENT COMMUNITIES

*continued*

## 3

### Is there an ongoing variety of on-site and off-site activities?

Life's really worth living when you and your loved ones have plenty of fun options to choose. It's great to wake up and instead of thinking, "is there anything to do?" the thought is "what would I like to do?!" Get the answers you want by asking:



- *Can you provide a calendar of scheduled activities?*
- *What kinds of outings are planned?*
- *How about exercise programs?*

## 4

### Nutrition and diverse menus add spice to life. What is dining like?

As much care should go into health as it does into the community's menus. Every location you visit should invite you for a dining experience. Remember to ask:



- *Can you dine amongst residents to understand their interaction?*
- *Can you see the full menu to get a sense of menu variety?*
- *How are sensitive diets accommodated?*
- *Is there a dietitian on staff?*

**Find the answers** to all the above during a [free dine and tour](#) at Hollenbeck Palms.





**Ivania Ramirez,**  
Director of Nursing

# “HOME IS THE FEELING YOU GET FROM HOLLENBECK PALMS”

**The team at Hollenbeck Palms** recently sat down for a chat with our Director of Nursing, Ivania Ramirez. It’s tough to compete when there’s a “*Saint*” on the other line (details below), but 29 years later, we are thankful that Ivania selected Hollenbeck Palms for her distinguished career. In 1990, Ivania was a newly Licensed Vocational Nurse (LVN), and while she was considering a job with St. Vincent Medical Center, she received an unexpected call from Hollenbeck Palms. She knocked our socks off, and 30 minutes into the interview, Ivania “*started to realize, I’m being hired!*” Here’s the story behind one of the key people that has masterfully guided care at Hollenbeck Palms. [\*continued >\*](#)

## “Home is the feeling you get from Hollenbeck Palms”

*continued*

### Hollenbeck Palms **What were your career interests, and what is your current role?**

*Ivania* I started off as an LVN, and my heart was in providing care. I like communicating and understanding my patients so I can update doctors right away. I really enjoy interacting with licensed nurses, physicians, patients and the family of our residents. I ensure we're providing all of the proper care and minimizing any issues. Early in my career, I added my Registered Nurse license, expanded into the administrative side as well, and enjoy close relationships with team members and residents in our community.

### HP **What is most satisfying about your position?**

*Ivania* It's rewarding to know that I can go out there and share my clinical assessment to identify a condition, and give an important medical diagnosis to a physician. I like to be the eyes and ears of the Doctor since they are not around every moment. It's great to know that my diagnosis has helped in the lives of our residents, people I deeply care for.

### HP **What makes Hollenbeck Palms different from other living options?**

*Ivania* Hollenbeck Palms is unique because the care is VERY personal for every individual. Our care is very detailed and very genuine – from the top executive to every single employee. Nothing gets minimized, and we don't “brush” things aside. We get to personally know our residents. And their children provide insights to let us know the needs or wants of their parent. The interaction of the children helps us dial into the care for our residents. We're all family. [continued >](#)

## “Home is the feeling you get from Hollenbeck Palms”

*continued*

**HP** Tell us more about you ... favorite hobby, favorite travel spot, favorite movies, favorite quote – GO!

*Ivania* I love reading – historical books, fiction, and biographies. I like tropical places, and love to travel to Nicaragua. I go for comedies – not horror or romantic movies. And I live by the phrase, “A pessimist sees the difficulty in every opportunity, and an optimist sees the opportunity in every difficulty.”

**HP** If you were on a park bench and someone asked you about the experience at Hollenbeck Palms, what would you share?

*Ivania* If you ever want to feel like you are home, go to Hollenbeck Palms. I like to think of it as “Hollenbeck Home.” I tell the residents, you wake up feeling content. It’s a great pace, great environment, great harmony. You go home thinking about the people here, and it’s great to come back and see them again!

**Ivania, thanks for making Hollenbeck your career choice!**



**FREE**  
DINE & TOUR



# MEMORY ENHANCEMENT CENTER

## A LEVEL OF CARE UNLIKE ANY IN OUR 100+ YEAR HISTORY



By **William G. Heideman**,  
President Emeritus

**Dementia is a degenerative disease** that takes a huge toll on the patient, caregiver, family members, government, and the nation's health system. Currently, 5.7 million Americans are living with the disease, or some form of dementia. Alzheimer's disease is the only top 10 cause of death in the U.S. that cannot be prevented, cured or even slowed. Hollenbeck Palms is committed to building a **Memory Enhancement Center** with unprecedented service levels, settings, programs and activities that enrich the day-to-day life of those afflicted with dementia. We begin breaking ground in Spring 2019, and enriching lives not long after.

[\*continued >\*](#)

## Memory Enhancement Center

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After conducting a geographical study, we confirmed that there is a significant need in our community to create a modern, smart environment for the superior care of our residents living with Alzheimer's disease and other forms of dementia. Studies show that environment plays a crucial role in caring for people living with memory loss. We took critical steps to selecting an architect that could fulfill our uncompromising vision for our Memory Enhancement Center, and we chose the award-winning firm of [HB Architects](#). Their LEED AP certification ensures the firm integrates the principles of sustainability into all they do, delivering on our vision of a center that is aesthetically superior, and focused on considerate livability, and integration into our expansive 8-acre environment.



Our property is critical for our patients, including a wandering garden and space that they can enjoy with paths and walkways that are clear and not confusing – these open-air, open areas are absent of barriers, which can trouble those afflicted with dementia. We have put great consideration into all the touches – from lighting to amenities to colors to décor, our goal is to help protect residents with the most secure environment possible, while also providing special comforts that are designed to help their cognitive stimulation.

The free-standing, two-story Center will feature private and semi-private rooms for 33 residents, and essentially allow us to provide a fourth level of care for our residents living with dementia or Alzheimer's disease. Watch for updates on our progress as we continue to build an even more accommodating Hollenbeck Palms.





LET US WELCOME YOU WITH UP TO  
**\$5,000\***



With an expansive 8-acre community at Hollenbeck Palms, there may be a thousand reasons to make us your choice. Now, here are 5,000 more! For a limited time, we're offering up to a \$5,000 credit toward your move-in costs.

[\\*Contact us today](#) for all the details.

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**HOLLENBECK**  
PALMS

[323-307-4505](tel:323-307-4505)

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



[About Hollenbeck Palms](#)

### Distinctive honors of Hollenbeck Palms

- A 100+ year history of trusted care in Southern California.
- The first-ever property of its kind to be licensed in LA.
- Only one of 20 CCRC communities meeting LA's superior standards for care.
- Only one of 48 CCRC communities certified in California.
- Awarded Certificate of Recognition by the California State Senate



We're an equal opportunity housing provider

COA212 / RCFE 191800001

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