



MAY 5
CINCO DE MAYO
FIESTA

Amigos, you are invited to join us at lunchtime for a *delicioso* Fiesta meal and entertainment that is a Cinco de Mayo resident favorite featuring our very own **The Melrose Mariachi Ladies.**

Celebrate Mother's Day

Join us for our Mother's Day Luncheon as well as a Concert with Greg, who will be performing your Rock 'n' Roll favorites on **May 13th beginning at 12:30 p.m.**



Introducing... Our Staff



Ronald Villacis
 Executive Director
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Kira Yakubovich
 Activity Director
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Susan Glaser
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Lorena Ilesia Linares
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Guadalupe Mejia
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THE POWER OF *Positive Reinforcement*

Did you know that one of the most important elements to improving the life of a person that is coping with dementia is to provide positive reinforcement? Families can help with this important aspect by following a routine and participating in familiar rituals with their loved ones. A regular and routine friendly phone call or FaceTime chat can also help give their loved one an added sense of purpose, as well as something to count on and to look forward to.

Themes are also a great way to orient people (this month features Mother's Day and Memorial Day) as they help provide consistency, memories of past events, and help to support creativity.

Please speak with any of our staff for any ideas for areas of positive reinforcement that you can help in for your loved one's well-being.

The Garden Gate Community Newsletter

Melrose Gardens
 ENHANCING LIFE THROUGH COMMUNITY



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May 2018 Newsletter

melrosegardens.com

A Message from the Executive Director



Some have said that all things seem possible in May, and perhaps that is because the month of May best represents the beauty of Spring, and of the promise of life and love. And when thinking of the promise of life, one's mother often comes to our minds. On Sunday, May 13, be sure to join us in honoring mothers everywhere at our special **Mother's Day Luncheon** featuring turkey, a savory butternut squash soup, a tasty cheese tart with cherries for dessert, followed by special concert entertainment hosted by Greg.

Holy *Guacamole*, it's *nacho* ordinary party at Casa Melrose Gardens on **Cinco de Mayo** so be sure and join us for all the Mexican fixings including grilled *carne asada*, rice, beans, and coconut flan at our lunchtime Fiesta. We look forward to seeing all of our *amigos* there!

If you are in the mood for a picturesque visit for some of Los Angeles' more well-known locations, be sure to join us on Mondays for our **weekly outings**. We'll be visiting the Farmers Market and Plummer Park, both of which are resident favorites, along with Chinatown and The Grove this month.

Every Tuesday at 10:00 a.m., Activity Assistant Charmaine offers a half hour **Serenity Yoga** class to leave your body and soul feeling aligned, calm and in balance. Feel free to take part in this relaxing exercise with Charmaine to get a refreshing start to your day.

Residents have also very much taken to our **Paws-to-Share** program on Wednesdays at 3:30 p.m. Petting animals has been proven to offer many therapeutic benefits and Melrose Gardens residents are given ample opportunities to benefit from these furry visitors.

In parting, I want to be sure and wish all the mothers and mother figures a very special Mother's Day.

All the best ~ Ronald Villacis

What's Inside...

Serenity Yoga



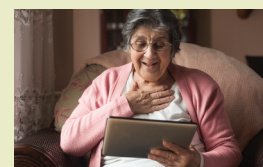
Out on the Town



**Remembering
 Averil Logan**




**Positive
 Reinforcement**





Please be sure to
attend our
Special Music
Concerts & Events
in May.

5/01	Barber Shop - Braille Institute	11:00 a.m.
5/05	Vocal Performance w/Yolly	2:00 p.m.
5/06	Classical Piano Concert w/Dallas	2:00 p.m.
5/13	Mother's Day Concert w/Greg	2:00 p.m.
5/17	Music Around the World w/Nick & Ayeme	3:30 p.m.
5/18	Resident Birthday Celebration w/Vlad	2:00 p.m.
5/19	Concert w/Mathew	2:00 p.m.
5/26	Singing w/Julie	3:30 p.m.
5/27	Singing Piano Concert w/Larysa	2:00 p.m.
5/31	Comedy Show w/Jackie Lawrence	3:30 p.m.



Resident Birthdays

Celebrate on Wednesday, May 18th at 3:00 p.m.

Melrose Gardens
Jim Burwell 5/9

Welcome to our New Residents



Nora Grigoruk



Jean Poole with Activities Assistant Charmaine

Our Award-winning Smiles



Claire with Nora enjoying their desserts.



Jean with Maintenance Director Lupe.



John, Caregiver Genet, and Jim.



Sarah is smiling and energized by her daily walk.



John offers up a special smile while enjoying the Activity that day.



Who's looking at who? Estelle with Med Tech Rebecca.

Religious Services and Study

Catholic Mass - Sundays at 9:00 a.m.

Shabbat Services - Fridays at 4:15 p.m.
Church Services - Saturdays at 10:00 a.m.



Monday, May 7th Produce, lovely Produce at Farmers Market

If you're in the mood for a delicious apple, or a ripe pineapple, a trip to the world-renown Farmers Market is just the thing for you. Enjoy fresh seasonal produce which can always be found here. Browse the aisles for anything that suits your fruit or vegetable fancy!



Monday, May 28th The Grove LA Shop-a-thon

This cheerful and impressive outdoor shopping center has at times been likened to a grown-up theme park. Star sightings are likely at the Grove shopping mall, and visitors often tour the center on its charming old trolley that winds through this popular mall.



Discover the life of former resident Averil Logan as captured in her daughter's solo act.

Last month in April, actress Bellina Logan (*Sons of Anarchy*, *Interview with a Vampire*, *Twin Peaks*) gave a hilarious, touching, and inspirational performance of the story of herself and her mother, Averil Logan, in her **solo act play *Confessions of a Mulatto Love Child* here in Los Angeles.**

Her mother Averil lived here at Melrose Gardens. She was a lovely woman who will long be remembered here for her independent, delightful nature. Bellina's one-woman show portrays her mother's life before dementia had set in, and then what followed. According to *Better Lemons*, "Bellina displays an elegant sense of humor that gracefully brings the audience along with her... I would advise you not to miss this!" She gives an unforgettable performance of the happy and sad aspects of life all rolled up into this hour and a half show. Bellina will also be performing on May 4, 5 and 6th.

Monday, May 14th Touring LA's Chinatown

This well-known Los Angeles tourist attraction makes for an interesting visit, and is made even more so because Chinatown was designed by Hollywood film set designers. In fact, a "Chinese" movie prop was donated by film director Cecil B. DeMille to help give Chinatown its exotic atmosphere.

Monday, May 21st Strolling through Plummer Park

Join us for a visit to Plummer Park in West Hollywood park on the eastern side of the city. Every Monday morning, the Park also features a farmers' market. The Los Angeles Audubon Society had also been headquartered in Plummer Park, but had to move in 2011 as a part of a \$41 million park renovation.

