



## A Message from the Executive Director



Spring is the season of new beginnings. Day and night are almost equal, the air is losing its winter chill, and the flowers are beginning to bloom. The Spring season started at Melrose Gardens celebrating the first two days of Passover, and will move this month into one of our communities most anticipated events, our Easter Sunday celebration.

We welcome you and your families to take part in our Easter activities - complete with our fun annual Easter Egg Hunt, a delicious Easter luncheon with a classic Easter ham, asparagus, and for dessert, a lemon-coconut cake. Top off the day with a live Easter Concert with Yasha!

I'd also like to point out a few of the evening events that we like to wind down the night with beginning at 6:00 p.m.. These include our "Music for Your Soul" and our TED Talks. In "Music for Your Soul", we feature various types of symphony music. This month, we'll be playing music by the prolific classic composer Wolfgang Amadeus Mozart, the German composer and musician of the Baroque period, John Sebastian Bach, and finally, the Polish composer Frédéric François Chopin of the Romantic era. Mozart will be featured on 4/02 and 4/25, Bach on 4/12, and Chopin on 4/14.

Our TED Talks this month includes one from a series entitled "What's the secret to living longer?" Did you know that the secret to living longer may not be your sunny disposition or that low-fat, gluten-free diet so many talk about. According to psychologist Susan Pinker, it may actually be your social life. You can hear this TED Talk on April 13th at 6:00 p.m., and learn more about super longevity as Pinker goes into what it takes to live to 100 and beyond!

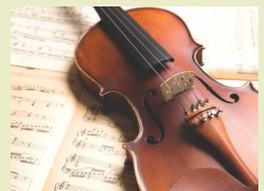
All my best ~ Ronald Villacis

### What's Inside...

#### Out on the Town



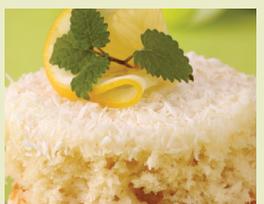
#### Music for your soul



#### Paws to Share



#### Easter Sunday





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

4/01	Easter Concert w/Yasha	2:00 p.m.
4/07	Harp Concert w/Katrina	2:00 p.m.
4/08	Vocal Performance w/Yolly	2:00 p.m.
4/14	Rock-n-Roll w/Greg	2:00 p.m.
4/15	Piano Concert w/Dallas	2:00 p.m.
4/19	Music Around the World w/Nick & Ayeme	3:30 p.m.
4/21	Solo Concert w/Julie	2:00 p.m.
4/22	Accordion Concert w/Vladimir	2:00 p.m.
4/26	Comedy Show w/Jackie Lawrence	3:30 p.m.
4/28	Guitar Concert w/Michael Quest	2:00 p.m.
4/29	Singing Piano Concert w/Larysa	2:00 p.m.



## Resident Spotlight Claire Soroko

Claire comes to us by way of Berlin, Germany, where she was born back in 1923. She is the oldest of two sisters, with her younger sister Dora now living in Montreal, Canada. She met her husband, Abraham at a soccer game where he was the handsome goalie. She has two daughters, Lorna and Nina, and a step-grand-daughter named Jessie. She worked for Kaiser Permanente Cadillac in administration for many years. She also participated in a lot of volunteer work. Claire is a large fan of arts and crafts projects; she especially enjoys ceramics. She has fun playing bingo and Rummikub, figuring out crossword puzzles, and just soaking in the sun. She lives her life by the Hebrew principle “*Chazak v'ematz*” - Be strong and courageous; and her personal motto is “*Je suis Prest*” or I am ready.

## Our Award-winning Smiles

**Resident Birthdays**  
Celebrate on Wednesday, April 17 at 1:00 p.m.

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*Melrose Gardens*  
Shirley Weidman 4/07

*The Gardens*  
Bernice “Bunny” Hopter 4/13  
Nicola Leuthe 4/23



## Welcome to our New Residents



Aura Barraza



Estelle Seville

## 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, April 2nd and 30th**  
**Ride along Rodeo Drive**

This famous two-mile-long street located mainly in Beverly Hills begins at the south end at Beverwel Drive and ends at the northern end at Sunset Boulevard. The street itself is primarily known for the luxury good shops that are located along it. It is both a shopping district and a tourist attraction.



**Monday, April 9th**  
**Visit to Farmers Market**

This world famous outside market and historic LA landmark offers over 100 vendors including gourmet grocers, produce vendors, restaurants, tourist shops, and ready-to-eat foods including many ethnic foods.



**Monday, April 16th**  
**Greystone Mansion & Gardens Excursion**

Considered one of California's most luxurious residences south of Hearst Castle, the Doheny/Greystone mansion has been featured in movies like *Star Trek2*, *The Muppets*, *The Social Network*, and *National Treasure: Book of Secrets*. It was purchased by the City of Beverly Hills in 1965 with the purpose of building a 19 million gallon water tank on the hilltop site. The site continues to serve as the City of Beverly Hills' largest reservoir.



**Monday, April 23rd**  
**Enjoy a Stroll in Plumer Park**

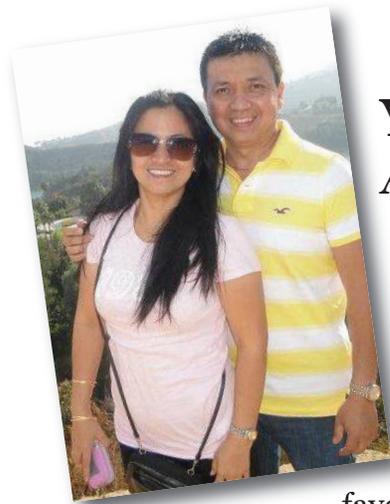
Join us for a visit to Plummer Park, a West Hollywood park on the eastern side of the city. Every Monday morning, the Park also features a farmers' market. The Los Angeles Audubon Society had also been headquartered in Plummer Park, but had to move in 2011 as a part of a \$41 million park renovation.



***It's Time to Pet the Animals!***  
**Wednesdays at 3:30 p.m.**

Did you know that just petting an animal can lower your cholesterol levels? Stress levels also drop because the brain produces serotonin (that's the "feel-good" hormone), along with prolactin and oxytocin. Pet companions actually offer many benefits to their owners, including lowering their blood pressure, reducing stress and achieving a normal heart rate. That's one of the reasons we have the Paws-to-Share organization visit with our residents every Wednesday. The other reason is that it's just plain fun to pet the animals!





## Staff Highlight **Yolly Ocampo** *Activity Assistant*

Yolly Ocampo, our Melrose Garden Activities Assistant, shares that her

favorite part of her job is

spending time with the residents and helping them. She says what really makes her day is “when they tell me the decorations I’ve put up are beautiful, and that I’ve done a good job.” Often, she will also help out the caregivers with some of the grooming. It makes her feel good when the residents feel good about how they look.

Yolly is originally from the Philippines. She has a husband of 20 years and two beautiful daughters. While she knows it sounds crazy, what she really enjoys is cleaning her house and doing the laundry. When all her household chores are completed, she enjoys walking around in the local mall.



## EASTER SUNDAY *Celebration with Family and Friends*

Sunday, April 1

### Easter Menu

Easter Ham, Sautéed Asparagus, Garlic Mashed Potatoes, Lemon-Coconut Cake

Activities include

- 11:30 Easter Egg Hunt
- 12:00 Easter Luncheon
- 2:00 Easter Concert

## Introducing... *Our Staff*



### **Ronald Villacis**

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### **Ivan Saa**

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### **Kira Yakubovich**

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### **Susan Glaser**

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### **Lorena Ilesia Linares**

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### **Guadalupe Mejia**

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