

The Garden Gate

Community Newsletter

Melrose Gardens
ENHANCING LIFE THROUGH COMMUNITY



960 North Martel Avenue, Los Angeles, CA 90046 / phone: 323.876.1746

lic: 197607149/197607155



February 2018 Newsletter

melrosegardens.com

A Message from the Executive Director



In New Orleans, perhaps our nation's most colorful city, there is a famous Mardi Gras saying: "*Laissez les bons temps rouler*," or "Let the good times roll." Why in French? The city was founded by the French in 1718, and as with the *beignet*, its signature puff pastry, many traces of the earlier culture continue.

Mardi Gras translates to "Fat Tuesday," and the holiday is **celebrated in New Orleans** with a huge party, an outrageous parade, live music in the streets, and seemingly unlimited food and alcohol. We'll skip the bourbon at our February 13 celebration, but get ready for upbeat jazz, indulgent desserts and some illuminating history of the event.

The fun continues on Valentine's Day, Feb. 14, with a special luncheon of butternut squash with pear, and chicken kabobs with mango salsa, topped off by a heart-shaped chocolate cake. Later we'll gather for a guitar concert of classic rock ballads with Greg, followed by a Ruby Red Heart Cookies Social.

Hang on, we're not done! 2018 on the Chinese calendar is a year of the dog, and we'll celebrate that, too, with a special concert by violin virtuoso Yasha Konviser, a conversation about "Superstitions and Taboos" in the context of the New Year, and Chinese New Year bingo and goodies. Join us Feb. 16.

And now for some pampering. Your hands have worked hard for you all your life—just imagine the many tasks they've done over the years!—so give them a treat with a manicure (great for men, too) or hand massage. Every Tuesday in February.

Take advantage of all that Melrose Gardens offers, and enjoy your month!

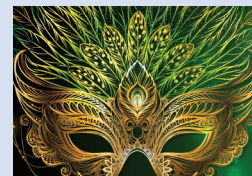
~ Ronald Villacis

What's Inside...

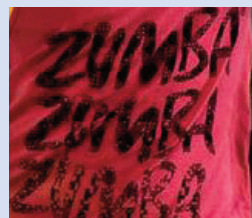
Urban Adventures



Mardi Gras Celebration



Zumba Gold



Featured Entertainer





Please be sure to
attend our
**Special Music
Concerts**
in February.

Harp Concert w/Katrina	2/03
Violin Concert w/Yasha	2/04
Solo Concert w/Julia	2/10
Classical Piano Concert w/Dallas	2/11
Mardi Gras Celebration	2/13
Valentine's Concert w/Greg	2/14
Music Around the World w/Nick & Ayeme	2/15
Chinese New Year w/Yasha	2/16
Vocal Performance by Yolly	2/17
The Mike & Mandy Show	2/18
Comedy Show w/Jackie Lawrence	2/22
Sound Healing w/Jahrazheen	2/23
Guitar Concert w/Michael Quest	2/24
Singing Piano Concert w/Larysa	2/25

A banner for 'Resident Birthdays' featuring blue and gold balloons and a gold chain.

Resident Birthdays

Marjorie McBride 2/08

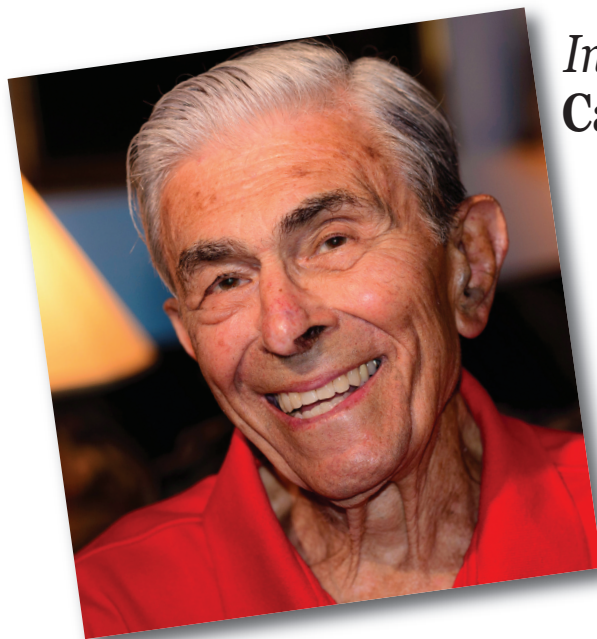
Celebrate

A large red '2018' with a dragon illustration and snowflakes.

Chinese New Year - February 16
"Superstitions and Taboos" - 11:30 a.m.
Chinese New Year Concert w/Yasha - 2:00 p.m.

February 2018

Introducing Carl Grant



A native of Brooklyn, New York, new resident Carl Grant always loved to ice skate. In fact, that's where he met his wife, Louise. An aerospace engineer by profession, Carl played a part in our nation's space program by bringing his expertise to Apollo rockets, the Space Shuttle and commercial jets, so it's only fitting that he's now living in Los Angeles, surrounded by stars of another kind. Despite the seriousness of his profession, Carl loves to laugh and joke, and now that he's retired, he has more time for his hobbies of painting and model building. Our new resident also likes to spend time with his son Steve and daughter Stephanie, as well as a grandchild and two great grandchildren. Welcome, Carl, we're happy to have you with us at Melrose Gardens.

Welcome to our New Residents



Connie Gerstein



Carl Grant

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.

February Event Highlights



Monday, February 5th

Hollywood Walk of Fame

It's always exciting to visit this internationally-recognized Hollywood icon. Around two stars are added to the Walk of Fame every month by the Hollywood Chamber of Commerce. The man credited with the idea for creating this Walk of Fame was E.M. Stuart, who served in 1953 as the volunteer president of the Hollywood Chamber of Commerce. He proposed the Walk as a means to "maintain the glory of a community whose name means glamour and excitement in the four corners of the world."



Monday, February 19th

Excursion to Farmers Market

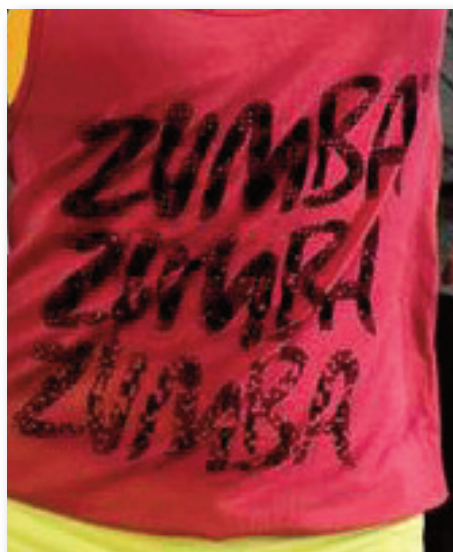
This world famous outside market and historic LA landmark offers over 100 vendors including gourmet grocers, produce vendors, restaurants, tourist shops, and ready-to-eat foods including many ethnic foods.



Monday, February 26th

Scenic Drive with Abe

It's always fun to explore the variety of sites Los Angeles has to offer. Enjoy an interesting drive and to take a peek at the great many cultural things Los Angeles has to offer.



Zumba Gold!

Dance Your Way to Heart Health

Is it a dance? Cardio workout? Exercise routine? Zumba is all of those and more. Designed by a dancer and choreographer, Zumba combines all elements of fitness—cardio, muscle conditioning, balance and flexibility—in a series of dance moves that includes elements of hip-hop, samba, salsa, merengue and mambo. The Zumba Gold level is designed for seniors and beginners and focuses on balance, range of motion and coordination. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Everyone works at her or his own level to get the most appropriate workout, and everybody has fun. Wear whatever you can move comfortably in—a T-shirt or sleeveless shirt, pants or shorts and a pair of sneakers. Join our dance fitness party and take the "work" out of workout! Wednesdays at 10 a.m.



Luncheon & Social

February 13, 2018

"Let the Good Things Roll"

Social with special desserts and discussion/history of the Mardi Gras Festival featuring upbeat jazz music from New Orleans.

Staff Spotlight



Susana Villatta Lead Medical Technician

Susana Villatta began her career at Melrose Gardens as a caregiver but is so multitasked she's now working as lead med tech. Born in El Salvador, as a child she always enjoyed playing doctor and pretending to care for patients. Now that is her life's work, and her favorite part of the job is talking to residents, getting to know them and learning about their lives. Always eager to do more, Susana wants to continue her education and become a licensed vocational nurse (LVN). In her spare time one of her favorite things to do is go to the movies with her son Marlon. She must be a great mom because she's a wonderful team partner—caring, compassionate and incredibly mindful.

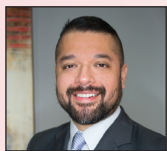


Yasha Konviser Featured Entertainer

Yasha Konviser has played with well-known "chanson" style singer Mikhail Shufutintsky, who has been honored in Russia as a Distinguished Artist. The chanson genre includes sentimental gypsy songs, *blatnaya pesnya* or "criminals songs" (based on the urban underclass and criminal underworld), and *author songs* performed by individual *singer-songwriters*. A resident of both L.A. and Moscow, Mr. Konviser also travels the world with his own show on Royal Caribbean cruise ships. He's a regular at Melrose Gardens, where his spirited classic to contemporary repertoire is always enjoyed by residents, family and staff, who tap their feet, dance and sing along.

Valentine's Day
11:30 a.m. Bingo Lovers
Special Bingo w/Valentine's Day
Gifts and Goodies
12:00 noon Luncheon
2:00 p.m.
Guitar Concert w/Greg
Classic rock ballads
and upbeat music

Introducing... Our Staff



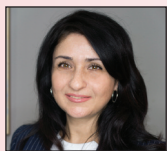
Ronald Villacis

Executive Director
director@melrosegardens.com



Ivan Saa

Health & Wellness Director
wellness@melrosegardens.com



Kira Yakubovich

Activity Director
activitydirector@melrosegardens.com



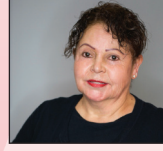
Susan Glaser

Regional Director
susang@cityview.care



Lorena Ilisia Linares

Dining Manager
kitchen@melrosegardens.com



Guadalupe Mejia

Maintenance Supervisor
info@melrosegardens.com