



A Message from the Executive Director



I would like to thank you all of you for the warm welcome I've received from you since I began here as your new executive director. I would also like to take this moment to let you know how very forward I am looking to developing relationships with all of you and your families over the coming years. I want to continue building upon the wonderfully positive life that Ron, your previous executive director, has helped to create with all of you.

As your new executive director, I have to say how impressed I am with all of the programs offered here at Melrose Gardens.

Ranging from exercise, to memory fitness classes, to the "music for the soul" program that features evening concerts with artists like Tchaikovsky, Chopin, Vivaldi, and Fedorova, I look forward to continuing and enhancing upon all of them.

One special event I'd like to draw your attention to is our Father's Day Celebration on Sunday, June 17th. You'll enjoy a delicious "Steak and Potatoes" lunch in honor of Dad, and then a special performance with Yasha as you sip on root beer floats. A special Father's Day-themed bingo will follow.

If arthritis is a problem for you, be sure to attend our Arthritis Foundation Workshop with Cesar every Monday at 10:00 a.m. and Wednesday at 11:00 a.m. Even if you just have the occasional stiff joints, this workshop can help you to protect them. Exercise is excellent for your health, and especially crucial for those suffering from arthritis.

Please stop by, if only to say hello, and feel free to share your thoughts any time with me.

Warmly ~ Eli Goldman

What's Inside...

Father's Day



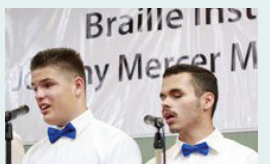
A note from Ron



Benefits of hand massage



Braille Institute sings





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

6/01	“Latin Singer” by Braille Institute	11:00 a.m.
6/02	Rock-n-Roll with Greg!	2:00 p.m.
6/03	Classical Piano Concert w/Dallas	2:00 p.m.
6/05	“Barber Shop” by Braille Institute	11:00 a.m.
6/09	Guitar Concert w/Michael Quest	2:00 p.m.
6/10	Accordion Concert w/Vlad	2:00 p.m.
6/16	Rock-n-Roll w/Greg	2:00 p.m.
6/17	Father’s Day Concert w/Yasha	2:00 p.m.
6/23	Concert w/Yolly	2:00 p.m.
6/24	Singing Piano Concert w/Larysa	2:00 p.m.
6/28	“Sunrise Singers” by Braille Institute	11:00 a.m.

A FAREWELL FROM

Ronald Villas



Many of you may already know that I am leaving as Executive Director of Melrose Gardens after five years, and because of this, I have a heavy heart as I will miss you all very much. In making this move, please know that I will take this community, all of the residents and their families, the employee team, the lovely memories, and everything about this incredible journey with me in my heart. I take comfort in knowing that everything that we have worked together to accomplish here in developing a community that makes people feel cared and loved for, and that offers residents a positive quality of life, will all carry on when I leave. So while I am excited about what my future holds, I enjoy knowing you will all continue to build upon the wonderful life we’ve created here at Melrose Gardens. Thank you all for the meaningful memories I’ve made with all of you, and your families too, over the years. I’d like to leave you with one important thought penned by Stephen Schwartz that comes to my mind as I depart,

“I’ve heard it said that people come into our lives for a reason... by bringing something we must learn. We are led to those who help us grow and, in return, we help them grow.”

MEET OUR NEW EXECUTIVE DIRECTOR

Eli Goldman

Eli began his career in the assisted living industry in back in 2001, and has never looked back since. He has a real passion for working with seniors that stems back to the close relationship he shared with his grandparents growing up. He has cherished the fond memories he developed over the years with them and those have fueled his vocational calling ever since.

Eli was born and raised in Los Angeles, and so this is a city with which he is very familiar and thoroughly enjoys working in. He went to college in London for a few years, and then moved on to attend college in New York.

He began working in the assisted living field in 2001 here in California, starting as an assistant administrator. Within six months, he had become the administrator of the community. Eli’s passions involve his four amazing children, all sports (particularly baseball - he is a huge Dodgers team fan), and the occasional fishing trip.

Resident Birthdays

Celebrate on Wednesday, June 18th at 1:00 p.m.

The Gardens

Connie Gerstein	6/03
Melvin Kiefer	6/17
Lila Pace	6/17
Mukund Patel	6/17
Serena Schrieber	6/27
Alf Geffcken	6/27

Melrose Gardens

Garnet Berinstein	6/04
Nan Busch	6/04
Guadalupe Galindo	6/15

Welcome to our New Residents



Bob Wilson



Denny Poole



Thursday, June 7th

L.A.'s Chinatown, a moveable feast for the senses

A scenic tours to Chinatown is always a rewarding adventure because this colorful cultural setting is a moveable feast for the senses, especially during the summer months. With Pagoda-style buildings, golden dragons, and hanging red lanterns, L.A.'s Chinatown is one its most popular tourist destinations.



Thursday, June 14th

Greystone Park Tour

This beautiful park also boasts one of the most luxurious residents in California south of Hearst Castle. Enjoy a lovely tour of this well-known Beverly Hills estate.



Thursday, June 21st

Walk on the rich and famous on Hollywood's Walk of Fame

What is a scenic drive of L.A. if it doesn't include a trip down the Hollywood Walk of Fame? This internationally-recognized Hollywood icon has about two new stars added to it every month by the Hollywood Chamber of Commerce. Who are the new stars that were added this month?



Thursday, June 28th

It's a feast for the eyes at The Farmers Market

Enjoy another fun outing to one of our residents favorite destinations, The Farmers Market! This world-famous outside market is also a historic landmark, and it offers over 100 vendors including gourmet grocers, produce vendors, restaurants, tourist shops, and many ethnic foods.



Thriving through the healing touch

We rely so much on our senses, and yet rarely do we give any of them a second thought throughout our days. Touch is certainly one of the senses we rarely think about, and yet it can be so very important. There are quite a few long-term health benefits for seniors to be had from touching which many people aren't even aware of. The National Institutes of Health note that touch triggers the hypothalamus to produce oxytocin (the happy hormone!), this is then released into the bloodstream to be stored in the brain. Touch helps to reduce the stress hormone cortisol, lower blood pressure, increase pain tolerance, boost circulation, and lifts one's mood. Our activities director Kira, and her assistants, offer scheduled times during the month where residents can receive a nice, therapeutic gentle hand massage with non-scented lotion. This loving touch helps hydrate the skin and relieve aches and pains. Be sure not to miss out on this pampering opportunity and feel happy, while you enjoy the therapeutic benefits of the healing touch!

Religious Services and Study

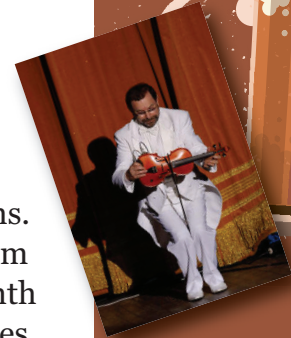
Catholic Mass - Sundays at 9:00 a.m.
Shabbat Services - Fridays at 4:15 p.m.
Church Services - Saturdays at 10:00 a.m.



THE BRAILLE INSTITUTE'S
Johnny Mercer Adult Music Program

Did you know studies have shown that blind musicians are 60% more likely to enjoy absolute pitch (perfect pitch) than sighted musicians? Research has also shown that blind musicians' brains can be a great deal more musically-attuned than those of sighted musicians. Last month, the Braille Institute's Johnny Mercer Adult Music Program gave us a taste of their talent with a few performances, and in the month of June, we can look forward to even more of them. On June 1, features the Latin Singer, June 5, their celebrated Barber Shop Chorus will harmonize for us, and on June 28, the Sunrise Singers will perform. All performances begin at 11:00 a.m.

This program features a variety of instructional, educational, and performance opportunities to adults who are blind or visually impaired. Through the program's music-based education and performance opportunities, these adults are discovering that despite their loss of vision, there is new way of living that music can offer. We encourage you to attend these performances and discover how these performers have honed their extraordinary abilities to communicate beautifully through their music.



*Performer
 Yasha Koniver*

Father's Day Celebration

Sunday, June 17

Join us for our

Father's Day Luncheon

featuring

a father-favorite

"Steak and Potatoes"

followed by a Father's Day

Concert w/Yasha

and Father's Day

Root Beer Floats

Introducing... Our Staff



Ronald Villacis

Outgoing - Executive Director
 director@melrosegardens.com



Eli Goldman

Incoming - Executive Director
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Kira Yakubovich

Activity Director
 activitydirector@melrosegardens.com



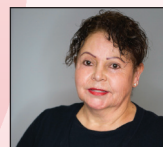
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