



## A Message from the Executive Director



July is the month in which we celebrate our country's independence, and so it is also an excellent time to recognize how important an independent lifestyle is to our residents. Offering seniors a home that feels more like a vacation everyday, promoting fellowship with one another, the chance to participate in intellectual and appealing things to do, and facilitating participation in activities to engage our memories, all help to serve as a reminder for what the word "Independence" means to all of us.

The Jewish Family Service of Los Angeles has been kind enough to sponsor our Arthritis Foundation Workshop with Cesar for the month of July, and I encourage you to take part in this very beneficial program. Designed to help with stiffness and reduce pain often associated with Arthritis, these classes are offered on Mondays at 10:00 a.m., and on Wednesday, at 2:30 p.m.

On July 5th at 3:30 p.m., and following our celebration of Independence Day, we'll be featuring an Ice Cream Social out on our front porch. We invite all our residents to not miss out on this opportunity to get together with fellow residents, and swap life or just everyday stories while enjoying a scoop or two of ice cream.

I'd like to point out that Kira's evening events, beginning at 6:00 p.m. every night, are a great way to wind down the day. She features a "Music for Your Soul" program featuring classical music concerts by some of the greatest composers, comedy shows, SuperSoul Sunday Conversations with Oprah Winfrey and very interesting well-known people, and inspiring TED talks. Sometimes relaxing, always stimulating, these evenings are a rewarding way to enter your evening.

*Celebrating our independence ~ Eli Goldman*

### What's Inside...

**Flex those joints!**



**Around town**



**Entertainer Spotlight**



**Father's Day Celebration**





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

7/01	Piano Concert w/Dallas	2:00 p.m.
7/03	Barber Shop by Braille Institute	11:00 a.m.
7/07	Piano Concert w/Mathew	2:00 p.m.
7/08	Violin Concert w/Yasha	2:00 p.m.
7/12	Resident Birthday Celebration w/Vlad	3:30 p.m.
7/14	Folk Music w/Vlad	2:00 p.m.
7/15	Concert w/Yolly	2:00 p.m.
7/19	Music Around the World w/Nick and Ayame	3:30 p.m.
7/22	Mike and Mandy Show	2:00 p.m.
7/26	Comedy Show w/Jackie Lawrence	3:30 p.m.
7/28	Rock-n-Roll w/Greg	2:00 p.m.
7/29	Singing Piano Concert w/Larysa	2:00 p.m.



RESIDENT SPOTLIGHT

*Hannah Connie Gerstein*

Connie just celebrated her birthday last month on June 3, and was born in New York city to her father Sidney and mother Yetta. She had two siblings, brother Gerry and sister Dorothy (who is 92 years old now!). She married her husband Bernie, who originally dated her sister Dorothy, but was more interested in Connie. Bernie was a taxi driver and Connie was an accountant. They have two children, Mark and Leah, and one grandchild, granddaughter Emma. Connie likes to stay in touch with her best friend Ida, whom she talks to 24/7. They have been friends for 40 years. Connie has always enjoyed bowling as a hobby, and was actually the captain of her bowling team. Of course she enjoys watching TV (who doesn't?) and reading books. Her advice to others is to "not talk gossip" and "to not bite off more than you can chew." Her message to the next generation is "Sell yourself to anyone who will listen."



## Resident Birthdays

Celebrate on Thursday, July 12th at 1:00 p.m.

John Drake	7/07
Rose Selesnick	7/16
Alfred Weber	7/17
Jean Poole	7/17
Sali Schlank	7/21
Claire Avitable	7/22
Eugene Resnik	7/28
Claire Soroko	7/31



## ARTHRITIS FOUNDATION WORKSHOP

*with Cesar*

Generously sponsored by the Jewish Family Service of Los Angeles, please join Cesar and help reduce your pain and stiffness on Mondays and Wednesdays. This program will also help prevent more damage to your joints and muscles, increase your strength, and even improve your overall well-being. So join us for this FREE fun, safe and effective exercise program and help keep your joints flexible, your muscles strong, increase your energy, and even sleep better!



Friday, July 6th

### L.A.'s Chinatown, always a colorful cultural sensation

A scenic tour 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.



Friday, July 13th

### When only the original will do

Only at the original Farmers Market will you find such a wide selection of delicious things to eat. If you're in the mood for something sweet, try Littlejohn's English toffee. And if you're hot, the Local Ice shop serves up delicious cold treats including creamy ice cream and dairy-free Italian ices. And if it's a pie you favor, Du-Par bakes them up delicious and fresh daily.



Friday, July 20th

### Greystone forever

A resident favorite, they never tire of their monthly visit to the Greystone Mansion and grounds (also known as the Doheny Mansion) located in Beverly Hills.



Friday, July 27th

### Experience Plummer Park in the summertime

This West Hollywood park is the perfect place to visit in the summer time. Built in 1870, the park was designated a State Historic Landmark by the state of California in 1956.

## Music Around the World with Nick and Ayame

*"Our love of music drives us to discover all the diversity of musical expression and has brought forth the quest to understand the traditional music of our own culture."*

Nick and Ayame met at a Siberian throat singing concert, and from that point forward, they knew they'd found a kindred spirit in one another. They studied world music together at the UCLA, and then continued to explore their interest in music in their travels to the Republic of Tuva, Russia, and South Korea. They have been coming to Melrose Gardens now for over two years, and residents are thoroughly entertained as Nick and Ayame combine the unique sounds of Nick's 20-string harp guitar and Ayame's handbells. This husband and wife team take inspiration from some of the greatest artists of the New Age and Contemporary Instrumental music genre, while expressing it in their own original music voice.

They often wear the clothing of the country they are depicting through music, and Ayame will usually perform a dance that reflects the message of that music. Ayame's handbells evoke the sounds of the singing bowls of Tibet, the gamelan gongs of Indonesia, and the church bells of Europe. Nick's harp guitar evokes the primal sounds of the sea, sunset and serene nature, weaving them all together into one. Please join them in July when they visit us on July 19th at 3:30 p.m.





## FATHER'S DAY *Celebration*

If you were a father, our Melrose Gardens celebration of Father's Day was not to be missed. Families enjoyed spending this special time with their families. Grandparents were delighted with the activities of their grandchildren, and especially had fun playing the resident game favorite - BINGO - with their families. Special prizes were also awarded to the winners. Yasha also provided this special event with the music from his delightful violin.




*happy 4<sup>th</sup> OF July*

INDEPENDENCE DAY  
—\*\*\*—

**4th of July Celebration**  
Wednesday, July 4th  
Join us for our  
**Independence Day BBQ**  
followed by a  
Resident-Favorite  
**Memory Brain Bootcamp  
w/Mary**  
and her special celebration of  
Independence Day Program



## *Introducing... Our Staff*



**Eli Goldman**  
Executive Director  
director@melrosegardens.com



**Kira Yakubovich**  
Activity Director  
activitydirector@melrosegardens.com



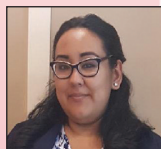
**Lorena Ilesia Linares**  
Dining Manager  
kitchen@melrosegardens.com



**Susan Glaser**  
Regional Director  
susang@cityview.care



**Guadalupe Mejia**  
Maintenance Supervisor  
info@melrosegardens.com



**Erika Reyes**  
Health & Wellness Director  
wellnessdirector@melrosegardens.com