



June 2017 Newsletter

melrosegardens.com

A Message from Ron, *the Executive Director*



Welcome to *The Garden Gate*, our Melrose Gardens newsletter. I am eager to inform you of a few of the latest innovative programs we have to offer at our community. During the month of May, we have introduced our **Brain Boot Camp**, which has been very well-received by our residents. Here, residents engage in collaborative discussions about current trends and topics, including politics, current technologies, family dynamics, changes in the governmental health care programs, and how these topics might relate to them.

Melrose Gardens is also pleased to offer our residents **Sound Healing**. The healing power of sound offers a truly beautiful experience, and residents can both enjoy the event itself, as well as embrace the rested, yet invigorated feeling they have afterwards. Sound healing is a form of Eastern medicine, and offers a different perspective, and almost delightful approach to meditation. The peaceful sounds produced by our sound healing instruments gives those who experience it a restful, stress-free feeling afterwards.

And in the month of June, we are pleased to introduce a new memory care therapy program we're calling **Nurturing Soul: Parenting Hour with Mary Bowen-Ruth**. This doll therapy program is considered by some to be a little controversial; however, when handled in a structured manner by a professional who specializes in offering this therapy, it has been found to have a very beneficial effect for residents by helping to reduce their stress, anxiety or agitation, and increase their feeling of purposefulness.

Of course, I, and the staff of Melrose Gardens, value our residents and their families, and we always welcome your suggestions on how to improve our community.

Warmly,

Ronald Villacis
Executive Director

What's Inside...

Art with Kira



Healthy Joints



Root Beer Floats



Q&A with Management





Please be sure and attend our **Special Music Concerts** in June.

6/03	Concert w/Ronnie	2:00 p.m.
6/04	Piano Concert w/Dallas	2:00 p.m.
6/10	Concert w/Yolly	2:00 p.m.
6/11	Violin Concert w/Yasha	2:00 p.m.
6/17	Guitar Concert w/David	2:00 p.m.
6/18	Father's Day Concert w/Larisa & Mete Tasin	2:00 p.m.
6/24	Concert w/Michael	2:00 p.m.
6/25	Concert w/Irby	2:00 p.m.
6/29	Music & Comedy w/Jack Lawrence	3:30 p.m.
6/30	Sound Healing by Jahranzeh	3:00 p.m.

Art w/Kira Thursdays at 2:00 p.m.

Join Kira every Thursday as she takes residents on a wonderful art adventure into a world where your own personalized expression is what counts. Residents enhance their creative flow, engaging with their art and following wherever the theme for that day's art takes them.



Pursuing one's expressive passions through art, whether it be painting with acrylics or

watercolors, sketching, molding a sculpture out of clay, or assembling a handy decor or gift craft, our art classes are fun, and these exciting sessions help to bring out both the creative and the social sides of our residents.

Discover your inner artist and be sure to join us every Thursday at 2:00 p.m. and explore your artistic side.

Monthly Birthdays

Celebrate on Thursday, June 15 at 1:00 p.m.

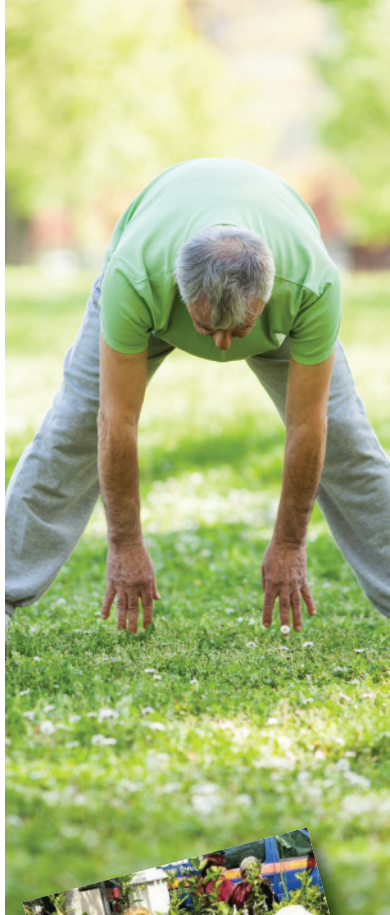
Garnet Berinstein	6/04
Nan Busch	6/04
Lupe Galindo	6/15
Lila Pace	6/17
Rosa Hurtado	6/20
Serena Schrieber	6/27



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.





Healthy Joints with Cesar *funded by The Arthritis Foundation*

Mondays and Thursdays in June

Protect your joints and join Cesar for our Healthy Joints Exercise Program. Exercise is excellent for your health, and crucial for people suffering from arthritis. In these sessions, we will focus on our joints, muscles and cardiovascular system.

Did you know that staying in motion is the golden rule of joint health?

That's because the more you move, the less stiffness you'll have. In these sessions, we'll focus on flexing and improving our joints' range of motion. When arthritis threatens to immobilize you, exercise keeps you moving.

You may think exercise will aggravate your joint pain and stiffness, but that is not the case. Lack of exercise can actually make your joints even more painful and stiff. It's important to keep your muscles and surrounding tissue strong to maintain support for your bones. Not exercising weakens those supporting muscles, creating more stress on your joints.

Exercise can:

- Strengthen the muscles around your joints
- Help you maintain bone strength
- Give you more energy to get through the day
- Make it easier to get a good night's sleep
- Help you control your weight
- Enhance your quality of life
- Improve your balance



Nurturing Soul: Parenting Hour *with Mary Bowen-Ruth*



Nurturing Soul: Parenting Hour has been found to offer a very effective means of decreasing stress and anxiety for people with any type of dementia. At Melrose Gardens, we are very pleased to present this new program for our residents living in at the Cottages. This program can help these residents regain a sense of responsibility, caring and structure in their lives. Doll therapy done in a controlled setting can provide endless hours of hugs and smiles, encourage social interaction, have a calming effect, and make it possible for someone dependent on others to offer the same thing to "someone else."

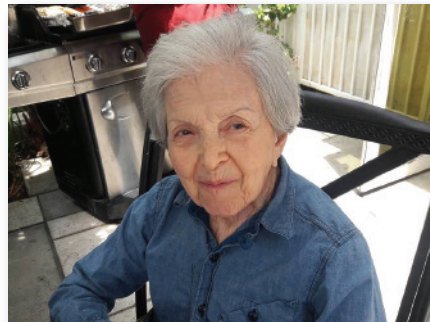


Father's Day Luncheon
Sunday, June 18 at 12:30 p.m.

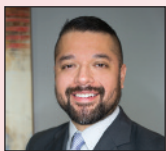
Following the Luncheon
at 2:00 p.m.

Father's Day Concert
with Larisa & Mete Tasin

Memorial Day Memories



Introducing... *Our Staff*



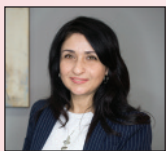
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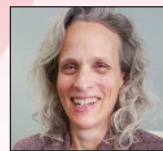
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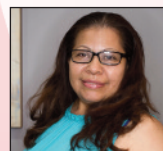
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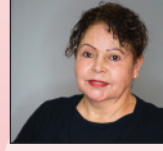
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