



March 2018 Newsletter

melrosegardens.com

## A Message from the Executive Director



This year, the month of March is more than avoiding pinches on St. Patrick's Day. This month also welcomes the first day of Spring! We'll also celebrate the last day of the Jewish Festival of Purim with Gerry on the first, as well as mark the first days of Passover which begin at the end of March. And of course, there's our Annual St. Patrick's Day Celebration with a day chock full of green activities, shamrock treats, and Celtic entertainment to commemorate the Irish throughout the day.

Our afternoon social calendar also includes a "Chat & Chew" on our front porch on the 8th at 3:30 p.m., a Cup Cake Decoration on the 14th at 2:30 p.m., and a Fruit & Berry Social on the 22nd at 3:30 p.m.

You won't want to miss one of our evening TED Talks in March that features Matt Killingsworth who built an app that tracks a person's happiness. People would report their feelings in real time, and you know what he found out? In this interesting presentation, Killingsworth tells us that he found if you "want to be happier, stay in the moment", which is also the title of his TED Talk. Be sure to learn how to be even happier from Killingsworth on the 13th at 6:00 p.m.

If you feel the need to slow down and find some peaceful moments after all this reverie throughout March, we will also be featuring several meditative audio video presentations with the Dalai Lama and Deepak Chopra. In fact, we often sprinkle evenings throughout the month with an educational seminar here and there featuring prestigious teachers such as these, whose messages are geared towards helping people achieve a more calming outlook and to living a healthier life. The Dalai Lama will discuss "*Peace and Harmony*" on the 3rd, and "*Healing Power of Mind*" on the 18th. Deepak Chopra will cover the "*Spiritual Laws of Success*" on the 27th, so if these topics hold any interest for you, be sure not to miss them.

All my best ~ Ronald Villacis

## What's Inside...

### Out on the Town



### Resident Spotlight



### SuperSoul Conversations



### St. Patrick's Day





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

3/01	Purim Celebration w/Gerry	4:15 p.m.
3/03	Vocal Performance by Yolly	2:00 p.m.
3/04	Classical Piano Concert w/Dallas	2:00 p.m.
3/10	Guitar Concert w/Greg	2:00 p.m.
3/11	Violin Concert w/Yasha	2:00 p.m.
3/15	Music Around the World w/Nick and Ayeme	3:30 p.m.
3/17	St. Patrick's Day Concert w/Vladimir	2:00 p.m.
3/18	Mike & Mandy Show	2:00 p.m.
3/24	Solo Concert w/Julie	2:00 p.m.
3/25	Singing Piano Concert w/Larysa	2:00 p.m.
3/29	Comedy Show w/Jackie Lawrence	3:30 p.m.
3/31	Country Music w/Michael Quest	2:00 p.m.



Celebrate on Wednesday, March 22nd at 1:00 p.m.

Melrose Gardens  
Patricia Irving 3/09  
Jean Kinsel 3/17  
Henrietta Lavin 3/27



Passover 2018 will be celebrated from  
March 30th to April 7th. Our Seder will  
be held on Friday, March 30th.

March 2018



## Resident Spotlight Harold Lloyd

Harold was born to Hal and Marie Broulette in Chicago, Illinois on August 17, 1924. He grew up primarily with his mother after his father died in World War I.

Harold also served in the military during World War II, and was an Air Force Bombardier, and he was stationed on the small island of Corsica in the Mediterranean Sea.

After the war, he worked for General Electric where he was sent all over the country and became one of their resident programmers. He trained technicians on how to work on their new mammoth sized computers designed for the large corporations the company worked with.

Harold has been married three times; first to Kathryn Dowd, who is the mother of his three children, Harold, Cathryn and Andrea, the last who is deceased; second to Noreen Keating; and currently, to Pat Berger. Harold has eight grand children and 14 great grand children.

Harold enjoys writing and in fact, has just published his first book. He is also an avid reader, hiker, composes music, plays the piano, enjoys collecting old cars, art and flying planes. Thank you Harold, for your service in our military, and for being our resident spotlight for March.

## Welcome to our New Residents



Willene Cyre



James Slack

## 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, March 5th Chinatown Tour

Chinatown offers a great many cultural things to do and see. There's the Central Plaza, and it features many bargain shops, galleries, restaurants, temples, and museums.



### Monday, March 26th Enjoy a Stroll in Plummer 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.



### SuperSoul Conversations by Oprah

Melrose Gardens will be featuring Oprah Winfrey in episodes featuring her stand-out conversations from her Emmy award-winning show *SuperSoul Sunday* are called *SuperSoul Conversations*. These shows feature discussions with the world's top thinkers, teachers, writers and luminaries including former Vice President Joe Biden, Tony Robbins, Norman Lear, President Jimmy Carter, Deepak Chopra, Joel Osteen, Arianna Huffington, and many others. On March 7th at 6:00 p.m., we'll feature a conversation between Oprah and Reese Witherspoon and Mindy Kaling, her co-stars from the Disney film *"A Wrinkle in Time"* where they discuss a multitude of subjects including the pressures women face in today's society, as well as the hardest decisions these women have had to make in order to fulfill their destinies.



### Monday, March 12th 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, March 19th Touring Beverly Hills

From its swanky hotels to the famous stretch of shops on Rodeo Drive, and an occasional glimpse of someone famous, a tour of the memorable zip code of Beverly Hills can be a ride worth going on.







## Staff Highlight **Maria Martinez** *Caregiver*

Our dedicated caregiver Maria Martinez hails

originally from Guatemala.

Maria loves helping and taking care of others. She really enjoys talking with our residents and learning about their lives while getting to know them. Maria is a real people person and when she's not taking care of our residents, she at home taking care of her family. Maria and her loving spouse have four sons, one daughter, nine grandchildren and eight great grandchildren.



Our front desk staff includes this happy group of greeters Jacquie, Kathy, with executive director Ron, and Maria.

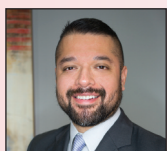


Enjoy a Green Day filled with  
Irish fun and laughter!



Annette, Connie and Alan really enjoy taking part in our art project classes.

## Introducing... *Our Staff*



### **Ronald Villacis**

Executive Director  
director@melrosegardens.com



### **Ivan Saa**

Health & Wellness Director  
wellness@melrosegardens.com



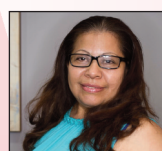
### **Kira Yakubovich**

Activity Director  
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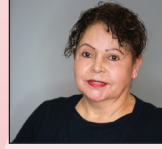
### **Susan Glaser**

Regional Director  
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### **Lorena Ilesia Linares**

Dining Manager  
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### **Guadalupe Mejia**

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