



April 2019 Newsletter

melrosegardens.com

A Message from the Eli Goldman



April is such a special month, with Spring making its presence felt, as well as for the holidays it brings with it. The first important holiday (not including April Fool's Day, of course!) is Passover, which begins on the evening of the 19th. We will celebrate Passover that evening with a special Seder feast and service, and then on the following day, the Rabbi will visit us for Shabbat Service. The second holiday, Easter, arrives on the next day, the 21st, and we will have a special Easter Egg Hunt, a delicious Easter Celebration lunch, and a special performance Easter performance by Jerry Weisbecker.

Now that Spring is finally here, the warmer weather beckons, inviting us outside to enjoy the sunshine. A little vitamin D never hurt anyone; in fact it can help to enhance weight loss, maintain strong bones, and protect us against illnesses such as cancer, diabetes, and multiple sclerosis. So be sure to grab yourself a bit of vitamin D, and participate in some of the outside activities we have planned in April.

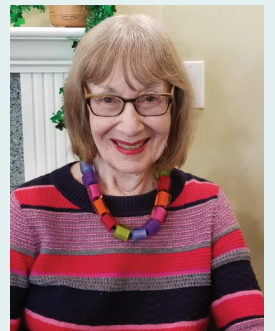
We also have several fun get-together events planned including a Rice Crispy Treat Social on Wednesday, April 3rd, and something really different, a Cheese Fondue Party on Wednesday the 10th, and finally, a refreshing Root Beer Float Social on Thursday, the 11th. And finally, if you enjoy illusions and mysteries, we have a mesmerizing Magic Show planned for you on Sunday the 7th at 1:30 p.m. that you will not want to miss. Albie Selesnick, a well-known Los Angeles magician, and our Resident of the Month Rose's son, will be presenting his best magic especially for us.

Join us in making the most of each moment this April,

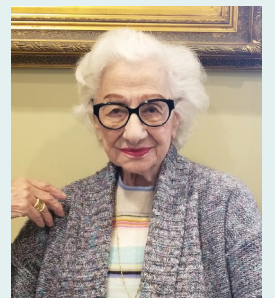
~ Eli Goldman, Executive Director

Melrose Gardens Snapshots

Jean Kinsel



Claire Abitable



John Drake





Patricia Irving and Karl Grant plays the drums.

DRUM WORKSHOP



Who knew that banging on the drums is an excellent way to relieve stress and improve your circulation? Our residents have quickly figured out the benefits of drumming when Richard and Cricket come to visit. This husband and wife team bring their own African drums and a variety of other instruments with them when they visit, and the residents here are playing their hearts out when they do. We get to dance too! If this sounds fun, then plan on joining us on Monday, April 1 and 15 at 1:30 p.m., and bang to the beat with us! And after all that drum action, we enter into the calming phase of the exercise, where we close our eyes, listen to calming chimes, while we practice our breathing exercises. Come and make some beautiful music with us!



live music

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

4/06	Serenading Guitar w/David Kuadimir	2:00 p.m.
4/07	Melrose Magic Show	1:30 p.m.
4/13	Guitar Concert w/Michael Quest	2:00 p.m.
4/20	Rock & Roll w/Greg	2:00 p.m.
4/21	Easter Egg Hunt Jerry Weisbecker Performs Songs from our Past	
4/25	Birthday Celebrations	3:00 p.m.
4/27	Jazz w/Marc Bosserman	2:00 p.m.

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.



MEET *Rose Selesnick* OUR RESIDENT SPOTLIGHT

Rose was born on July 16, 1926, the same year as Queen Elizabeth II and Marilyn Monroe were born. She grew up with three siblings, a brother named Martin, and two sisters named Ann and Evelyn. Rose came to America from Poland to escape being captured during World War II by the Germans. She followed her husband here to the United States. Once here, she attended Washington Preparatory High School, and then went to college at the University of Michigan. After college, she worked as a preschool teacher. As hobbies, she likes to bicycle and swim. Rose enjoys bicycling so much that she once embarked on a one year biking tour. She wants to experience everything that life has to offer, and according to her, she has!



Magic Comes to

MELROSE GARDENS

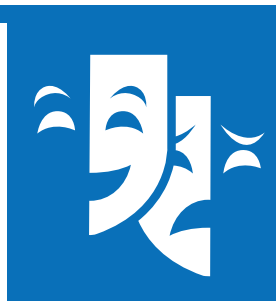
Sunday, April 7, 1:30 p.m.

Experience the impossible with us on the first Sunday in April. Albie Selesnick, the producer of *Magic Monday*, is bringing his magic to Melrose Gardens where he will perform his phenomenal illusion show. Albie is a lifetime member of the world-famous Magic Castle in Hollywood. He also created the theatrical smash hit, *Smoke and Mirrors*, described by the LA Times as “a superb theatrical magic show!” He also appears regularly on TV, stage and film, most recently recurring on Amazon’s *The Last Tycoon*, *Good Girls*, and Ryan Murphy’s upcoming Netflix show, *The Politician*, starring Gwyneth Paltrow and Ben Platt. So be prepared to be baffled and amazed.



Drama Therapy

WITH REAGAN
AND FRIENDS



It’s time to break out your Commedia dell’Arte masks because we will be having fun with drama this April. Join Reagan and her friends on April 17th at 2:30 pm. as we put on a mini-skit and perform parts in a well-known play. We may perform in a Sound of Music or West Side Story skit, or in some other popular story. Get ready to sing too, as that’s part of the whole theater experience!

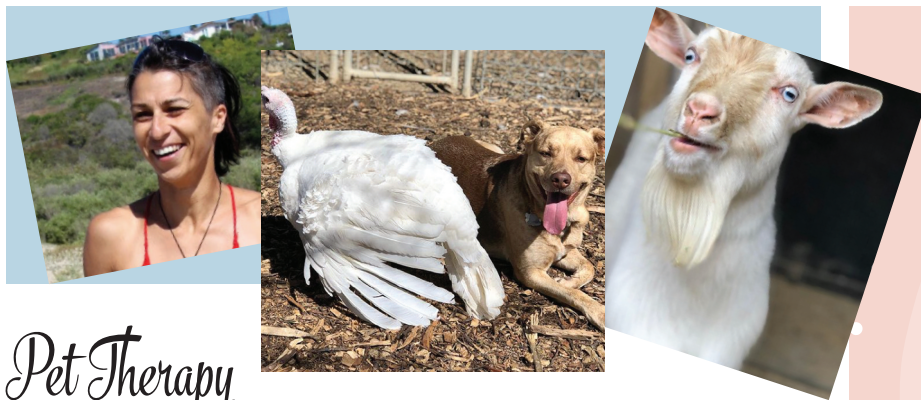
The interesting thing about drama therapy is that it revolves around the actor’s experience instead of the audience’s. This is a chance to express our feelings, to tell our story, and to boost our self-confidence. Drama increases our sense of play and spontaneity, improve our interpersonal and social skills, strengthen or expand our personal life roles. So get ready to embrace your role... and feel free to follow the script or improvise as both are welcome.

INTRODUCING Manijeh L. Sadr, LVN OUR WELLNESS DIRECTOR



Everyone be sure to welcome our new Wellness Director, Manijeh, who just started with us this month. She grew up in Oklahoma City and moved to Burbank when she was just three years old. She attended elementary and high school there, and then went on to Kaplan College to obtain her LVN degree. She has lived here now for 30 years. For the entire nine years she has been a nurse, she worked primarily with seniors. She remembers when she was young that her grandparents were on hospice and how well the nurses cared for them then. That experience made a big impression on her, and from that point forward, she knew she wanted to be a nurse. She is looking forward to getting to know all of you, learning your life stories, and ensuring our residents receive the finest of care at Melrose Gardens.

When Manijeh is not working, she loves visiting the happiest place on earth - Disneyland. She has an annual pass there, and visits Mickey and the gang frequently. She also loves exercising, so you’ll often find her hiking or working out. She likes playing card games, board games and any and all types of other games with her friends. She enjoys traveling, and because she is originally from Oklahoma, she loves country music and will attend a country music concert whenever she can.



Pet Therapy

BRINGING THE FARM TO US!

We are excited to introduce a pet therapy visit that's unlike what most of us are used to. Limor Ness has a farm and when she visits, she bring quite an assortment of animals to visit. Along with the usual dogs and cats, she also brings turtles, bunnies, chickens, turkeys, goats, and more! Limor will visit us on Sunday, April 7th and 28th at 2:00



Easter HUNT



April 16, 2:00 p.m.
Easter Egg Decoration

April 21, 11:00 a.m. & 12:30 p.m.
Easter Egg Hunt & Easter Lunch

Join us on April 16th for our Easter Egg Decoration Party where we will paint all the special eggs for the Easter Bunny to hide for us on Easter!

Next on Easter itself, you and your loved ones can participate in our annual Easter Egg Hunt and find where he hid them all! Please invite your families and grandchildren to join us for a special Easter Lunch at 12:30 p.m. and entertainment.

Introducing... Our Staff



Eli Goldman

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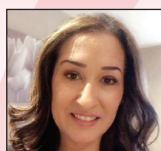
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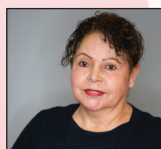
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Be sure to like us on Facebook where you can find us at Melrose Gardens.