



August 2019 Newsletter

melrosegardens.com

A Message from the Desk of Eli Goldman



Aloha! Everyone likes a good party, but everyone loves an Hawaiian Luau Party. On August 31st, join us on the *Lanai* (patio) as we celebrate Summer Hawaiian-style because we are bringing the tropics straight to you! Enjoy fruit punch, tropical BBQ foods like teriyaki chicken and pineapple skewers, and more. Be sure to wear your favorite Hawaiian-themed dresses and shirts, and don't forget your traditional flower lei necklaces. And if a grass skirt is more your style, be sure to wear something underneath it! *Ehele kaua* (or... let's party!).

Shon has introduced a new program called SupportOurTroops® coupon program and I am so impressed with it. It represents such an excellent way for us to help out our U.S. military families. Residents can clip out coupons that will be forwarded on to the troops to help reduce their monthly grocery bills. The best thing about these coupons is that the expiration dates don't matter because our military bases accept the expired ones! I hope some of you are able to join in to help out our troops on Sunday, 4th and 25th at 1:30 p.m., for this charitable activity.

Remember to take advantage of our 2:00 Tuesday Nail Shop, where you can get your finger nails cleaned, trimmed, filed and polished. Our nail care specialists also apply cuticle oil to help keep your nails from getting too brittle, and moisturize your hands with soothing lotions to keep them looking beautiful.

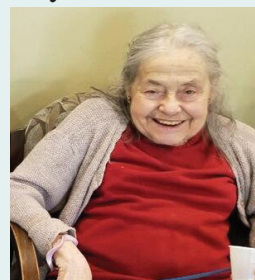
Walking is such an important activity for all of us, and is oftentimes under-rated. Our activities director Shon regularly takes our residents out on walks, and since I can't emphasize enough how much walking helps to improve your health, I encourage you to get out this summer and join him!

Mahalo!

~ Eli Goldman, Executive Director

Melrose Gardens Snapshots

Phyllis



Shon and Flora



Willene





Resident Birthdays

Special Birthday Dinner

Thursday, August 22nd @ 3:00 p.m.

Romney Bishop	8/04
Ann Sterling	8/04
Carol Vanlow	8/10
Katherine Soriano	8/25
Barbara Gildin	8/26
Aura Barraza	8/28



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

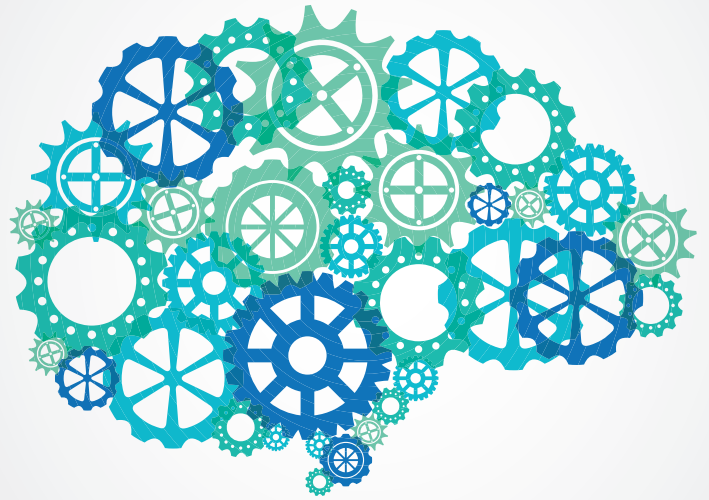
8/03	Jazz w/Marc Bosserman	2:00 p.m.
8/07	Happy Hour w/Daniel Pazmino	2:30 p.m.
8/10	R&B Concert w/Danni Shannan	2:00 p.m.
8/14	Violin Concert w/Yasha	2:00 p.m.
8/17	Rock & Roll w/Greg G.	2:00 p.m.
8/22	Music Therapy w/Neil Elliott	5:00 p.m.
8/24	Swing Ara Music w/Rex Perry	2:00 p.m.
8/31	Hawaiian Luau Party w/Dancers	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.



Brain Fitness WITH MARY

Mondays at 2:30 p.m.

Exercising our brains offers an excellent way to wake up to get it back into peak condition. Mary is your brain fitness instructor, and her Brain Fitness Classes on Mondays will help to enhance both your brain reserve as well as your brain plasticity. Brain reserve, sometimes used interchangeably with cognitive reserve, is the hardware that makes up your brain. Cognitive reserve is really the software that runs the brain. And finally, Brain Plasticity, an odd term that makes you think of something like “Silly Putty”, really references neuroplasticity. So join us for these wonderful brain fitness classes to help your brain forge new connections, and reinvigorate all that neural machinery we have clanking around in our heads! Memory exercises, talk therapy, and memory recall all comprise parts of this neural exercise curriculum to aid your brain to get in tip-top cognitive shape.



**SWING
ERA MUSIC**
With Rex Perry

Saturday, August 24th
at 2:00 p.m.



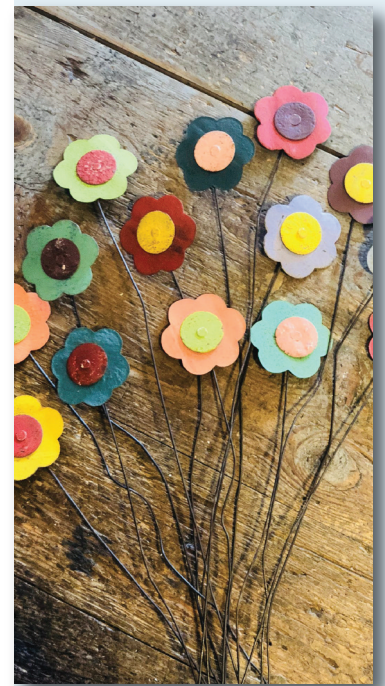
MEET
Micheala Mendelovici

OUR RESIDENT SPOTLIGHT

Micheala was born in Romania on November 13th, 1940 to her parents Margaret and Steffen. She was their only child. While in school, Micheala learned English as well as Romanian, which helped her to adapt more easily in the United States after moving here. She was an accountant for many years.

Micheala's hobbies include writing letter to friends whom she doesn't see often that are scattered about the U.S. and Romania. She is quite fond of writing.

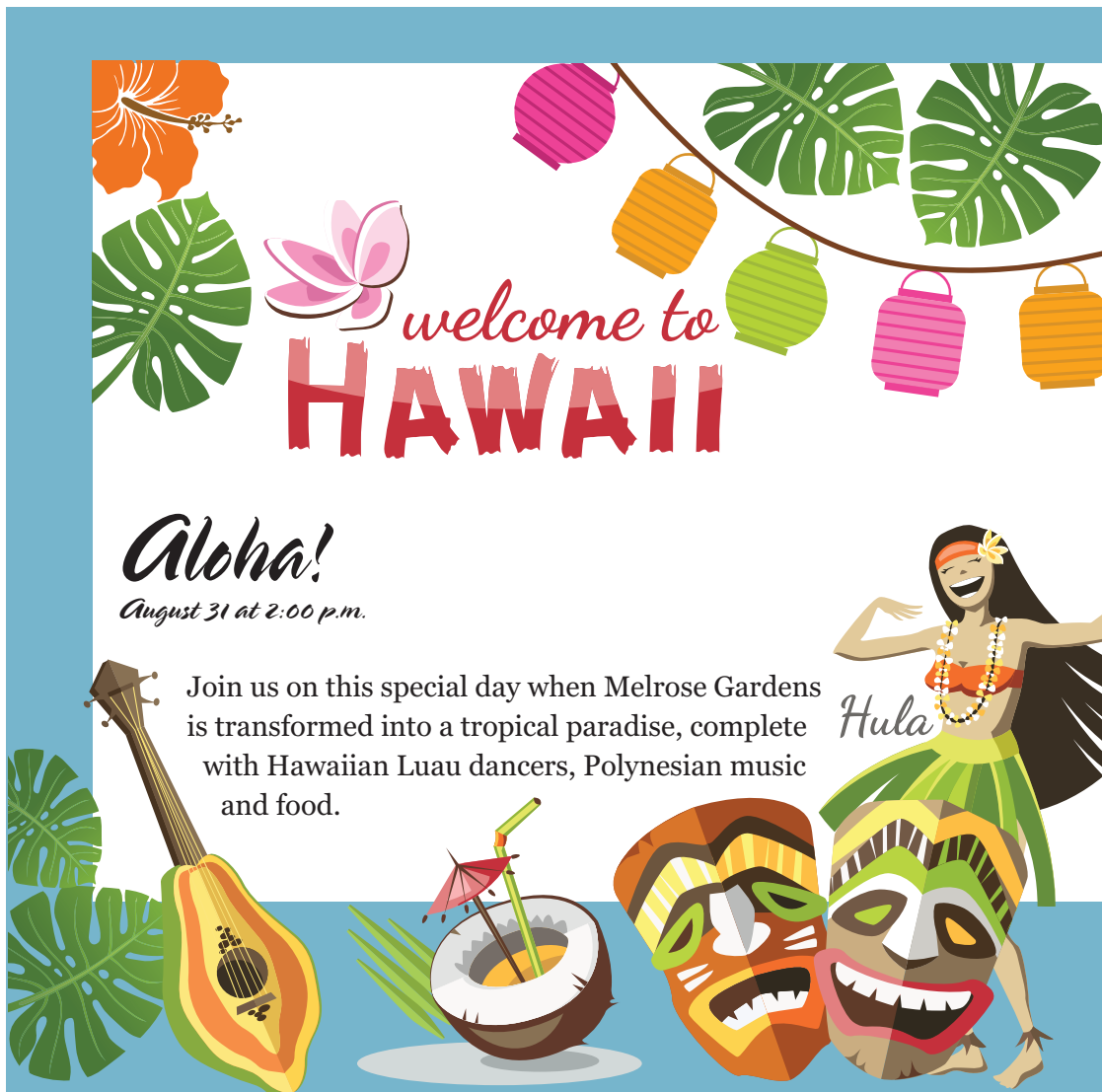
Her philosophy is to "be smart in life, but not too smart", and perhaps that mirrors the brilliant Socrates, who is thought to have said, "I know that I know nothing." Micheala's wish in life would be to have been to help more people than she has so far, and to that we say, "It's never too late to follow your dreams, and there's no time like the present to start."



TIN
Flower Art

Flowers made out of tin certainly have one advantage over real flowers... you don't have to water them! On Monday, August 19th at 1:30, join us for a yard garden craft that promises to bloom into something unique. Who knew you could make something so pretty yet rustic out of recycled tin cans and other tin materials, but you most definitely can!

When it's done, you can decorate your home with your cheerful flower, or even give it as a gift.





Clipping Coupons for Our Troops - Sundays at 1:30 p.m.

Every Sunday, our Assisted Living residents can pull out their clippers to cut out coupons for our military troops and their families. This SupportOurTroops® Troopon® coupon program helps our overseas and domestic military families save money because our military bases accept even expired manufacturer coupons from the U.S. What a great way for us to give back and help all of our amazing military men, women, and their families. These coupons help to reduce their grocery bills and free up some of their pay for other necessities or niceties. Shopping abroad can be especially tough for military families because the currency exchange rates don't always benefit them, meaning their earnings may not go as far as they would here at home. Off base, a military family's dollar might only be worth \$0.66 in the UK, \$0.76 in Germany, and \$0.90 in Japan. We'd like to thank our wonderful and helpful residents for coming to the aid of our troops with this helpful cause.



Caregiver Rachel with James is matching shapes with their shadows.

Memory Care in The Cottages Individualized Activities

Most days: 1:00 to 4:30 p.m.

Did you know that activities that stimulate the brain with participants experiencing mild to moderate dementia can result in a clear, consistent benefit on cognitive function. And that's when it's done twice a week for about 45 minutes. Imagine how much that will help people when it's done every day? Our goal is to help our memory care residents enjoy an improved quality of life, and improve their ability to communicate and interact. Enhancing upon the Montessori Method, we offer our Cottages residents a daily routine of individualized projects every afternoon, with varied cognitively stimulating activities, one or more of which should appeal to each of them.

Introducing... Our Staff



Eli Goldman

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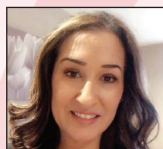
Shonzael Faye

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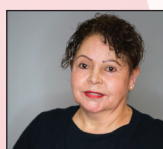
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Be sure to like us on Facebook where you can find us at Melrose Gardens.