



December 2018 Newsletter

[melrosegardens.com](http://melrosegardens.com)

## A Message from the Executive Director



It's hard to believe we've reached the end of another year, and are about to embark on yet another exciting journey through yet another year. Let us make this December a memorable one, while it's still here to savor!

We have a myriad of fun holiday activities planned for our residents this month including crafts, socials, and outside entertainment. We'll be featuring holiday card making; hot chocolate, egg nog, and gingerbread socials; plus our usual series of concerts and entertainment, all served up with that noteable holiday flair.

Start the holidays off by celebrating the Festival of Lights when we light the Hanukkah candles on Monday, December 3rd. A few days later, we have a special Christmas Tree Lighting Ceremony planned for Thursday, December 6th, so be sure not to miss that magical moment when the tree first lights up. Then on Tuesday, December 11th, the songs of children carolling will reverberate throughout our Melrose Gardens halls, beginning at noon. And on Friday, December 21st, if you feel like joining in on some light-hearted fun, pull out your ugliest sweater on and help us celebrate "Ugly Sweater Day"!

I don't know if you know it, but December also marks the birthday month for that most exciting game of BINGO! Our residents enjoy the game immensely, which is why we offer it so many days throughout the week including every Sunday, Wednesday, Friday, and Saturday. There always time for BINGO!

*Wishing you peace, joy, and whatever brings you happiness this month of December,*

~ Eli Goldman

### Melrose Gardens Snapshots

Anne



Bebe



Jonathan and  
Ruth



Shirley





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

12/01	Classical Piano Concert w/Ronnie	2:00 p.m.
12/02	The Mike and Mandy Show	2:00 p.m.
12/08	Concert w/Mathew	2:00 p.m.
12/09	Classical Piano Concert w/Dallas	2:00 p.m.
12/15	Solo Performance w/Yolly	2:00 p.m.
12/16	Great Gatsby 1920 Showgirl	2:00 p.m.
12/22	Guitar Concert w/Michael Quest	2:00 p.m.
12/23	Singing Piano w/Larysa	2:00 p.m.
12/24	Christmas Eve Concert w/Greg	2:00 p.m.
12/25	Xmas Concert w/Yasha	2:00 p.m.
12/29	Solo Concert w/Julie	2:00 p.m.
12/30	Folk Music w/Vlad	2:00 p.m.
12/31	New Year's Eve Concert w/Yasha	2:00 p.m.



Celebrate on Friday, December 14th at 3:30 p.m.

Gloria Deretich	12/01
Fumie Irie	12/09
Sarah Benson	12/21
Diana Levitt	12/25
Dorothy de Coningh	12/28

## 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.

December 2018



## THE POWER OF *Yoga & Meditation*

EVERY TUESDAY AT 10:00 am.

So what the heck is “cortisol”? It’s a steroid hormone produced by the adrenal glands which sit on top of each kidney. Cortisol kicks in when our bodies feel threatened. And this can actually be good under certain circumstances as it’s the body’s healthy and natural response to perceived threats. These include a response to stress or danger, increasing the body’s metabolism of glucose, controlling your blood pressure, or to reduce inflammation in the body. On the other hand, too much cortisol can result in an impaired digestion system, physical and mental fatigue, body aches, high blood pressure, mood swings, depression, confusion and memory loss, and a lowered immunity.

That’s why it’s important to try and attain the right cortisol balance in your body. So what can we do to help control it? Meditation and yoga are both excellent candidates to help everyone lower our cortisol levels. Meditation has actually been shown to slow aging, regain balance, improve digestion, aid in sleep, and enhance one’s immune system. Adding some gentle yoga to the mix can also help to lower cortisol levels. It helps to improve breathing, posture, circulation, flexibility in addition to relieving stress.

Join us on every Tuesday morning at 10:00 a.m. for our yoga and meditation class and discover the benefits of aging gracefully!



IT'S ALL ABOUT THE  
*Giving*

TED TALK  
WITH DAN MCCOMAS  
DECEMBER 4 AT 6:00 P.M.



On Tuesday evening, our end of the day featured activity will present a TED Talk on the subject of “It’s All About the Giving”, and given the season, is a timely discussion. Dan McComas, the creator of redditgifts, helped to develop the concept of bringing a subset of the reddit users at the time together, and then effect something in the real world. Being a big fan of Christmas, Dan assembled a Secret Santa program called redditgifts. The program actually signed up around 4200 people in 60 different countries. He likened the way that it worked to a big “daisy chain” where every one ends up buying a gift for their Secret Santa person, and receiving their own a gift from their own Secret Santa. The program was then changed from just implementing the program just at Christmas, to doing it at the half way point of the year - June 25th. The program then continued to evolve to include multiple gift themes like books, movies, football, and many other topics. The fact that strangers on the internet were able to get so much pleasure from both coming up with creative gifts for perfect strangers, and subsequently receive the same indicates that one can derive as much, if not more pleasure from the act of giving a gift than from receiving one.



CHRISTMAS  
*Caroling*

Songs of the seasons will permeate our halls on December 11th beginning at noon when a special group of children will serenade us with our favorite Christmas carols. Be sure not to miss it, and even sing along if you feel like it!

MAKING HOLIDAY CARDS



December 7th is your chance to get creative and make your own personalized Christmas cards. What better way to say exactly what you want to, and to do it yourself? We’ll bring the ribbons, the cut outs, the acrylics, the stickers, and the card stock. You just need to bring yourself!



THE GREAT GATSBY  
*Showgirl*

The Roaring Twenties will come to life at Melrose Gardens on December 23rd at 2:00 p.m. with dancing and entertainment featuring two 1920 show girls. Their ragtime dances will remind you of a time when the Charleston and jazzing was all the rage. In contrast to their bustle, draped and corseted grandmothers, these girls could run, ride a bike, and dance!



## UGLY *Sweater* DAY

December 21, 2018

The ugly sweater, also known as a “jumper” in the U.K., they were initially made popular by show hosts such as Andy Williams and Val Doonican who would appear in them on their televised Christmas specials. They became a gag gift in the ‘90s but fell out of favor in 2000. They later gained “camp” appeal in the 2010, and that trend has continued to grow. In 2012, the British newspaper, The Daily Telegraph, described them as “this season’s must have”. The popular children’s charity *Save the Children* runs an annual Christmas Jumper Day every year in December with the slogan, “Make the world better with a sweater”.

The ugly sweater doesn’t have to be a Christmas sweater, it’s just thought that Christmas sweaters are usually rather garish, and so usually, ugly sweaters will feature a Christmas theme.

Melrose Gardens residents and employees will be sporting their favorite ugly sweaters on Friday, December 21st, which also happens to be both Ugly Sweater Day and Ugly Christmas Sweater Day.



## Eggnog Socials

December 14 at 3:30 p.m.

**Eggnog White Chocolate Fudge Social**

December 25 at 3:30 p.m.

**Eggnog Social**

You either love it or you hate it, but Eggnog is synonymous with the December holidays and we plan to feature it at least twice this season! It’s basically an egg milk punch that most think originated from the Middle Ages, and subsequently gained popularity with the British aristocracy. Only those that could afford milk and eggs and costly spirits could afford to drink it. Eggnog became tied to the holidays when it was adopted by the Americans in the 1700s. Please join us for a drink of non-alcoholic eggnog and holiday cheer at these special social events.

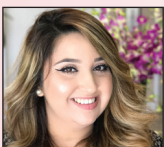
## Introducing... *Our Staff*



**Eli Goldman**

Executive Director

[director@melrosegardens.com](mailto:director@melrosegardens.com)



**Natalie Janbakhsh**

Activity Director

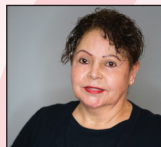
[activitydirector@melrosegardens.com](mailto:activitydirector@melrosegardens.com)



**Lorena Ilsa Linares**

Dining Manager

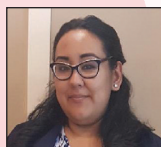
[kitchen@melrosegardens.com](mailto:kitchen@melrosegardens.com)



**Guadalupe Mejia**

Maintenance Supervisor

[info@melrosegardens.com](mailto:info@melrosegardens.com)



**Erika Reyes**

Health & Wellness Director

[wellnessdirector@melrosegardens.com](mailto:wellnessdirector@melrosegardens.com)