

# The Garden Gate

## Community Newsletter

Melrose Gardens  
ENHANCING LIFE THROUGH COMMUNITY



960 North Martel Avenue, Los Angeles, CA 90046 / phone: 323.876.1746

lic: 197607149/197607155



January 2019 Newsletter

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

## A Message from the Executive Director



Happy New Year Everyone! January begins the first chapter of a blank 365 page book so let's fill it in and make it a great one! It's time to make your New Year resolutions, and let's resolve to find what is significant yet sometimes hidden in each new day.

We'll start the year off like so many Americans by airing the Rose Bowl Parade, where this year, the 130th parade, and about 18 million flowers will march down Colorado Boulevard.

January also marks the month where we celebrate the life of Martin Luther King Jr., one of our nation's most prominent leaders of the civil rights movement. Join us for a special viewing of a documentary of his life on January 21st.

And be sure not to forget (and how can you with these classes?!) we have our **Brain Fitness classes** on Mondays, and our **Memory Bootcamp** classes on Wednesdays, both with Mary. Her visits are always filled with fun and challenging memory games, stories, music, all designed to engage our residents while stimulating their cognitive abilities and provoking fond life memories.

As we near the end of the month, the young friends and grandchildren of one of our residents will put on a talent show for us on Sunday, January 27th at 11:00 a.m. Be sure to come and support these talented youngsters, Becca & Friends, showcase their varied talents for us.

*May this year bring wonderful days, beautiful moments, and treasured memories ahead,*

~ Eli Goldman

### Melrose Gardens Snapshots

Diana Levitt



Alfred Weber &  
John Drake



Sarah Benson



Jean Poole &  
Flora Spencer







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

1/05	Rock-n-Roll w/Greg	2:00 p.m.
1/10	Music Appreciation w/Rose Marie	11:30 a.m.
1/12	Concert w/David Kaufman	2:00 p.m.
1/20	Violin Concert w/Yasaha	2:00 p.m.
1/26	Guitar Concert w/Michael Quest	2:00 p.m.
1/27	Becca & Friends Talent Show	11:00 a.m.



## Resident Birthdays

Celebrate on Thursday, January 24th at 1:00 p.m.

Minnie Russell	1/09
Carl Grant	1/24
Betty Oeland	1/31

### 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.

January 2019

### CELEBRATING

*Carmen Benzant*

### OUR RESIDENT OF THE MONTH

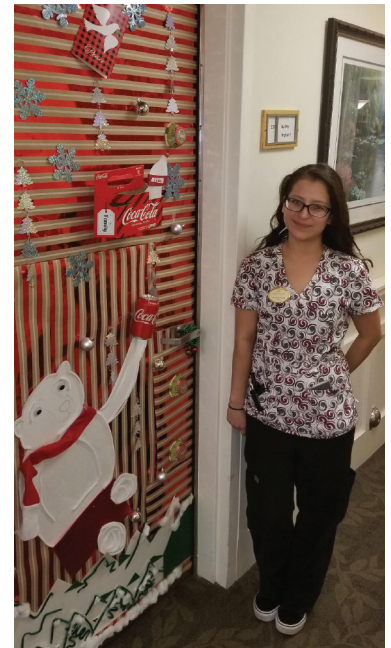
Born in the Dominican Republic to parents Ana and Sixto, the very autonomous Carmen Benzant grew up with three brothers. She danced her way through her childhood while attending Catholic schools, and later went on to college in the Dominican Republic. Afterwards, she made her way to New York city where she became a professional dancer. As a dancer, she was able to travel to many countries including Brazil and Mexico, as well as many of the U.S. states. She was on television, in magazines, and on live theater while dancing in the USA Latin Review. Besides being a dancer, she also worked part-time at a dental office in Brooklyn, New York for a Dr. Howard.

Carmen has one daughter called "Silky" Benzant, who was born in New York, and with whom she loves spending quality time. She also enjoys a good shopping trip. She believes in keeping busy and staying positive. Carmen likes living at Melrose Gardens because the people there are nice and there is always something to do. She especially loves the varied exercise programs they offer. We enjoy having the graceful Carmen Benzant at Melrose Gardens too!

### Holiday DOOR DECORATION CONTEST



*Lizvett Mejia is our 1st  
Prize winner!*



*Marlene Peraza is our  
Runner-Up winner!*





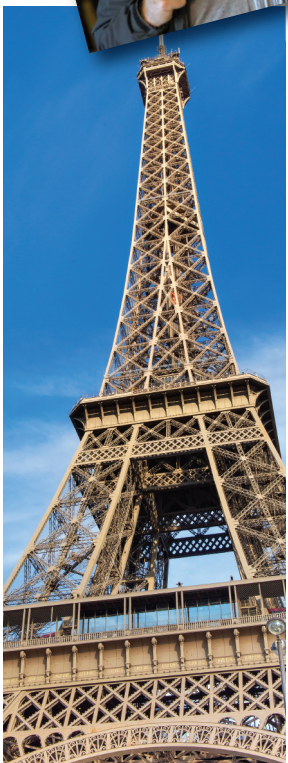
DR. MARTIN  
LUTHER KING, JR:  
A HISTORICAL  
PERSPECTIVE  
January 21, 2019

Dr. Martin Luther King, Jr. was born on January 15, 1929, but American will celebrate the man and his dream on January 21st this year. Reverend King was the most visible spokesperson and leader of the civil rights movement from 1954 to his unfortunate death in 1968. Watch this “historical perspective” of his life with us, which is written and directed by journalist, author, and three-time Pulitzer Prize winner Thomas Friedman, and discover the life of Dr. Martin Luther King, Jr., and the impact he and his teachings had on American life. Just a simple google search of his name with the word “quotes” yields [a list of 270 of them](#), beginning with “The time is always right to do what is right” which really captures the essence of who Reverend King was and what he stood for.



SUNDAY  
*Travelogue*  
with  
Rick Steves

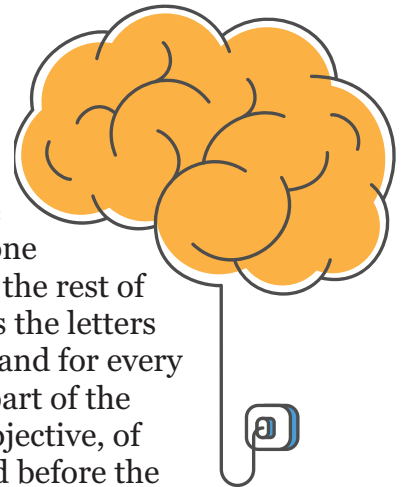
Every Sunday at 11:30 a.m., we'll journey via Netflix with travel host Rick Steves throughout Europe and we'll explore major cities, as well as out-of-the-way locales that often result in the most authentic, enjoyable experiences of a trip. During discussion, we encourage you to share your own travel experiences, and memories of the places you've visited over the years.



BRAIN

*Jazz*

Ever play the game of “hangman” when you were a kid? That’s where someone comes up with a word that the rest of us have to guess. We guess the letters that might be in the word, and for every one that is wrong, a body part of the hangman is drawn. The objective, of course, is to guess the word before the man is fully hung!



Word puzzles, word searches, crossword puzzles, picture matching and games like hangman are some of the fun and challenging activities we'll play as a team on Sundays at 2:00 during our Brain Jazz activity. We encourage all those who enjoy word smithing to attend!





# THE INCREDIBLE BENEFITS OF Walking

Did you know that a nice walk each day can add years to your life? There are so many health benefits to walking for seniors that it's no surprise that walking is linked to facilitating a longer lifespan. In fact, a 2015 study at St. George's University in London found that walking 25 minutes a day added up to seven years to participants' lifespans!

We encourage walking here at Melrose Gardens, and with a lovely park located right behind us, let's all get out and start walking and add some extra time to our lives!



# Discover your Inner Artist

The theologian Thomas Merton once said "Art enables us to find ourselves and lose ourselves at the same time." And every Thursday at 2:00 p.m., we invite you to do just that. This month, our muse will be "Winter", and we'll use different mediums to create it.

- January 3rd  
**Winter Wonderland Painting & Scenery**
- January 10th  
**Chilly Crayon Colors**
- January 17th  
**Art of Pinecones**
- January 24th  
**Snow Flake Extravaganza**
- January 31st  
**Winter Acrylics**

# Introducing... Our Staff



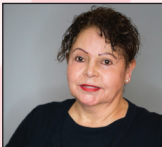
**Eli Goldman**  
Executive Director  
director@melrosegardens.com



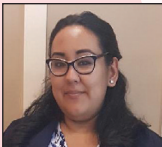
**Natalie Janbakhsh**  
Activity Director  
activitydirector@melrosegardens.com



**Lorena Ilesia Linares**  
Dining Manager  
kitchen@melrosegardens.com



**Guadalupe Mejia**  
Maintenance Supervisor  
info@melrosegardens.com



**Erika Reyes**  
Health & Wellness Director  
wellnessdirector@melrosegardens.com