



A Message from the Desk of Sahar Ben Edalati



I am pleased to inform you of the recent decision of the Owner Group to select Denise Romero, LVN as Melrose Garden's and The Cottages Executive Director. In my time here, I learned that families and residents had appreciated value of an Executive Director with a professional medical background. Denise is a licensed Nurse, and joins us with over 10 years of directorship experience at various assisted livings and memory cares. She is a

devoted mother of two wonderful teenagers, Samantha and Junior. Denise also happens to be a dog lover, concert lover, and avid Dodger and Lakers Fan. She can be reached at Director@melrosegardens.com



Jessica Klascius is our Senior Program Director. She is a USC graduate with over 5 years of experience in developing varied and multi-disciplinary activity options. Jessica's passion is developing comprehensive and enjoyable activities and challenges for residents to experience wellness and joy as they age in place. She is trained to design therapeutic activities that encourage physical, mental and social engagement that consider the unique individuals that make up our community. She is always seeking family and friends to volunteer to assist with or teach various classes! Jessica can be reached at activitydirector@melrosegardens.com

A special thank you to Cari Ramos for her interim role as Activity Director – her passion and exuberant personality were such a blessing!

~ Sahar Ben Edalati, Regional Operations Director

Melrose Gardens Snapshots



Annette paints during holiday craft time.



Alan lighting the Hanukkah candles.



Michaela lights the Hanukkah candles.



Resident Birthdays

Birthday Celebrations

Patrick M.	1/05
Marilynn G.	1/08
Minne R.	1/09
Carl G.	1/24
Betty O.	1/31



REMEMBERING TO *Taste, Smell, Hear, Touch, See*

This January our Activities Team has built a calendar chock full of a new variety of sensory, reminiscence, and collaborative activities. You may have noticed that every afternoon we have a Montessori Method Activity, and I wanted to explain what that means. The Montessori Method is based on self-directed activity, hands on engagement, and collaborative work. We theme our particular Montessori-style activities around Artistry, Puzzles, Memory and Manipulation, and allow residents to make creative choices of activities within those domains. They are offered a prepared themed environment full of choices to prompt them to engage in the activity that gives them joy and a feeling of accomplishment. For example, an Artistry environment would be tables set with pastels, watercolors, flowers and vases, kinetic sand, and other artistic tools that residents could enjoy individually or in a small group setting. No matter the beauty of the art piece, or whether the puzzle is completed, or the kinetic sand constructed into a form, the focus is not on the finished product. The focus is on enjoying the process, feeling accomplished in their efforts or collaboration, and recalling times in the past performing similar activities. We always welcome family and volunteer participation throughout the month, so please contact Activity Director Jessica at activitydirector@melrosegardens.com with any questions or participation opportunities!



NEW YEAR *Resolutions*

The tradition of making New Year’s resolutions began in ancient times. New Year’s resolutions were typically of a moral nature, with such considerations as being kind to others. Resolutions have evolved over time, and today reflect more of a determination to achieve a personal goal or break a bad habit. The top New Year’s resolutions now include dieting and eating healthier, exercising more, and losing weight. Spending more time with family and friends comes in at a distant number 10. Whatever your resolutions, setting the “reset button” can be a tough task. Establishing personal goals, however, is never a bad thing. Resolutions help to inspire meaning and purpose. May you have the very best of luck in achieving your resolutions!

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.

RESIDENT SPOTLIGHT

Julie - last name?



Julie, shown on the right, out on one of our twice-daily walks with another resident, Betty.

Julie is one of our newest community members at Melrose Gardens, and her life revolves around art, her husband, and practicing kindness, humility, and generosity. She received her Master of Fine Arts in Design focused on the lettering arts. An aspect of lettering art that she enjoys is experimenting with color and texture. She is excited to share the enjoyment and pleasure she finds in art and design by teaching a Calligraphy class in January for fellow residents. Her husband of 13 years, Jeff, shares her love of artistic expression and aesthetic as a black and white film photographer himself.

The best advice she can give family and friends is to always try to have a loving heart, as everyone experiences troubles in life, and extending understanding helps us all to cope and live well. As for general favorites, Julie loves to walk, eat cheesy lasagna, make friends, workout with her personal trainer, and read mystery novels!

NATIONAL Hot Tea Month



Drinking a tasty cup of hot tea can be a comforting way to relieve stress and anxiety. It can also offer a nice pick-me-up in the middle of your day. Whatever the reason for drinking, you're not alone! In fact, tea is the most widely consumed beverage after water in the world.

The United States is the third largest importer of tea, following Russia and Pakistan. January is National Hot Tea month, and this January 12th is the 4th annual National Hot Tea Day. Did you also know that regular tea consumption supports wellness when combined with a balanced diet and healthy lifestyle?

So join us in celebrating the benefits of tea this month!

Special Family High Tea

Sunday, January 12 at 3:30 p.m. • *Families invited*

Join us for an enjoyable afternoon of sipping tea in the fine British tradition.

Enjoy a variety of teas, scones, cakes, finger sandwiches, and more! Consider adding a little cream and sugar to your tea, and drink it like the Brits do. However you take your tea, be sure to come take some with us!

HOLIDAY CRAFTS

Making Gingerbread Houses

Holiday activities can often be very colorful and creative. And they can also be quite tasty, too! Our residents celebrated Gingerbread House Day on December 12 by creating their very own elaborate cookie-walled homes. Queen Elizabeth I is credited with the original idea of decorating ginger cookies after commissioning some that resembled visiting dignitaries to her court. Over time, elaborately decorated gingerbread became synonymous with all things fancy and elegant in England. Gingerbread houses, however, originated in Germany during the 16th century. Their popularity grew with the publication of the Brothers Grimm story of Hansel and Gretel when the two young children stumble onto a house made entirely of treats. And it's here in America that the world's largest gingerbread house was made - spanning 60 feet long by 42 feet wide and 10.1 feet tall. While our Melrose Garden's gingerbread houses are not quite that large, they were all just as creative... and delicious, too!

Lunar NEW YEAR



This lunar new year represents the Year of the Rat, and it only occurs once every 12 years. The rat is the first of all the zodiac animals, and is thought to be clever, quick thinking, and successful. The furry little creature is also very content with living a quiet, peaceful life. Sharp and intuitive, they also are known to be a bit of a trickster, having outfoxed the Ox in a race to determine their place in the zodiac line... landing the rat in first place!



Mikel and Michaela were pleased with their house.



Cari and Flora show off their gingerbread house.



John, Diana, Mitchell, and Pat with their group gingerbread house.

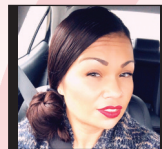


Annette and Fusako display their gingerbread house.

Introducing... Our Staff



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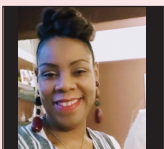
Teresa Flores, RN
Regional Wellness Director
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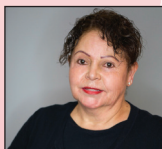
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