



July 2019 Newsletter

melrosegardens.com

A Message from the Desk of Eli Goldman



July is the month of our nation's birthday when we celebrate our independence as a nation. At Melrose Gardens, we like to focus on enhancing the independence of each of our residents, and nurturing their individual abilities to help them remain as independent as they can be. We are also pleased to have just introduced the Montessori Program in June that assists in elevating their independence in those areas they find the most interesting.

Our residents always love a good magic show, and this month, we have a new abracadabra performance that's guaranteed to grab their attention. On July 4th at 2:00 p.m., magician Rob Rasner will wow us with all the tricks he has up his sleeve. I've always wondered what it is about magic that is so appealing to people, and I think that perhaps we get a bit of a thrill out of things that cannot be logically explained. People enjoy the feeling of wonder of the possibility that a magic trick is truly real, which of course, would go away if they can figure out how the trick is done. The concept of magic is present in so many parts of life itself, like a captivating book, falling in love, or even eating a delicious meal. Experiencing magic such as the disappearance of a coin from a hand and it reappearing behind our ear can also help revive fond memories of our youth.

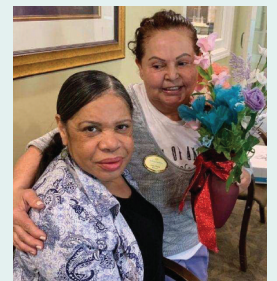
On another magical note, our residents always enjoy their Pet Visits with Limor on Sundays, and I hear she may have a very beautiful macaw she's planning on bringing in soon, perhaps even in July. Whatever incredible creature she brings in next, I'm sure it will capture our attention.

Grateful to live in the greatest experience in individual independence the world has ever known,

~ Eli Goldman, Executive Director

Melrose Gardens Snapshots

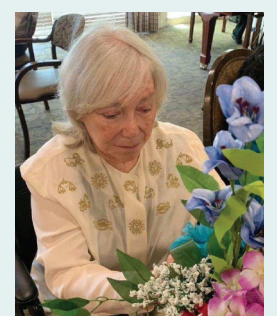
Carmen and Lupe, Maintenance Director



Annette



Diana





Resident Birthdays

Special Birthday Dinner
Thursday, July 25 @ 5:00 p.m.

John Drake	7-7-27
Jean C. Poole	7-17-42
Eugene Resnik	7-28-35
Claire Soroko	7-31-23
Alfred Weber	7-17-21
Clair Aitable	7-22-18
Celebrates 101st Year Birthday!	
Don Woods	7-28-33

live music

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

7/04	Magic Show w/Rob Rasner	2:00 p.m.
7/06	Jazz w/Marc Bosserman	2:00 p.m.
7/10	Happy Hour w/Daniel Pazmino	2:30 p.m.
7/13	Serenading Guitar Concert w/David Kuadimir	2:00 p.m.
7/15	Violin Concert w/Yasha	2:30 p.m.
7/20	Guitar Concert w/Michael Quest	2:00 p.m.
7/27	Rock & Roll w/Greg	2:00 p.m.
7/25	Birthday Music w/Neil Elliott	5:45 p.m.

Religious Services and Study

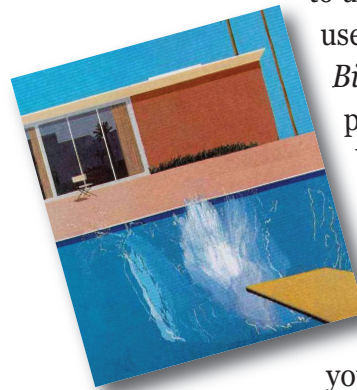
- Catholic Mass - Sundays at 9:00 a.m.
- Shabbat Services - Fridays at 4:15 p.m.
- Church Services - Saturdays at 10:00 a.m.



Abby & Peter

PATRIOTIC ACRYLIC PAINTING!

Apply your artistic flair to the canvas this Independence Day as we start the day off painting with acrylics! Did you know the famous English painter David Hockney, who moved to Los Angeles in 1964, was one of the first more well-known painters



A Bigger Splash, 1967
David Hockney

to use acrylics? Acrylic was the paint he used to create his most famous work *A Bigger Splash*. Water-based acrylic paint is a great alternative to oil paint because it dries more quickly and is non-toxic, so there's no need for solvents like mineral spirits and turpentine. And because the paint dries so fast, you can layer your colors (if you want too) more quickly. Acrylics also can take on a three-dimensional form on your painting.

Shown above is a photo of Abby, with various painting styles of the sun, a project Abby recently did with a group of residents. Painting offers a wonderful way of expressing yourself, and is scientifically proven to benefit your health and well-being.



Abby displaying a painting of the sun.



Board Games

Throughout the month, our Activities Calendar makes note of the days and times when we'll be playing board games. These include tabletop games like *UNO* spin, *Poker*, *Sorry!*, and many others. Games like this are both fun and also help enhance strategic thinking and concentration.

MEET
Mitchell Gao

OUR RESIDENT SPOTLIGHT



Mitchell Gao was born in Shanghai, China, which is the largest city in China by population, and the largest city proper in the entire world. He graduated from Nanjing College, with a class of 55 other people in architecture. He spent most of his life as a dedicated architect, and later became a professor for about five years in the Architectural Department. Interesting to note, Mitchell was also an Olympian Gymnast for China.

His daughter is an adult now, and he enjoys it when she is able to visit him. As a young man, he was very energetic, and the same can be said about him now. Mitchell loves to watercolor, draw and paint, as well as practice his ink calligraphy. And these are just a few of his everyday hobbies. He also dreams someday of visiting the city of Manhattan in New York.



NOODLE
Hockey

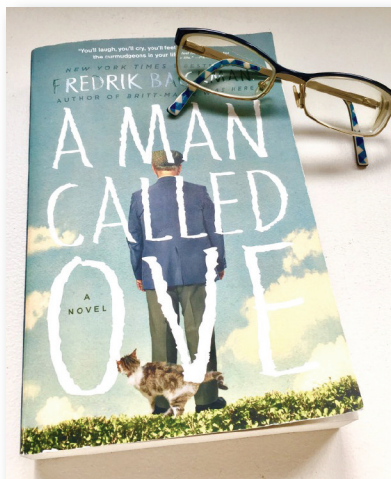
Once again, our Activities Director has come up with yet another novel game... playing hockey with a noodle! Okay, it's not really a spaghetti noodle we'll be using, but instead a foam swim noodle. So get ready to hit the ball (really it's a balloon) around into the net in what promises to be another captivating, and unusual, ball game on Sunday, July 7th at 1:30 p.m.



Our Sunday visits with Limor Ness are greatly anticipated by our residents. Limor never fails to bring in one exciting animal after another for our residents to experience.

MELROSE GARDENS

Book Club



Our audio book of the month is the novel *A Man Called Ove*, written by Fredrik Backman and published in 2012. This is a story about a curmudgeonly older Swedish man, who strikes up an unexpected friendship with the new family that moves in next door to him. The main character, Ove, has recently lost his wife Sonja and is very saddened by this loss. But the couple and their two daughters who move in next to him help to lift his spirits in rather dramatic partially comedic situations. The novel was also

recently made into a film in 2016 by the same name. Please join us on Wednesdays, July 3rd, 10th and 17th at 2:00 p.m. as we both listen and discuss this interesting novel.



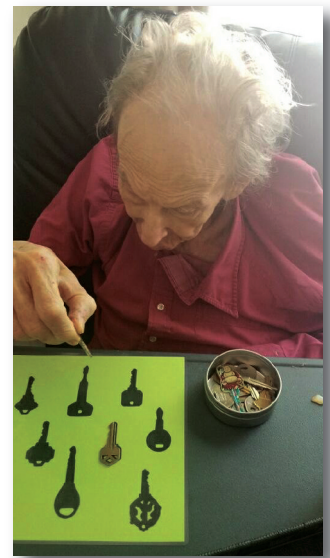
Actor Rolf Lassgard, plays *A Man Called Ove*



Caregiver Rachel with James is matching shapes with their shadows.



Catherine is doing a domino matching activity.



Don is doing a key matching activity.

Putting The Montessori Method into play

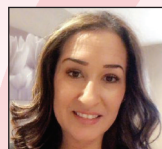
Every Sunday through Saturday in The Cottages

We've introduced a new activity program in The Gardens designed to help our memory care residents rediscover the world around them. The Montessori Method has worked with children for many years by creating activities designed to engage the senses and abilities of each individual child. And caregivers are finding that the same approach works with people with dementia related issues who are at risk of losing access to their world. By creating sensory experiences through physical activities like puzzles, sorting exercises, folding, assembling, and art such as painting and drawing, the Montessori Method helps the person to reconnect with positive experiences from their past, and the pleasant emotions those memories emit. This approach helps to re-engage the types of memory that have been spared by dementia like how to dress and eat. We're finding here at Melrose Gardens that some of our memory care residents are reconnecting with themselves and others by participating in the activities they've chosen to do. These are residents who previously were not particularly interested in getting involved in group activities. The Montessori Method looks to flip the system on its ear and change people's expectations of what those with dementia are capable of. Residents get the opportunity to enjoy the process of participating in something they used to do regularly, and come away from the activity with a sense of accomplishment that helps to improve the quality of their life.

Introducing... Our Staff



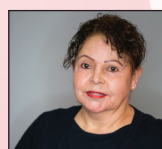
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Be sure to like us on Facebook where you can find us at Melrose Gardens.