



June 2019 Newsletter

melrosegardens.com

A Message from the Eli Goldman



It's hard to believe that I've been here for an entire year now as the time has gone by so quickly. I have enjoyed getting to know all of you, both residents and employees, and think we are growing our Melrose Gardens family in a very positive direction. We've implemented quite a few new programs and introduced new employee faces to improve the resident experience here even more, and have plans for several more over my next year here.

One program that we will be beginning shortly on the Memory Care side is "The Montessori Method". This is a relatively new and very novel activity program that is designed to help our memory care residents rediscover the world around them. This program has worked with children for many years, and it is designed to create activities that engage the senses and abilities of each individual child. And senior caregivers are finding that the same approach works with people with dementia-related issues who are at risk of losing access to their world. We are looking forward to implementing this program in June and will keep you all apprised of the progress we make.

Our May Mother's Day Parisian Tea Party complete with Dawn's Can-Can Dance brought the *Moulin Rouge* straight to our very own dance hall! For this special celebration of everything Mothers Day, Melrose Gardens played host to the *Bell Époque* (Beautiful Era - also known as the Golden Age) of Western History, from 1870 to 1918.

In closing, I'd like to honor all the fathers who have been there for us through the years for their incredible support and guidance,

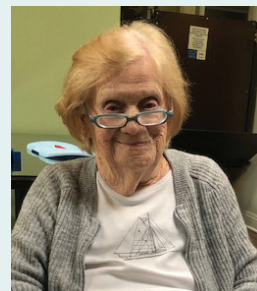
~ Eli Goldman, Executive Director

Melrose Gardens Snapshots

**Carl & Darmeshia,
Care Giver**



Elizabeth



Jonathan





Resident Birthdays

Special Birthday Dinner
Thursday, June 13 @ 5:00 p.m.

Garnet Berinstein	6/04
Nan Busch	6/04
Carman Benzant	6/09
Melvin R. Kiefer	6/17
Lila Mae Pace	6/17
Mukund Patel	6/17
Alf Geffcken	6/27
Serena Schrieber	6/27



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

6/01	Jazz w/Marc Bosserman	2:00 p.m.
6/05	Happy Hour w/Daniel Pazmino	2:30 p.m.
6/08	R&B Classics w/Danni Shannon	2:00 p.m.
6/12	Violin Concert w/Yasha	2:30 p.m.
6/13	Birthday Music w/Neil Elliott	5:45 p.m.
6/15	Serenading Guitar Concert w/David Kuadimir	2:00 p.m.
6/22	Rock & Roll w/Greg	2:00 p.m.
6/29	Guitar Concert w/Michael Quest	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.



Celebrating Italians with something sweet!

NATIONAL ITALIAN DAY

Sunday, June 2nd is National Italian Day, and we will be hosting an Italian Day Cooking Class at 1:30 p.m. to celebrate it! Residents will have the opportunity to make cannolis, those delicious rolled Italian pastries that come to us straight from the island of Sicily. Historically, the cannoli came from Palermo and Messina (both on Sicily), and were treats served during the Carnevale season, possibly as a fertility symbol. The dessert eventually grew to become a year-round staple in Sicily.

Cannolis are tube-shaped shells of fried pastry dough, filled with a sweet, creamy filling usually containing ricotta. They are similar to Middle Eastern desserts called *Zainab's fingers*, which are deep fried dough tubes filled with various sweets.

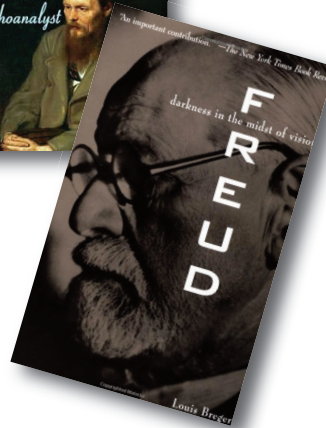
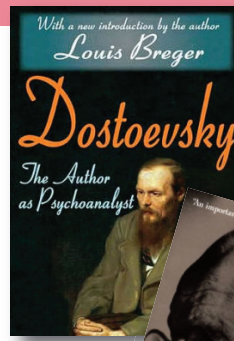


ADOPTIVE Hungry Hippos

Certainly our grandchildren are familiar with the game Hungry Hippos, but now our Activities Director is giving us his own creative take on the game. Join us on Tuesday, June 18th at 3:30 p.m. where you will work with another team member to grab the balls with your own hungry hippo baskets.



MEET
Lou Breger
OUR
RESIDENT
SPOTLIGHT



Accomplished author and Melrose Gardens resident, Lou Breger, earned his Doctorate in Psychology from Ohio State University after having done his undergraduate work at Cornell University and UCLA. Born November 20, 1935, Lou, along with his brother Ivan, and parents Leo and Lillian Breger, later moved from New York to Los Angeles. He met the love of his life, Barbara, while still in high school who later became his wife. He also had another wife, Gail, who was the mother of his children, one son, Sam, and two daughters, Lisa and Josie. His grandchildren include John, Ben, Peter, Katherine, Jack, Annie, Miles, and Parker.

Lou later taught at the University of California, Berkeley, then the University of California Medical School in San Francisco, and the University of Oregon. In 1970, he became a Professor of Psychology then Professor of Psychoanalytic Studies at the California Institute of Technology. He graduated for the Southern California Psychoanalytic Institute in 1979, where he became a Training and Supervising Analyst, and was the recipient of the Franz Alexander Essay Award and the Distinguished Teaching Award. In 1990, he resigned from that institution and, with a group of colleagues, created the Institute of Contemporary Psychoanalysis (ICP) where he was the Founding President from 1990 to 1993. Lou even has his own [Wikipedia page](#), if you'd like to read more about him.

Lou is an avid reader of books. As mentioned, Lou is also an accomplished author, and has written many extremely well-received books himself! With an extensive background in psychotherapy, and a penchant for examining influential people through the tools of biography, Lou has examined the lives of Sigmund Freud and Feodor Dostoevsky in two of his books. His biography of Freud's life entitled, *Freud: Darkness in the Midst of Vision*, was extremely well-received, prompting even a response from Freud's granddaughter and Professor Emeritus Sophie Freud, who stated, "Finally, the Freud biography we have long been waiting for... Breger writes with compassion and fairness toward Freud as well as toward the many interesting personalities who cross his life, with their complicated relationships to the great man." In *Dostoevsky: The Author as a Psychoanalyst*, Lou examines Dostoevsky, attributing to him the role of a fellow psychoanalyst in this approach to his own fictional characters and their stories.

EMPLOYEE
OF
THE MONTH
Abe Dayrit
TRANSPORTATION

Congratulations to Abe for being named the June Employee of the month. Abe is constantly committed to his job no matter what the need is caregiving or transportation. He is always there for the residents no matter the situation. Whenever he is needed, he stands in, ready to help. Abe is a constant professional and is always reliable. Thank you Abe, for your professionalism and for always being ready to help!



*Abe
with Eli*



TUESDAY

Nail Shop

Resident Bebe gets her nails done by Mikel.

Every Tuesday at 2:00, our activities assistance, Mikel opens up the Nail Shop and offers up free manicures! She'll trim and file your nails for you, and ladies have the added luxury of having them painted as well! Bring your own polish color, or pick one that suits your fancy. What a luxury!



HAPPY HOUR

with Daniel Pazi

We have new artist coming to visit us on Wednesday, June 5th at 2:30 p.m. He's a new kid on the block, and a talented pianist, so be sure to come by for snacks, and take a listen during our Happy Hour session.



Introducing... Our Staff



Eli Goldman

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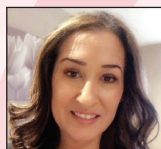
Shonzael Faye

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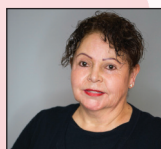
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Be sure to like us on Facebook where you can find us at Melrose Gardens.