



March 2019 Newsletter

melrosegardens.com

A Message from the Executive Director



Spring is beckoning, and the month of March, with all its Gaelic shenanigans, also brings along with it much greenery and good luck! And while there is a religious theme for many who celebrate the patron saint of Ireland on St. Patrick's Day, there is also secular aspect to the day that we can all share and take part in. It's the day we can all be Irish, even if we aren't on all other days. So be sure to wear your green on Sunday, March 17th, as we celebrate St. Patrick's Day with a Celtic style Riverdance, entertainment and snacks.

If one day of intense March festivities is not enough, then join us for at our Mardi Gras Party complete with New Orleans' beads, King Cake, and entertainment on Tuesday, March 5th before leading into the Lenten season.

We will also be honoring all caregivers on Caregiver Appreciation Day with a celebration beginning at 1:30 p.m. on Sunday, March 3rd. This is our opportunity to thank those who give of themselves tirelessly day in and day out. Their selfless caring is forever appreciated.

The Alzheimer's Los Angeles organization visited us on February 7th and shared with us their wonderful "Memories in the Making" program. We'll be implementing another version of this program on March 13th when we'll be using scented paint in a watercoloring activity. We mix spices with water to make watercolor paints as this can help to facilitate conversations and memories based on reactions to those smells. Painting is something everyone enjoys, and I'd encourage everyone to consider giving scented painting a try sometime.

May good fortune smile upon you this Spring,

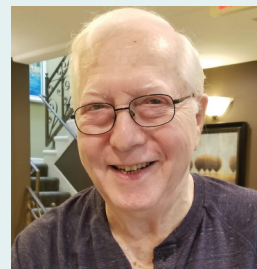
~ Eli Goldman

Melrose Gardens Snapshots

Gloria



Alan



Carl



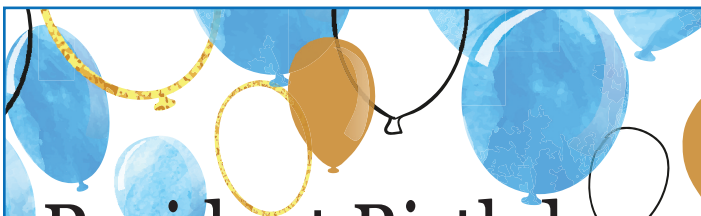


Michael Douglas and Alan Arkin
The Kominsky Method



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

3/02	Classic Guitar Concert w/David Kuadimir	1:00 p.m.
3/09	Mark Rosen Sings Classic Oldies	1:00 p.m.
3/16	Motown Tunes w/Danni Shannon	1:00 p.m.
3/17	Celtic Irish Children's Dance	1:00 p.m.
3/21	Birthday Celebrations	3:00 p.m.
3/23	Guitar Concert w/Michael Quest	1:00 p.m.
3/31	Magic Show by Magic Monday	2:00 p.m.



Resident Birthdays

Celebrate on Thursday, March 21 at 3:00 p.m.

Patricia Irving	3/09
Jean Kinsel	3/17
Henrietta Lavin	3/27

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.

March 2019

NETFLIX'S

**The
Kominsky
Method**

showing Wednesday
evenings at 6:00 p.m.

Join us on Thursday nights for this American comedy series about an aging acting coach, who years earlier, had a brief moment of success as an actor, and the actor's agent. The series first premiered in November 2018, and has already won two Golden Globe Awards, one for best comedy series, and the other for best actor in a comedy series for Michael Douglas. Alan Arkin also stars in the show and was nominated in the supporting actor category.

The show was created by Chuck Lorre, referred to as the "King of Sitcoms" in the 2010s, who "wanted to write about getting older and all that entails." The show follows actor and acting coach Sandy Kominsky (Douglas) and his agent (Arkin), two friends trying to navigate their later years in Los Angeles, a city that values youth and beauty.



MEET John Drake OUR RESIDENT SPOTLIGHT

John Drake was born on July 7, 1947 to Samuel and Martha Drake in Ohio. He has two sisters, Julia and

Teresa. He met his wife at church and he knew the moment he met her that she was going to be his wife.

John attended high school at Euclid Shores High School in Ohio, and then went to college at one of the nation's top ranked colleges, the private research Western Reserve University in Cleveland, Ohio. John eventually came to California, where he got into show business. He became known as a "triple threat", meaning he excelled in singing, dancing and acting.

John especially likes to swim. He also loves to sing and is big fan of Frank Sinatra. He lives by his version of the "Golden Rule", and believes in being good to everyone, and treating others as you would like to be treated. He considers himself a very lucky man due to his great childhood.



Erika Reyes and Guadalupe Mejia

APPRECIATING & CELEBRATING THE *Caregivers in our Life*

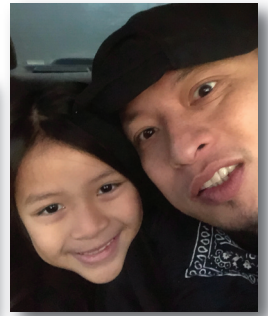
March 3, 2019, 1:30 p.m.



Lisbett Mejia



Jeremiah Pangilinan



Amabor Dayrit

Caregiver Appreciation Day represents a time for us to give special recognition for all those paid and unpaid caregivers who silently go about the task of supporting someone in need. Many of these may be family members who give of their time freely, while for others, it may be their job. Whoever they are, it can often be a thankless task. It is for this reason that caregivers rightly deserve to call their own in which they are appreciated for the role they take in caring for those in need. Caregiver Appreciation Day is celebrated on both November 13th or March 3rd, and sometimes on both days. November is National Caregiver Appreciation Month, and so for some, November 13th is a more appropriate day. We think that every day is one where we should be thankful for the caregivers in our life; and for that reason, we are not about to let March 3rd pass us by without recognizing the caregivers and all they do for us.

Here are some interesting statistics regarding caregivers that many of us are unaware of. Did you know that for 29% of the U.S. population, there are some 65 million American caregivers offering some manner of care for them? And according to the U.S. Department of Labor, there are over 40 million Americans, aged 15 or older, providing unpaid care to the elderly alone. This is a special and heartfelt thank you to all of you who are caregivers.

ART IS A COMMUNICATION TOOL WITH *Memories in the Making*

On February 7th, the Alzheimer's Los Angeles organization visited us at Melrose Gardens and we all had the opportunity to take part in their exceptional fine arts program. This activity gives those experiencing dementia or memory-related issues the chance to express themselves through the powerful non-verbal tool of art. This employs a wonderful technique where the art facilitators guide the individuals through their painting process and engages them in storytelling. Through this, we can capture precious moments in time through art. This activity helps to stimulate the brain, preserving distant memories and capturing the "spirit of the moment" for the artist.

This artistic outlet offers and an opportunity to enhance connections with families and caregivers, and to engage in conversations about self-perceptions and the world that surrounds us. The Memories in Making program serves to validate the participants, and help them to focus on what remains as opposed to what is lost.



Alfred



Barbara



Diana



It's time to dress up in your greenest finery and follow the leprechaun to that elusive pot 'o'gold. Eat, drink and be Irish as we celebrate the most important day of the American Irish, St. Patrick's Day!

Lucky for you, you'll all get to enjoy a dance performed by the youth of the new up-and-coming Celtic Irish Dance Academy under the direction of Riverdance star Maeve Croke. During this celebration, we'll also partake of shamrock chips, guacamole, green beer and other green snacks.

May the luck o' the Irish always be with you!



Mardi Gras

• Tuesday, March 5 at 1:00 p.m. •

The Mardi Gras celebration usually revolves around two things, parades and King Cakes! We'll have our own authentic Fat Tuesday Party parade complete with colored strings of beads, green beer, masks, and the Mardi Gras Mambo. And the best part about our party is that **Nick and Ayame** will be joining to celebrate with us! Mardi Gras marks the final day before the Lenten season starts on Ash Wednesday, and is essentially a big celebration of earthly delights before 40 days of abstinence and reflection of Lent.

Introducing... Our Staff



Eli Goldman

Executive Director
director@melrosegardens.com



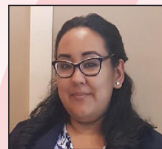
Shonzael Faye

Activity Director
activitydirector@melrosegardens.com



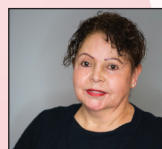
Lorena Ilsa Linares

Dining Manager
kitchen@melrosegardens.com



Erika Reyes

Health & Wellness Director
wellnessdirector@melrosegardens.com



Guadalupe Mejia

Maintenance Supervisor
info@melrosegardens.com

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