



November 2018 Newsletter

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

## A Message from the Executive Director



Harvest Greetings! In the spirit of the special holiday this month, I'd like to thank all of the delightful people here that really help to make Melrose Gardens such a wonderful place to live and work. It's been a full six months now since I took over as Executive Director, and over the course of those months, I've enjoyed getting to know all of you.

We will be hosting a lovely Thanksgiving luncheon on Thanksgiving Day, which falls on November 22nd this year. All residents are encouraged to invite their families to attend this holiday celebration, as it's always nice on Thanksgiving to be surrounded by the people who make our lives worth celebrating.

We have two social get-togethers planned for two of November's Thursday afternoons. Residents can share a little about themselves and their fondest memories of Thanksgiving, families, the holidays, and everything else that comes to their minds this time of the year. On the 1st, it's a Harvest Spice Cookie Social, and on the 8th, a Pumpkin Pie Social. Please be prepared to regale us with stories of your lives, all the while munching on these delicious treats.

Remember that on Sunday, November 4th, it's time to turn your clocks back by one hour. I've often wondered why it's called Daylight Saving Time when really, no daylight is actually saved, it's only shifted from morning to night, and night to morning. Still, after we set our clocks back, we can all look forward to more daylight in the morning, and less of it at night!

Wishing you an abundance of sweet memories and happiness to be thankful for,

~ Eli Goldman

### What's Inside...

#### Daylight Savings Ends



#### Music and Color Therapy



#### Mike and Mandy



#### Happy Thanksgiving





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

11/03	Piano Recital w/Dallas	2:00 p.m.
11/04	Mike and Mandy Show	2:00 p.m.
11/10	Violin Concert w/Yasha	2:00 p.m.
11/11	Concert w/Yolly	2:00 p.m.
11/15	Music Around the World w/Nick and Ayeme	2:00 p.m.
11/17	Solo Concert w/Michael Quest	2:00 p.m.
11/18	Violin Concert w/Yasha	2:00 p.m.
11/22	Thanksgiving Luncheon Concert w/Greg	2:00 p.m.
11/24	Solo: Julie	2:00 p.m.
11/25	Singing Piano w/Larysa	2:00 p.m.
11/29	Comedy Show w/Jaquie Lawrence	2:00 p.m.



## Resident Birthdays

Celebrate on Friday, November 16th at 3:30 p.m.

Jonathan Blumberg	11/03
Ruth Drown	11/06
Flora Spencer	11/08
Denny Poole	11/26
Phyllis Stern	11/29

## Religious Services and Study

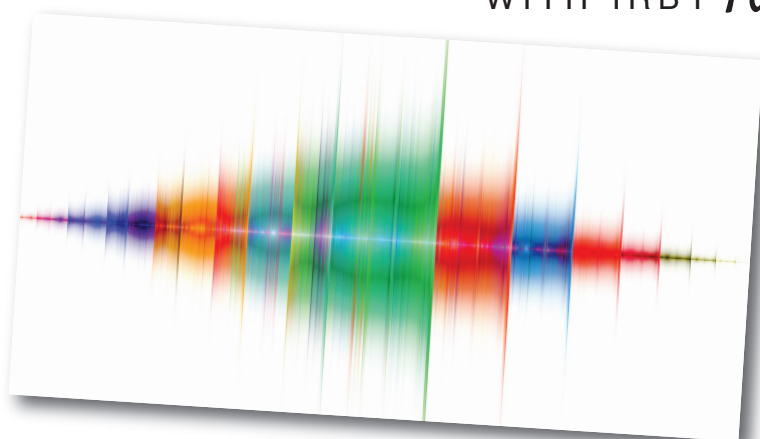
Catholic Mass - Sundays at 9:00 a.m.

Shabbat Services - Fridays at 4:15 p.m.

Church Services - Saturdays at 10:00 a.m.

November 2018

## Music and Color Therapy WITH IRBY



Did you know that color can be used to help balance a person physically, emotionally, or spiritually? Irby comes to visit our residents, usually once a month, and he utilizes both color and music to engage them. This month, he will visit on Friday, November 30th at 11:00 a.m.

There is a reason why marketers spend hours determining what is the most visually appealing and persuasive color scheme for the wrapper to a candy bar to compel consumers to buy it. Or why we spend considerable time determining which color to paint a room. Blue is a relaxing and calming color, and some suggest it might help lower blood pressure. Green is another soothing color, and may help to promote balance. Red and orange stimulate the mind and can often provide an energy boost to someone. White can be calming, and is also believed to be purifying. Yellow is thought to assist with concentration, and to promote a more joyful outlook.

When Irby visits us, he sings songs and encourages the residents to sing along as well. He offers them different colored scarves from which they can pick whatever most appeals to them that day. Residents then dance with their scarves and move along to the music with their upper bodies.

What color of scarf would you choose today?







MUSIC TO  
REMEMBER  
*with Mike  
and Mandy*

The delightful husband and wife musical team, Mike and Mandy, will join us on November 4th for one of our regular Sunday shows to put on another wonderful performance for our residents. Mike and Mandy are both skilled musicians and actors, and together have over forty years of professional experience in live music, theater, television, film, and commercials. They offer their audience a variety of music ranging from classic country western songs (including ones by Willie Nelson, Johnny and June Carter Cash, and Patsy Cline) to the Golden Age of Music's Big Band and Jazz era (songs made famous by Frank Sinatra, Ella Fitzgerald, Billy Holiday, Nat King Cole, Louis Prima, and Doris Day) to Rock & Roll (songs by Little Richard and Elvis). Mike and Mandy dress up and put on a memorable performance every time, which is why they are such a regular performers here at Melrose Gardens. They can sing, play, dance, spoof, and they have a lot of fun doing it. For a little sampling of their musical talents, [if you are reading this online, please visit their one minute sizzle reel.](#)

## RESIDENT / FAMILY *Council Meeting*

Every month, Melrose Gardens has a Resident/Family Council meeting and this month, we will hold that on Monday, November 23rd at 11:30 a.m. These are confidential, private meetings that are held with Kira Yakubovich between the residents, their families, and her. They are valuable meetings, and provide a chance for residents to speak up about improving the living experience here at Melrose Gardens. This is your home, and we encourage you to take the opportunity this meeting offers you to ask questions, make suggestions, compliment us, or voice your concerns. This meeting is intended to allow you the chance to meet without the facility staff there to share your thoughts, provide mutual support, and to submit any recommendations you might have to the executive director or designated staff liaison, which is, in this case, Kira.



No other employees are in attendance unless they are directly invited to attend by you. In this meeting, you can discuss our services, talk about the food, review the holiday meals we have planned, how to enhance the family atmosphere here, let us know if the caregiving services are attended to quickly enough, and any other topic you feel is of importance. All meeting notes are then passed on to our executive director, Eli Goldman.



## THE SECRETS OF THE *Royal Kitchen*

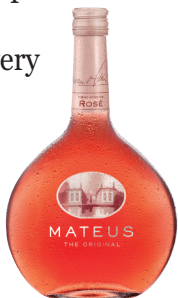


Ever wonder about all the planning, efforts, hard work that goes on behind-the-scenes in the kitchen of the Royal family. With such important guests, they really can't afford to have any flub ups in this kitchen.

Did you know that one of the queen's favorite main courses is called "Duck Bigarade" - a duck dish with orange and lemon sauce? And one of her favorite wines is Mateus Rose from Portugal, which some wine connoisseurs sneer at as a nothing wine. This brand was created in 1942 and the production for it began at the end of World War II.

When there are guests, there are 20 royal chefs to prepare the meal, and 50 butlers are on hand to tend to the table. The food is served on solid gold platters and eaten off the finest china! Can you imagine washing the dishes? It must be very carefully, and by hand!

To find out all the Secrets of The Royal Kitchen, don't miss our evening showing of it on Tuesday, November 13th beginning at 6:00 p.m.



## Our Melrose Gardens Thanksgiving Celebration

begins at 12:00 noon lunch

happy  
THANKSGIVING

It's that time of the year to be thankful for the good things in our lives. Please join us for a savory Thanksgiving meal, and we encourage you to invite your loved ones to partake as well.

### *Thanksgiving Menu*

Cream of Butternut Squash Soup  
Roast Turkey, Gravy  
Stuffing, Mashed Potatoes  
French String Bean Casserole  
Cranberry Sauce  
Pumpkin Pie

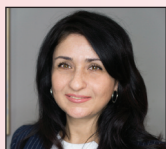
Guitar player and singer Greg will follow lunch with a Thanksgiving Concert performance. Feel free to sing and dance along.

## *Introducing... Our Staff*



### **Eli Goldman**

Executive Director  
director@melrosegardens.com



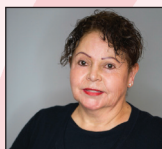
### **Kira Yakubovich**

Activity Director  
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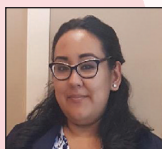
### **Lorena Ilesia Linares**

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### **Guadalupe Mejia**

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### **Erika Reyes**

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