



A Message from the Desk of Sahar Ben Edalati



Greetings! As most of you likely know by now, I'm the new Executive Director of Melrose Gardens. Bearing in mind that Melrose Gardens is the place most of you call home, I would like each of you to know that it's my top priority to make you "feel" at home here, too. I've previously served as the Executive Director for both the Sunrise Culver City community and Sunrise of Beverly Hills, where I am pleased to note that I was recognized as the National Executive Director of the Year.

I grew up in Great Neck, New York, and it was my choice of college that brought me straight here to the opposite side of the country. I attended USC in Los Angeles, and while there, I received my Bachelors in Gerontology and my Masters in Long-Term Care Administration. I also have adapted quite nicely to the sunny warm weather one finds in Southern California.

Over the years, I've nurtured a core set of values, beliefs, and principles that guide my actions. It is this core set that has brought me to Melrose Gardens, a community whose mission of service has provided an opportunity for me to give to others. Serving as your Executive Director truly represents both a personal and professional journey for me, offering me a real chance to make a difference in the lives of others. I realize that many of you have moved to Melrose Gardens with specific needs, needs that are often different, and that meeting those needs does not happen by chance alone. It takes the commitment of a caring and dedicated team to offer quality care and excellent service to meet those needs, and it is my promise to you to lead our team in delivering this to you every day.

*Thank you all for allowing me to join your family,
and I intend to make Melrose Gardens the best home it can be!*

~ Sahar Ben Edalati, Regional Operations Director

Melrose Gardens Snapshots



*Nora displays her
Swing Party vibe.*



*Fusako shows off her
Swing Party Feather.*



*Flora enjoyed cocktails
and snacks at our
Swing Party.*



Resident Birthdays

Birthday Celebrations

Thursday, November 21 @ 3:00 p.m.

Assisted Living

Jonathan B.	11/03
Ruth D.	11/06
Michaela M.	11/14
Fusako H.	11/18
Flora S.	11/18
Denny P.	11/26
Phyllis S.	11/29

Memory Support

Ruth D.	11/06
Elizabeth W.	11/12
Louis B.	11/20



Henry Ford once said, “Anyone who stops learning is old, whether at twenty or eighty.” Whether it be a new skill, a new language, or art technique, we agree that it’s never too late to learn something new. Keeping this insight in mind, we are introducing some new classes and activities this month to help keep your brain hopping.

MUSIC APPRECIATION W/TIM

11/05 at 2:00 p.m.

This promises to be a very interactive class, as our LAUSD-credentialed teacher explores music appreciation with us this month. He’ll demonstrate the various styles of music through the piano as we learn about the value and merit of each of them.

INTRODUCTION TO SPANISH

11/08 at 3:00 p.m.

11/22 at 3:30 p.m.

Our very own staff member, Jennifer, has agreed to teach us Spanish. To start, she’ll give us some of the basic vocabulary words to help us build our understanding of the language.

FLOURISHING FLORIST

Tuesdays, 11/05, 12, 19, 26 at 10:30 a.m.

Are you obsessed with flowers? This is your opportunity to learn the craft of artistically arranging beautiful flowers. If you love all things creative, then this is the class for you.



live music

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

11/02	Jazz w/Marc Bosserman	2:00 p.m.
11/04	Drums 2 Learn w/Richard Cricket	1:30 p.m.
11/07	Let Them Eat Bread Party w/Jackie Lawrence	2:30 p.m.
11/09	Jazz w/Marc Bosserman	2:00 p.m.
11/16	R&B Concert w/Danni Shannan	2:00 p.m.
11/23	Swing Era Music w/Dylan	2:00 p.m.
11/21	Music Therapy w/Neil Elliott	5:00 p.m.
11/30	Rock & Roll w/Greg	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.

RESIDENT SPOTLIGHT

Claire Aitabile



Claire was born in Brooklyn, New York to Jenny and Pasqual Corregio. She came from a large family, having grown up with three sisters: Mary, Helen, and Josephine, and two brothers: Pasqual and Nicolas. Claire's husband was ironically also named Pasqual, and she began dating him at the early age of 17. Her father soon prohibited Claire from dating him due to her young age, and asked her to wait five years. Five years went by, and Claire received a phone call from Pasqual asking her out. They began dating again, this time with her mother and father's approval. They were eventually married. Claire and Pasqual have one daughter, Clarine, a granddaughter, Danielle, and a grandson.

Claire attended business college, and later worked as a personal secretary for a fire insurance company. She lived a very active life and enjoyed ice skating, horseback riding, golf, swimming and diving. Her secret to youth is to "stay happy, and enjoy every moment of life."

DANNY POOLE

In acknowledgement of Veterans Day, we'd like to honor Danny, our resident veteran who was a U.S. Marine Staff Sergeant for 8 years. Thank you, and all of our other resident veterans, for your service to our country.



WHAT IS A Slip Knot Blanket?



To make a slip knot blanket, all you really need is your fingers, and some yarn! Join us on November 13th at 2:00 p.m. for this fun-to-learn finger knitting craft class. We'll be making slip knot blankets and then passing them on to the homeless. You don't need any experience, and even a beginner can make a wonderful warm blanket. Similar to what is used in croche, the pattern consists of chains. When completed, however, the blanket will look more like it was knitted.

So get ready to exercise those fingers, and make something to help the homeless stay warmer at night.

HAPPY
Thanksgiving
Thursday, November 28th
Thanksgiving Family Feud
 Our Thanksgiving festivities begin with a game of Family Feud, a friendly game show activity where families compete against one another for prizes.
Turkey Hat Craft
 Let's make a turkey hat good enough to wear to our lunch time feast.
Thanksgiving Feast
 Enjoy a delicious traditional Thanksgiving feast with us prepared by our own wonderful kitchen staff.
TED Talk - Want to be happy? Be Grateful. Q&A
 Presented by David Steindl-Rast, he discusses the power of gratitude and its relationship to happiness. "It is not happiness that makes us grateful" but "gratefulness that makes us happy."



Free Hearing Test
w/Connect Hearing
 Join us on
Wednesday, November 6th
 from 10:30 a.m. to 1:00 p.m.

as Connect Hearing will be offering all our residents free hearing tests.

Protect Your Hearing!



Let Them Eat Bread Party

November 7th at 2:30 p.m.

Once again, comedian Jackie Lawrence joins us for his always entertaining comedy and music routine at our delicious Bread Party.

Everyone can sample and enjoy various breads with a wide choice of delicious spreads.

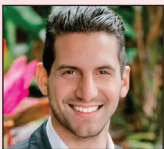
Saturday, 11/9
at 11:30 a.m.

ZUMBA
with Eby



Now's your chance to see what the Zumba hype is all about!

Introducing... Our Staff



Sahar Ben Edalati

Regional Operations Director
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Shonzael Faye

Activity Director
activitydirector@melrosegardens.com



Crystal Hamilton-Niang

Dining Manager
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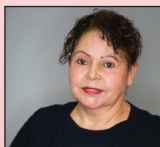
Teresa Flores, RN

Regional Wellness Director
wellnessdirector@melrosegardens.com



Katelin Aghel

Family Coordinator



Guadalupe Mejia

Maintenance Supervisor
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