



October 2018 Newsletter

melrosegardens.com

A Message from the Executive Director



Author Sarah Guillory thought of October as a month of “tremendous possibilities” where the “summer’s oppressive heat was a distant memory, and the golden leaves promised the world full of beautiful adventures.” October’s days made her “believe in miracles.” Indeed, October is the month where autumn moves into full swing, and what better way to celebrate but with our **annual Oktoberfest festivities** on Tuesday, October 16? So be prepared to celebrate the Fall with us, German-style.

I’d also like to thank, once again, the Arthritis Foundation for their continued support and assistance to our residents here at Melrose Gardens. As noted on the article inside, they will be offering every Monday, Wednesday, and Friday their new **“Walk With Ease Workshop”** to help our seniors to increase their balance, strength and walking pace.

A special welcome to volunteer Lita, from the **Actors and Others for Animals Charity** who will also be visiting us on Tuesdays at 3:30 p.m. It’s always wonderful for our residents to have the opportunity to get to visit with our furry animal friends.

Comedian Jackie Lawrence will be visiting us on Thursday, October 25 at 3:30 p.m., and because we always enjoy a good laugh, we’re all looking forward to watching his comedy and music routine.

Say “hello” to October, the time of pumpkins, golden leaves, Oktoberfest, and Halloween!

~ Eli Goldman

What’s Inside...

Walk With Ease



Word Puzzles



Get ready to laugh with Jackie



Halloween





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

10/06	Violin Concert w/Yasha	2:00 p.m.
10/07	Piano concert w/Dallas	2:00 p.m.
10/13	Folk Music w/Vlad	2:00 p.m.
10/14	Vocal Performances w/Yolly	2:00 p.m.
10/18	Music Around the World w/Nick & Ayeme	2:00 p.m.
10/20	Guitar Concert w/Michael	2:00 p.m.
10/21	Violin Concert w/Yasha	2:00 p.m.
10/25	Comedy Show w/Jackie Lawrence	2:00 p.m.
10/27	Vocal Performance w/Julie	2:00 p.m.
10/28	Singing Piano w/Larysa	2:00 p.m.
10/31	Monster Mash w/Greg	2:30 p.m.

Walk with Ease WORKSHOP



The Arthritis Foundation is

beginning a new program with us designed to help strengthen our residents and help reduce their risk of falling. It's called the "Walk With Ease Workshop" and it incorporates basic stretches, additional stretches, strengthening exercises that are all designed to help our residents walk better and more often. This program will help build confidence in one's ability to be physically active, and shows how to make physical activity a part of everyday life. The Walk With Ease Workshop has been proven to help people with arthritis or other related conditions to reduce pain, increase balance, strength, walking pace, and improve their overall health.

The Walk With Ease Workshop will be offered three days a week on Mondays, Wednesdays, and Fridays at 10:00 a.m.



Resident Birthdays

Celebrate on Thursday, October 19 at 3:30 p.m.

Melrose Gardens

Alan Gold	10/15
Annette Blaustein	10/19
Willenne Cyre	10/17
Estaelle Seville	10/25

The Cottages

Nick Giordino	10/02
Roberta Gould	10/03

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.

October 2018



Join us, if you dare, for a Halloween Scare.

This Halloween, we'll be doing the "Monster Mash" with Greg, starting at 2:30 p.m.. Greg is one of our favorite performers here at Melrose Gardens, and he'll be ready with his guitar in hand to sing all of our favorite Halloween songs. So come as you are, or don your favorite spooky costume, and join us as we walk the ghostly halls in a Spooktacular Halloween Parade featuring both our costumed employees and residents!



STRENGTHENING YOUR MIND WITH WORD PUZZLES



Carol Burnett said, “I do the ‘New York Times’ crossword puzzle every morning to keep the old grey matter ticking”, and that is an important reason why a lot of our daily activities here at Melrose Gardens also focus on word puzzles. We do Bananagrams®, word searches, word unscrambles, crosswords, word games, and puzzles throughout the month, and our residents love doing them too. We usually have a full house who participate in these word puzzle activities, and with brain exercises like these, our seniors are sure to keep sharper and more focused. During these social activities, the residents usually work in groups, creating words or sentences out of tiles. Many times, these activities will stir up memories of a past event or fond memories of times spent with family and friends that they will often share with the rest of the participants. These memory-stimulating games are a way of exercising our minds, which is as important as maintaining our physical fitness too. Challenging our brains every day can be fun and especially easy to do when it’s in the form of a game that you enjoy doing with others.

ACTORS & OTHERS

For Animals



Did you know that a survey once asked people to choose who they would want to be stranded with on a deserted island, and that over half picked either a dog or a cat? And because we know these furry creatures can be so important to us, we are excited to introduce a new group who will be visiting us in October on Tuesdays at 3:30 p.m. They are known as **Actors and Others for Animals**. Every week, these wonderful volunteers will bring by a wonderful warm pet or two for our residents to cuddle up against. The wagging tail of a friendly, happy dog is always a spirit-lifting experience for anyone, and our residents always look forward to these wonderful pet visits. Actors and Others for Animals also have bunnies, a parrot, cockatoos, and when available, even a miniature horse in addition to their therapy dogs as a part of their therapy teams. Each volunteer receives training and must be the guardian of a pet which is able to pass prescribed pet behavioral tests, be spayed/neutered, fully vaccinated, and well-groomed.



Staff Spotlight
Erika Reyes
*Health & Wellness
 Director*

Our Health and
 Wellness Director
 Erika Reyes has been
 in the medical field

now for over ten years. She

began her career in this industry as a caregiver, then moved on to become a phlebotomist, all the while attending school to train as an LVN. She even graduated as the class valedictorian! Her plan is to eventually become a registered nurse. She has worked in home health care, hospice, assisted living, memory care, and skilled nursing. She primarily prefers working in the assisted living field. She is also dementia-care certified.

Erika has been married for 15 years to her husband Frank, and they have two twin boys, Frank Jr. and Reyes, along with a lovely 4 month old baby girl named Olive. Erika's hobbies include both painting with acrylics and oil, and running. She runs 5 and 10K marathons and is currently in training for the 2019 LA Marathon in March.

**The Oktoberfest
 Feir (Celebration)**
 begins at 2:30 p.m.

outside on the patio (weather permitting)

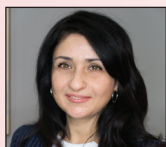
**16
 OCTOBER
 TUESDAY**

Men, put on your lederhosen, and ladies, your dirndl and aprons, and come partake from traditional Bavarian fare including sausages, sauerkraut, german potato salad, strudel, pretzels, and BEER (non-alcoholic, of course)! Alpine entertainment will also be featured.

Introducing... Our Staff



Eli Goldman
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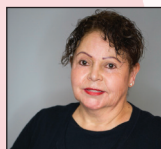
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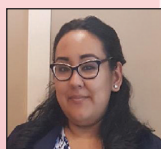
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