



October 2019 Newsletter

melrosegardens.com

A Message from the Desk of Eli Goldman



It's hard to believe that the holiday season will be kicking off this month with Halloween, followed by Thanksgiving, capped off with Hanukkah and Christmas in December. Time does fly, so be sure to enjoy every moment it serves up.

For those of us who are Jewish, Yom Kippur, or the Day of Atonement, begins at sundown on the 8th. This is probably the single most important holiday of the year, so for those celebrating it, may you have a good final sealing.

What a Bavarian holiday we celebrated at the end of September at our Oktoberfest party! Residents enjoyed pretzels, non-alcoholic beer, games and entertainment. Residents, family and staff all had a *wunderbar* time!

For those of you who are interested in obtaining a influenza shot this flu season, our Wellness Director Manijeh Sadr will be providing them later on in the month on October 24th. Most doctors recommend a flu shot for people aged 65 and older, so this would represent a great opportunity to get one without going any further than Melrose Gardens!

Finally, at the end of the month, we have planned a *SPOOK-tacular* party to recapture your inner child. Be sure to dress in your most creative costume! You'll want to park your broom and sit for a spell, because we have some bewitching tricks and treats in store, entertainment with Danni Shannon, along with *BOO-tiful* prizes for the best staff and resident costumes!

Ah gut gebentst yohr, and Happy Howl-o-ween!

~ Eli Goldman, Executive Director

Melrose Gardens Snapshots

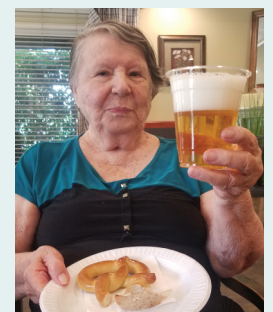
Diane w/her daughter.



*Mitchell enjoys
Oktoberfest.*



*Nora w/a pretzel and
beer.*





Resident Birthdays

Birthday Celebrations

Thursday, October 24th @ 3:00 p.m.

Assisted Living

Rosa D.	10/17
Janet W.	10/23
Judy L.	10/07
Victoria C.	10/18
Ramon R.	10/24

Memory Support

Manuel R.	10/06
Walter C.	10/19
Jones H.	10/14
Rafaela H.	10/24



live music

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

10/02	Happy Hour w/Diane Lewis	2:30 p.m.
10/05	Jazz w/Marc Bosserman	2:00 p.m.
10/07	Drums 2 Learn w/Richard Cricket	1:30 p.m.
10/12	R&B Concert w/Danni Shannan	2:00 p.m.
10/16	Violin Concert w/Yasha	2:00 p.m.
10/19	Rock & Roll w/Greg	2:00 p.m.
10/24	Music Therapy w/Neil Elliott	5:00 p.m.
10/26	Swing Era Music w/Dylan	2:00 p.m.

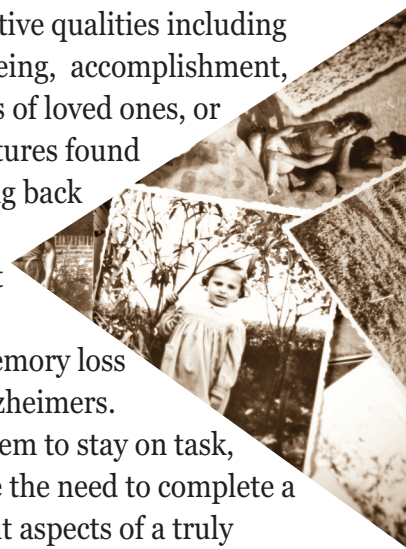
SCRAP BOOKING



Scrap Booking WITH SHON

Monday, October 21 at 2:00 p.m.

Scrapbooking is a fun, therapeutic activity that can help reduce stress in older people. Creating a memory book allows seniors to share stories from their life in a very creative way. Scrapbooking offers many positive qualities including restoring one's sense of well-being, accomplishment, and self-worth. Sharing photos of loved ones, or simply showcasing favorite pictures found on the internet can help to bring back memories. Therapists believe that this activity can be of great value by triggering important recollections and may delay memory loss for people with dementia or Alzheimers. Scrapbooking can also help them to stay on task, follow directions, and reinforce the need to complete a project. These are all important aspects of a truly worthwhile project.



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 *Flora Spencer*



Flora Spencer shown here with her son-in-law Jim.

Flora was born to John and Florence Hillman in Heath, Massachusetts. She has eight sisters and brothers. Flora met her husband, Roger D. Spencer, in high school. Roger spent three years in the army, and fought in the Korean War. They have one daughter, Sheila, a UCLA graduate and architect; and she is married to her son-in-law Jim.

Flora went to Franklin Medical Center and became an R.N., and complied her affiliation with Boston College of Pediatrics for children. She was the RN head of surgery for several departments for over 36 years. Flora's close friends are Hazel, who worked in the ICU department, and Mary Jane, who is a nurse practitioner.

Flora likes many physical activities, especially swimming, and also enjoys playing cards. Her primary recommendation in life is to "Be happy, enjoy all of your friends, and most of all, help as many people as you can!"

FLU VACCINE *Clinic w/ Manijeh*



On Thursday, October 24th at 1:00 p.m., we invite you to get your Fall flu shot. Manijeh, our Wellness Director, will be administering injections to any of our residents that are interested. The flu can be a potentially serious disease that may lead to hospitalization. An annual flu vaccine is the best way for you to protect yourself from getting the flu. The vaccine works by causing antibodies to develop in your body a few weeks after vaccination, and it is these same antibodies that provide you with protection against infection from the actual flu virus.

A festive Halloween-themed graphic with an orange background. It features pumpkins, black bats, a white ghost, and a yellow ribbon. The text "Halloween" is written in a large, stylized font, with "SPY PARTY" in bold capital letters below it. The date "Thursday, October 31st" is written in a cursive font. At the bottom, there is a purple witch hat and several colorful balloons (blue, orange, brown, and purple).

Halloween
SPY PARTY
Thursday, October 31st

Join us for a twist on Halloween at our Halloween I Spy Party. Just like the I Spy game, try to uncover and locate all the things we have hidden around the party room. Residents and staff are encouraged to dress in costumes, as we'll also be featuring a contest for best outfits. Prizes will be awarded for all the winners!

Celebrating Achievements at Melrose Gardens



Residents enjoy the Melrose Gardens version of Wheel of Fortune, Balloon Volleyball, and dancing.



Enjoy virgin mocktails following a delightful violin concert with Yasha. Snack on cajun shrimp and other delicious treats at our swing era party!

Swing Era Mocktail Party

Wednesday, October 16
at 3:00 p.m.

Introducing... Our Staff



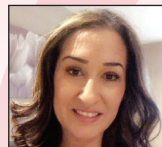
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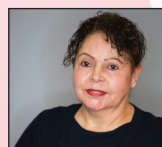
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Be sure to like us on Facebook where you can find us at Melrose Gardens.