



## A Message from the Desk of Eli Goldman



We all know how time flies, and officially, September is the ideal month to remind us of this fact. Summer ends this month, and the children will head off to school to begin yet another school year. So many of us can remember when we were putting our own children on the school bus for the first time, and dropping them off for that highly-anticipated first day of school.

I encourage you to embrace the memories that September brings, and take the time to share them with your children and grandchildren. On Sunday, September 8th, we'll celebrate

Grandparents' Day with a special cupcake decoration party along with some fun Grandparents' Day activities. Grandparents' Day also serves as the kick-off for National Assisted Living Week. "A Spark of Creativity" is the theme of this year's observance. Keeping this theme in mind, we'll be exploring art in its many different forms, and getting creative this month.

Residents get a chance to enjoy the myriad pleasures of Oktoberfest on Wednesday, September 25th. So *halt deine lederhosen fest* and get ready to celebrate in true Bavarian-style, with pretzels, sauerkraut, sausage, beer (root beer)! *Prost!*

Finally, on September 29th, Rosh Hashanah initiates the high holy days of Judaism, and ends them 11 days later on the evening of October 9th with Yom Kippur. For those who are Jewish, this time represents the most significant days in Judaism. We will have a service and special dinner to celebrate Rosh Hashanah on the 30th for any wishing to attend. May the New Year be a good and meaningful year for everyone.

*Genieße deinen (enjoy your) September and Shana Tova as well!*

~ Eli Goldman, Executive Director

### Melrose Gardens Snapshots

Ann



Diana



Anette





## Resident Birthdays

**Special Birthday Dinner**  
Thursday, September 26 @ 3:00 p.m.

Bebe Griffith	9/10
Kitty Betty	9/18
Pax Ursula	9/01



**live music**

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

9/04	Happy Hour w/Diane Lewis	2:30 p.m.
9/07	Swing Era Music w/Dylan	2:00 p.m.
9/11	Fire Dept. Cookie Presentation	2:30 p.m.
9/14	R&B Concert w/Danni Shannan	2:00 p.m.
9/18	Violin Concert w/Yasha	2:00 p.m.
9/16	Drums 2 Learn w/Richard Cricket	1:30 p.m.
9/21	Jazz w/Marc Bosserman	2:00 p.m.
9/25	Oktoberfest Party & Entertainment	2:30 p.m.
9/26	Birthday Celebrations	3:00 p.m.
9/26	Music Therapy w/Neil Elliott	5:00 p.m.
9/28	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.

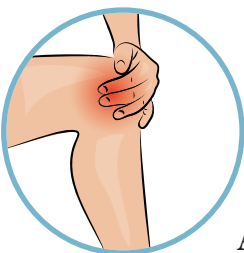
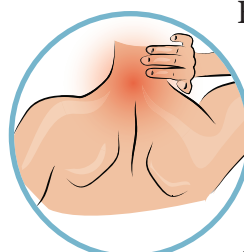
September 2019



## Healthy Joints WITH CESAR

Tuesdays and Fridays at 10:00 a.m.

In anticipation of World Arthritis Day (October 12th), Cesar will be directing his September efforts upon helping to improve joint health. Sponsored by the Arthritis



Foundation, the Healthy Joints Exercise Program focuses on our joints, muscles, and cardiovascular system. Staying in motion is the golden rule of joint health: the more you move, the less stiffness you should experience. When arthritis threatens to immobilize you, exercise helps to keep us moving. Even while you're reading, working or watching TV, it's beneficial to often change positions. These classes offer a chance to take a actually break from your chair and to get active with Cesar.

Exercise also helps to strengthen the muscles surrounding your joints, maintain bone strength, and give you more energy to get through the day!

Did you also know that for every pound of weight you lose, you take four pounds of pressure off your knees? Exercise also helps to control your weight. Cesar invites you to join him for these very special Arthritis Foundation funded classes. They're good for every body!



# RESIDENT SPOTLIGHT

## meet *Aura Barraza*



Aura Barraza was born on August 28, 1936 in Nicaragua, the largest country in the Central American isthmus, with a very multi-ethnic population. She has an older sister named Josephine, and a brother named William. She grew up in Nicaragua, and would very much like to return there for a visit some day. Her family then moved to the United States when she was a teenager. Once in the U.S., she attended the Ramona Convent Secondary School, a high school for girls in Alhambra. She also spent some time enrolled at the Marymount College School of Business. Aura served as a teacher for the Los Angeles Unified School District (LAUSD). Her hobbies include reading, art, musicals, and she is an avid life-long dog lover.

It's often been said, "Time you enjoy wasting is not wasted time", and "Time" is what Aura thinks is most important to her. A believer in compromise, Aura lives by the philosophy of "live and let live."

TO LOOK  
FORWARD,  
WE MUST  
LOOK BACK



## CELEBRATING *Rosh Hashanah*

Rosh Hashanah begins the evening of Sunday, September 29th and we'll be celebrating it with a special Rosh Hashanah Service & Dinner on the second day (the 30th) as well as apples and honey dipped in honey during snack times.

During these High Holidays, Jewish people across the world will engage in deep reflection, and hopefully find the inspiration to do their own personal work, and work toward justice, and repair of the world.



*Wednesday, September 25th*

It's bratwurst and sauerkraut time, so don your lederhosen and dirndls and let's celebrate Oktoberfest complete with entertainment! It officially begins Saturday, September 21st and lasts until Sunday, October 6th.







## Memory Care in The Cottages Individualized Activities

Most days: 1:00 to 4:30 p.m.

Individualized activities for someone with memory issues help to make the best of a person's abilities, and to facilitate relaxation. Being active and doing things one enjoys can also provide a profound sense of engagement, usefulness, and accomplishment. Keeping busy with activities that keep one engaged can also help to reduce behaviors like wandering or agitation. The Individualized Activities Program we've implemented in The Cottages helps to bring meaning, joy and hope to our memory care residents.



## Introducing... Our Staff



**Eli Goldman**

Executive Director  
director@melrosegardens.com



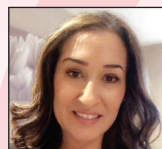
**Shonzael Faye**

Activity Director  
activitydirector@melrosegardens.com



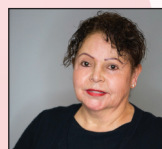
**Lorena Ilesia Linares**

Dining Manager  
kitchen@melrosegardens.com



**Manijeh L. Sadr, LVN**

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.