



## A Message from Ron, *the Executive Director*



Welcome to the July edition of *The Garden Gate*, our Melrose Gardens newsletter. There are a couple of special programs and events that we've got planned for the month of July that I'd like to draw your attention to. And in addition to the usual array of innovative programs we offer at our community, we've got a new one I'd like to mention.

I look forward to introducing you to the **Wellness Room** at Melrose Gardens. This exercise room will include fitness equipment like an elliptical, step climber, treadmill, and a recumbent bike. It will also feature a massage table, exercise table, balance bar to allow physical therapists and other trained professionals to work with our residents in maximizing their balance, walking, stretching and strength abilities.

As a salute to Summer, we will be hosting the **Melrose Jazz Festival** at our Crib, which will be on July 21st. The Hip details are still being developed for all you Cats and Daddy-os, but we will certainly feature a Barn Burner Jazz band with some Bad Horn and Boogie Woogie, where they will Break it Down for you. Be sure to mark that date on your calendar.

We've also recently introduced a new "**Getting to Know Your Furry Friends**" Program with a volunteer group called Pet Partners. Residents really look forward and enjoy these visits with the animals, so we encourage you to be sure and get your pets in!

In closing, I, and the staff of Melrose Gardens, are grateful for the families who have placed their trust in us to care for their parents and loved ones. It is my topmost goal and priority to see that our residents receive the best quality of life at Melrose Gardens. Please know that we always welcome your suggestions on how to improve our community.

Warmly,  
Ronald Villacis, *Executive Director*

### What's Inside...

#### Pet Partners



#### Monthly Outings



#### Healthy Aging



#### Melvin Kifer





Please be sure and attend our **Special Music Concerts** in July.

7/01	Piano Concert w/Dallas	2:00 p.m.
7/02	Concert w/Yolly	2:00 p.m.
7/08	Concert w/Katrina (Harp)	2:00 p.m.
7/09	Violin Concert w/Yasha	2:00 p.m.
7/13	Music Appreciation w/Rose Marie	11:00 a.m.
7/15	Piano Concert w/Mathew	2:00 p.m.
7/16	Singing Piano w/Larysa	12:00 p.m.
7/21	Melrose Jazz Festival	2:00 p.m.
7/22	Violin Concert w/Yasha	2:00 p.m.
7/23	Concert w/lrby	2:00 p.m.
7/27	Music & Comedy w/Jack Lawrence	3:30 p.m.
7/28	Sound Healing by Jahranzeh	3:00 p.m.
7/29	Guitar Concert w/Michael Quest	2:00 p.m.
7/30	Show w/Mike & Mandy	2:00 p.m.

## Getting to Know Our Furry Friends through Pet Partners!

Join us in July for a visit or two and bond with our furry friends from Pet Partners. Qualified volunteer handlers will bring these loving guests by for some expert petting from you! Pets that both the animals will enjoy, and our residents will benefit from too!



Did you know that by just spending fifteen minutes bonding with an animal promotes hormonal changes within the brain?

Stress levels drop as the "feel-good" hormone serotonin is produced from these interactions. Yes, that dog's soft ears, or the gentle rumble of a cat's purr can go a long way towards creating that calming feeling which touching a special animal can bring. So be sure to not miss out on these pet visits in July! Check with Kira for visit details.

## Monthly Birthdays

Celebrate on Thursday, July 13 at 1:00 p.m.

Ann Burwell	7/15
Rose Selesnick	7/16
Alfred Weber	7/17
Sali Schlank	7/21
Claire Avitablie	7/22
Eugene Resnik	7/28
Claire Soroko	7/31



### 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.

Monday, July 10

## Farmer's Market Trip

This world famous outside market and historic LA landmark offers over 100 vendors including gourmet grocers, produce vendors, restaurants, tourist shops, and ready-to-eat foods including many ethnic foods.



Monday, July 24

## Plummer Park

Join us for a visit to this West Hollywood park on the eastern side of the city. Every Monday morning also features a farmers' market. The Los Angeles Audubon Society had also been headquartered in Plummer Park, but had to move in 2011 as a part of a \$41 million park renovation.



## Healthy Aging Tips

*Live well and live longer*

Aging is often defined as "the process of growing older." While physiological changes that occur with time may limit you from doing what you did in your younger years, there's still a lot you can do to improve your health and longevity in your older years. Practicing healthy habits throughout your life is, of course, ideal, but it's really never too late to reap the benefits of taking good care of yourself.

So what can you do to give yourself the best possible chance for a long, healthy life? Below are some healthy aging tips to follow at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family within your community.
- Stay mentally active - exercise your brain.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Reduce stress.
- Take all medications as directed by your doctor.
- Make healthy lifestyle choices: limit alcohol consumption and cut out smoking.
- Maintain your sense of purpose.
- Embrace your sense of humor.
- Focus on being thankful. Appreciate and enjoy your life and don't take things for granted.
- Get the sleep that your body needs.

Reap the rewards of your long life, and enjoy each and every day. Be sure to savor your good health and happiness.





*Ife Ezieme*  
**Employee  
 of the month**  
*Caregiver by Heart*

Ife has been described as having a beautiful heart, and as someone who approaches everything with passion. She is certainly very caring, which is what you want a caregiver to be. Residents enjoy her straight-forward manner, as well as her help with puzzles, crosswords, and nomogram games. Ife will also take residents out on walks when they want.

Ife came here from Nigeria about two years ago, and began working straight away with Melrose Gardens. She has two brothers and one sister, all who still live in Nigeria. They are very close and communicate with each other often. She also talks with her father regularly. Ife says she always appreciates getting advice from her father. Ife is married, and her husband works here for the U.S. government.

Along with the rest of her family, Ife enjoys cooking, and her favorite dish is rice and plantains with chicken. Her hobbies include listening to gospel music, Scrabble, singing, reading, and watching movies and thriller TV shows. Her favorite colors are bright ones because they make her surroundings happy and attractive.

Ife also just started driving after receiving her driver's license in June. She is now saving up for a new car. Her favorite statement is, *"I don't play by the rules, but I focus on my moves, and my moves can only be directed by God."*



*Melvin Kifer*  
**Resident  
 of the month**

Melvin describes himself as a World Traveler, and that seems an apt designation for him as he's been to over 121 countries! These locations include Russia, China, Africa, Iran, Iraq, Afghanistan, North Korea, Romania, Mongolia, Israel, New Zealand, and Canada. He initially began traveling with his parents, and enjoyed the activity so much, he continued his journeys to all over the world! His favorite countries include Canada, for which he loves everything; China, where he remembers the "lazy Susan" tables, and especially the delicious roasted duck; New Zealand, for its incredible natural beauty, as well as its farming country; and finally Iran, where he spent 16 days exploring.

Melvin also spent two years in the Army, and can you guess why he joined? That's easy... so he could go and see the world!

Melvin is a sports fanatic, and really loves baseball. He has visited at least 50 stadiums across the United States. His favorite teams are the Dodgers and the Angels. His favorite foods are steak, roast beef, lobster, and shrimp.

Please be sure to welcome and say hello to Melvin, our Melrose Gardens Resident of the Month for July!

*Introducing... Our Staff*



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