

The Garden Gate

Community Newsletter

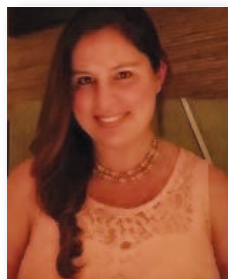
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Melrose Gardens
ENHANCING LIFE THROUGH COMMUNITY



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A Message from the Desk of Anita Csukardi, BSW Executive Director



Greetings to All,

As we welcome the month of April, I would like to give a special thanks to the entire amazing

Melrose Team. Our

Melrose Team has played a major role in helping our beloved resident's, staff, and community through three extremely successful Vaccine Clinics. On Sunday March 7th, 2021, Melrose Gardens finished all three vaccine clinics. To my dear residents and family members who received vaccinations, I would personally like to thank all of you for your bravery and courage for prioritizing health.

April is my favorite month of the year as; April is my birth month. April is a beautiful time of year, especially because Spring is at its peak, with beautiful flowers in full bloom. It is especially important as we move forward in the year to honor the wonderful traditions and holidays in the month of April such as: April Fool's, Good Friday, Easter, and Earth Day.

Whether you love playing a fun practical joke on a loved one, share the Christian faith or a love of bunnies, or thrive in taking care of our planet; we highly look forward to sharing each other's stories and viewpoints together as a community.

I wish everyone a safe, happy, and healthy April!

~ Anita Csukardi



April 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Irving C.	4/12
Susan G.	4/20
Bunny H.	4/23

Holiday Celebrations

Poetry Month

4/01	April Fool's Day
4/04	Easter Sunday
4/22	Earth Day
4/30	Arbor Day

Religious Services and Study

Shabbat Services ~ Fridays at 4:15 p.m.

Church Services ~ Saturdays at 10:00 a.m.

faith



St. Patrick's Day
Faces



Wellbeing Focus

**April is
Parkinson's
Awareness Month**



It's April, and we're celebrating Parkinson's Awareness Month, which focuses on education about the disease. There are still segments of the population where Parkinson's isn't fully understood, which makes facing it incredibly scary.

But even in places that are beginning to label Parkinson's disease and its symptoms, a lot of fear and judgment is associated with the disease. Not only does Parkinson's wreak havoc on the body, it also has tremendous social repercussions. It is relatively common for people with Parkinson's to withdraw from social circles, hiding the illness from friends and family.

A tremendous stigma surrounds the disease because of misinformation or a lack of information. Providing access to facts reduces the stigma that is associated with having an illness. By supporting education and more conversations, we can better shed some light on the disease.

Parkinson's is a neurodegenerative disorder. Over time, this slowly progressing condition causes tremors, gait and balance issues, limb stiffness or rigidity and a slow muscle movement. While each person responds differently to the disease, complications often become serious.

There is no cure, and more research is needed. National Parkinson's Awareness Month every April encourages us to support further research, continue the conversation, increase access to information, and reduce the stigma of Parkinson's!

SPOTLIGHT ON OUR RESIDENT

Faye B.

Our Melrose Gardens Resident of the Month is Faye B.! Faye was born in De Kalb, Texas and is the youngest of eight siblings. She has one daughter named Deyna who has gifted her with two grandchildren named Felicia and Steve. She also has a beautiful two-year old granddaughter named Logan Simone. As for her education, Faye graduated from Tucker Business College in St. Louis with a Major in Commercial Business. She then began an impressive, wide-ranging career. She worked as a clerk-typist, then as a stenographer/secretary, and most notably as an executive secretary/supervisor with the Workman's Compensation Board where she supported several judges. In addition, Faye also worked many years with the State-of-California Attorney General's office in Los Angeles and San Diego! Her many accomplishments reveal her versatility and hard-working character. Way to go, Faye!



As for her hobbies, Faye loves reading fiction books as well as biographies of rich and famous figures. In fact, she was an avid reader who enjoyed spending hours in public libraries several days a week. She also excelled in puzzles and was particularly a fan of the Los Angeles Times newspaper's crossword puzzles. As a woman with an extensive vocabulary, it's no wonder she's great in Trivia word games and bingo here at Melrose Gardens. Aside from her interests, Faye also had a passion for helping others; she served as a role model for others as she cared for sick and infirmed patients throughout her life. In fact, her church, Crenshaw Church of Christ, awarded her with a "Heaven's Angel" in recognition of her faithful service to others. It's truly a pleasure having a remarkable woman with us!

Exploring India



This Spring our activities team will lead us on an exploration of an incredibly diverse country: India! Located in South Asia, and containing a sixth of the world's population, India is a highly diverse country consisting of thousands of ethnic groups and hundreds of languages. Their roots trace back to the sophisticated Indus civilization, and have given rise to distinctive traditions and a rich intellectual life in such fields as mathematics, astronomy, architecture, literature, music, and the fine arts. Indian religions include Hinduism, Buddhism, Jainism and more; and they've been blessed with several leaders of world stature, most notably Mahatma Gandhi and Jawaharlal Nehru. We look forward to learning more about their culture, foods, traditions, and more as we travel beyond our borders into the colorful world of India this spring!

April

Featured Activities & Events



Thursday, April 1

April Fool's Day

April Fools' Day—celebrated on April 1 each year—has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling "April Fools!" at the end to clue in the subject of the April Fools' Day prank. We look forward to celebrating this holiday with jokes, comedic moments, and lots of laughter!

Sunday, April 4

Easter

Also called Resurrection Sunday, Easter is a holiday celebrating the resurrection of Jesus three days after his crucifixion. Easter falls on the first Sunday following the first full moon that falls on or after Spring Equinox, which happens to be April 4 this year. It is traditionally celebrated with special church services, music, flowers, and baskets filled with eggs, chocolate and other treats. We are excited to celebrate with a colorful Easter Brunch, streaming church services and worship music, and spring craft designs!



Thursday, April 22

Earth Day

Earth Day is an annual event celebrated around the world on April 22 to demonstrate support for environmental protection. First celebrated in 1970, it now includes events coordinated globally by the Earth Day Network in more than 193 countries. Our community will be discussing the current trends of environmental protection measures, and positive ways we can contribute to the cause!



Discovering Indian Cuisine



Think of India and one of the first things that comes to mind is its diversity. A large country, its population is second only to China; its languages are numerous, and every state (of which there are 28 and seven Union territories) is unique in its traditions and very importantly, its food. In fact, food from one region may actually be totally alien to a person from another region! The common thread that runs through most Indian food, though, is the use of numerous spices to create amazing flavors and aromas.

Some popular appetizers, drinks, and dishes that we will feature in our menus and happy hours include:

- Vegetable Samosas
- Naan and Hummus
- Butter Chicken
- Chicken Tikka Masala
- Mango Lassi

We hope you enjoy exploring the different tastes and concoctions we will be featuring as we explore Indian cuisine and culture this April through June!

You're Invited to our
**Easter
Sunday Brunch**

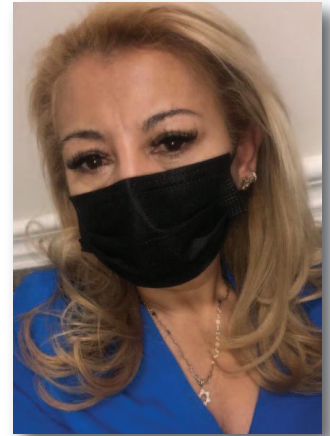


Sunday
April 4
at 12:00 p.m.

Join us for a celebratory
Feast as we celebrate Easter
with classic brunch with
pastel Easter treats!

**Employee
OF THE MONTH**

Yaneet Suazo
Caregiver



Congratulations to our Employee
of the Month, Yaneet Suazo!

Yaneet was born and raised in Honduras where she attended the University Nacional Autonoma de Honduras and studied anesthesia. The mother of three came to the United States in 2006, and has worked in the Senior Living Industry for 8 years.

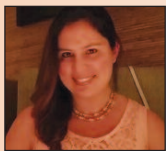
In addition to her love of helping others, Yaneet loves travelling. She hopes to travel to Hawaii in the near future. She also loves reading and spending time with her family.

The thing Yaneet loves most about working with seniors is knowing that she can be helpful to the residents and her coworkers. Her philosophy in life is do unto others as you would have them do unto you. She is very thankful to God for her Melrose Gardens family.

Thank you for your hard work, dedication and perpetual smile, Yaneet!

HAPPY
Easter

Community Leadership Team



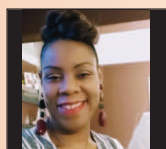
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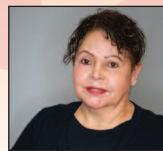
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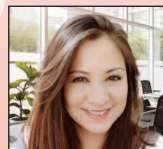
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