

The Garden Gate

COMMUNITY NEWSLETTER

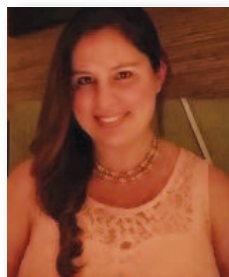
960 North Martel Avenue, Los Angeles, CA 90046 / phone: 323.876.1746

Melrose Gardens
ENHANCING LIFE THROUGH COMMUNITY



lic: 197609830/197609896

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



*Greeting to all, and
happy month of
July,*

The warm summer month of July is upon us! It is hard to believe that half the year of 2021 has flown by. I love the month of July, when the days seem warm with breezy afternoons, and subtle hints of freshness are in the air. Enjoying trips to the beach, the smell of suntan lotion, and ice cream are just a few of my favorite things to enjoy in the summertime month of July.

July celebrates one of the greatest American holidays; Independence Day, more commonly referred to as 4th of July. The 4th of July signifies our remembrance of what makes our great nation of America so special, and that key aspect is freedom. Essentially, whether you enjoy a trip to the beach to take in the ocean breeze, relax and enjoy your favorite cup of ice cream, or bask in the glory of fireworks; we highly look forward to sharing each other's stories and viewpoints together as a community.

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

4TH OF JULY



July 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Melinda M.	7/14
Jean P.	7/17
Pat H.	7/23
Eugene R.	7/28

Holiday Celebrations

7/04	Independence Day
7/14	Bastille Day
7/18	Nelson Mandela Day
7/23	Gorgeous Grandma Day

Religious Services and Study

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

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

faith

*Creative Art
Explorations
at the Cottages*



Staying Healthy by Staying Social

July is National
Social Wellness
Month



Everyone knows that to stay healthy, it's important to eat right, get some exercise, and avoid burning your skin in the sun. Did you know that, once you retire, maintaining an active social life can help keep you in good health, too? Since July is National Social Wellness Month, it's a good time to explore the impact that staying social can have on your health.

Researchers have found that feelings of social isolation are linked to mental and physical health problems. The AARP reports that studies have linked perceived isolation to increased blood pressure, higher rates of colds and the flu, indulgence in unhealthy behaviors, and even the early onset of dementia.

Scientists believe that social contact has profound physiological effects which can reduce stress hormones and inflammation. Scientists believe that regular social contact keeps the neurons in the brain active, thereby warding off dementia. Viewed in this light, socializing is akin to a workout for the brain.

Maintaining friendships isn't always as easy as we'd like it to be, especially as we age. Once you retire, you often lose the social network you formed at work.

Staying social during retirement requires a proactive approach. There are plenty of ways to actively seek out new friendships. Hobbies are a wonderful way to meet people with similar interests. Our community also offers active social opportunities via a full schedule of social events. You can participate in leisure and recreation activities that take place right at home and enjoy social events like outings, group exercise classes, discussions, happy hours, and more! Stay social and stay healthy!

SPOTLIGHT ON OUR RESIDENT Flora S.

This month our resident spotlight shines on our Resident Ambassador, Flora.

Born in Heath, Massachusetts, Flora is the youngest of nine children born to John and Florence Hillman. She and her siblings were raised on a farm where the work was plentiful, but her family shared the load happily. She 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.

Flora was the head RN in the surgery department at Franklin Medical Center for 36 years. Flora likes to keep active by participating in many physical activities, including swimming. She also enjoys Bingo and playing cards.

Flora's motto in life is to "Be happy, enjoy all of your friends, and most of all, help as many people as you can! Melrose Gardens is definitely a better place with Flora among us.



More

Creative Art Explorations



July Featured Activities & Events



July 4, 2021

Independence Day

Americans come together on July 4 to celebrate the nation's birthday and Independence Day. On this day, most Americans enjoy grills in their backyards, at beaches, or in parks. Some partake in parades or marches and enjoy the fireworks that are often launched at dusk. We'll kick off the festivities with details, trivia, and anything else you need to know about Independence Day. Happy Fourth!

July 7, 2021

World Chocolate Day

Every year on July 7th, World Chocolate Day allows chocolate lovers around the world to indulge in their favorite treat without any guilt. The day also celebrates all kinds of goodies made from chocolate, including chocolate milk, hot chocolate, chocolate candy bar, chocolate cake, brownies, or anything covered in chocolate. Most people love chocolate. About 1 billion people eat chocolate every day. Besides the fact it tastes so good, there are some health benefits of chocolate. Chocolate increases serotonin and dopamine levels, which helps to boost the mood. Dark chocolate can also be especially good for you. Dark chocolate is a powerful source of antioxidants, plus it helps to improve blood flow, lower blood pressure, and reduce the risk of heart disease. We'll be celebrating with chocolate facials and handmade chocolate bars!



July 14, 2021

Bastille Day

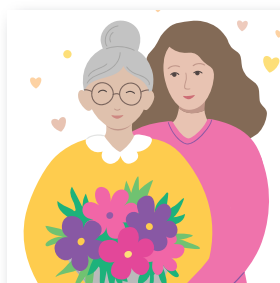
Sacré bleu! Celebrate the toppling of the long-standing French monarchy, symbolized by the storming of a fortress and political prison in Paris, on Bastille Day on July 14. The holiday is known as 'Fête Nationale' in France, and officially became a holiday in 1880. Right from the beginning, military parades, fireworks, speeches, and public displays were a part of the celebrations, reveling in the downfall of the stringent monarchical rule. The

slogan "Vive le 14 juillet!" ("Long live the 14th of July!") has continued to be associated with the day.

July 23, 2021

National Gorgeous Grandma Day

Maybe you call her Nana. Maybe you call her Granny. Maybe you call her when you're in trouble because you know she'll be there for you at the drop of a hat. Whatever the case may be, today is her day. But it's not just Grandma Day—oh no. This July 23, we celebrate National Gorgeous Grandma Day. Grandmothers endlessly love and treasure their families, and typically have an infectious love for life. They have experienced a lot and have the best words of wisdom for us. With all the aches and pains of old age, most grandmothers have positive attitudes and amazing energy, which radiates into our lives. The day aims to celebrate women over the age of 50 and encourages them to defy society's standards and live it up a bit.



Beat the heat and eat like an Israeli this Summer



We are excited to explore the culture and food of Israel this summer. Israeli cuisine comprises both local dishes and dishes brought to Israel by Jews from the Diaspora. Israeli cuisine has adopted, and continues to adapt, elements of various styles of middle eastern cuisine and diaspora Jewish cuisine. It incorporates many foods traditionally included in other Middle Eastern and Mediterranean cuisines, so that spices like za'atar and foods such as falafel, hummus, shakshouka and couscous are now widely popular in Israel.

When its summertime in Tel Aviv, you walk a lot, sweat a lot, and eat a lot of fresh produce. On menus throughout the city's chic cafes, big, bold, flavorful salads abound. They're delicious and satisfying but don't leave you feeling weighed down in the summer heat. As it steams up over here in the States, we've decided to challenge ourselves to cool down and eat like Israelis do: fresh, healthful meals that require as little cooking as possible.

Below are five delicious meals that we plan to insert throughout the summer menu as we eat like an Israeli! *Bon appetit* — or *b'tayavon*, as they say in Hebrew.

- Baked Falafel with Tahini Dressing and Israeli Salad
- Grilled Salmon & Watermelon Feta Salad
- Sabich Sandwiches: Laffa With Eggplant, Eggs, Hummus, and Tahini
- Israeli Couscous Salad with Grilled Summer Vegetables
- Traditional Shakshouka with Homemade Bread and Pickled Cucumber

Discover Israel



Shalom, and welcome to Israel, the country that our community will explore this summer. From the soft chanting of Hebrew prayers at the Western Wall, the Muslim call to prayer and the Via Dolorosa in Jerusalem, to the ancient olive groves of Galilee and the stunning gardens of the Baha'i in Haifa, it's impossible to miss the presence of religion in this holiest of lands. But as we'll discover, exploring Israel takes us well beyond faith, creed and politics.

This summer our activity directors will challenge and intrigue you with an in depth look at Israeli foods, cultural topics, news, music, dance, and more, so enjoy!

Employee OF THE MONTH *Maya* Caregiver

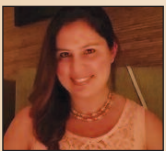


Congratulations to Maya, our employee of the month at Melrose Gardens! She has continuously demonstrated an exceptional dedication and care towards our residents. In fact, she has always been punctual and has often lent her efforts during the most critical times of the pandemic. Her hardworking attitude and positive personality are truly indispensable. Maya was born in El Salvador and grew up in the capital city of San Salvador. There she studied in Universidad Nacional de El Salvador Economic and Business School. She later moved to the United States to pursue her interests in social service.

As for her family, Maya has two beautiful boys named Jorge and Christian, whom she adores. In her free time, she enjoys traveling, spending time with her family through road trips, going to the beach, as well as attending soccer games! One of her greatest wishes is to attend a live game with her favorite soccer team: F.C. Barcelona. As for her hopes, she wishes for her kids to become role models in the future as professionals, fathers, and husbands.

Maya has been working in the Senior Living Industry for a year now and has taken a particular interest in listening to the residents' stories. One of the main reasons why she loves her job is due to her interactions with our residents, many of whom are from different backgrounds and have unique experiences. It's no wonder why she loves listening to their stories. We wish her all the best!

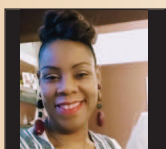
Community Leadership Team



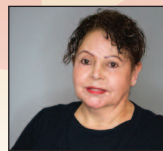
Anita Csukardi, BSW
Executive Director
anita@melrosegardens.com



Katelin Aghel
Sales Director
family@melrosegardens.com



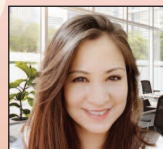
Crystal Hamilton-Niang
Culinary Services Director
dining@melrosegardens.com



Guadalupe Mejia
Housekeeping Director



Mikel Sullivan
Assisted Living Activity Director
activitydirector@melrosegardens.com



Eulalia (Yolly) Ocampo
Memory Care Activity Director
activitydirector@melrosegardens.com