

The Garden Gate

Community Newsletter

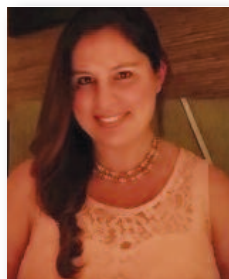
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Melrose Gardens
ENHANCING LIFE THROUGH COMMUNITY



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



*Greeting to all and
happy month of
June!*

I would very much
like to welcome
Danielle Campos to
the Melrose Gardens

family as our new Wellness Director.
Danielle has 10 plus years of experience in
assisted living care and is educated in the
field of licensed vocational nursing. I am
confident that Danielle's warmth and
expertise will bring a breath of fresh air to
our Wellness Team.

It is hard to believe that the wonderful
month of June is already upon us.
Personally, I love the month of June,
when the days seem to get brighter and
longer. Enjoying long walks in the park,
afternoon bike rides, and ice-cold
lemonade are just a few of my favorite
things to enjoy in the summertime month
of June. This June we also happily
celebrate our dads on Father's Day; which
is coincidentally the first day of summer!
Essentially, whether you enjoy long walks,
celebrating a special father-figure, or
relaxing on a summer afternoon with a
cup of lemonade; we highly look forward
to sharing each other's stories and
viewpoints together as a community. I
wish everyone a safe, happy, and healthy
June!

All my best,
Anita Csukardi, BSW



June 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Julie G.S.	6/01
Barbara L.	6/12
Makund P.	6/17
Melvin K.	6/17
Faye B.	6/27

Holiday Celebrations

6/14	Flag Day
6/19	Juneteenth
6/20	Father's Day
6/20	Summer Begins

Religious Services and Study

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

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



Cinco de Mayo Memories



Wellbeing *Focus*

June is
National
Men's Health Month

MEN'S HEALTH



This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

Why is National Men's Health Month Important? It serves as:

1. A reminder to get checked out

If you're stressing about a symptom—a busted knee, a persistent headache—it can be easy to get in a cycle of worrying about it. But going to the doctor can do two incredible things: one, it can figure out what's wrong, but two, it can keep you from worrying! Men's Health Month encourages you to get yourself checked out so you can feel better—and stop worrying.

2. A conversation starter

Men's Health Month gets people talking about health, which gets people acting about health. Gyms get joined, appointments get made, and resolutions get promised. It's a beautiful thing. Join in!

3. An excuse for pampering

Lots of things that are good for your body are also good for your soul! Play some golf, get a massage, take an extra long nap. It's all healthy, and if anyone asks the occasion, you've got an answer at the ready: Men's Health Month!

SPOTLIGHT ON OUR RESIDENT

Adrienne L.

Our June resident of the month is Adrienne L. — our newest resident at Melrose Gardens! Adrienne was born and raised in Tacoma Washington. She later moved to California to complete her degree in home economics at UCLA. As for her family, she married her lifelong partner named Bob Leevan and had 3 children: Mark, Edward, and Jill. She was eventually blessed with 5 grandchildren in her tightly-knit family. As for her free time, she also loves shopping with her best friend Caroline. Our community is glad to welcome a friendly personality like Adrienne. Congratulations Adrienne and we look forward to getting to know you better!



Button Art

June Featured Activities & Events



Monday, June 14

Flag Day

America's Flag Day marks the Second Continental Congress' adoption of the first U.S. national flag on June 14, 1777. The first flag, thanks to Betsy Ross' sewing prowess, featured the same 13 red and white stripes we see today. The number and arrangement of stars, however, has changed as the number of states have increased over the centuries. The current flag has remained the same since 1960. Will we ever go from

50 to 51? Join us for a look at some possible statehood candidates. And consider this a warmup for Independence Day — in just 20 days!

Saturday, June 19

Juneteenth

The freedom of African Americans from slavery in the U.S. in 1865 is celebrated on the holiday Juneteenth on June 19. Juneteenth is made up of the words 'June' and 'nineteenth,' and it is on this day that Major General Gordon Granger arrived in Texas more than 155 years ago to inform slaves that slavery had been abolished. Other than marking a pivotal date of significance in American history, Juneteenth also serves as an opportunity for African Americans to cherish their culture and heritage.



Sunday, June 20

Father's Day

Where would we be without dads? Honestly, who would show off 'dad jeans,' tell the same somewhat amusing jokes at Thanksgiving, or spin those charming childhood stories? But of course, there's far more to dads than their wardrobe choices and endless nostalgia for the 'good old days' (Elton John, David Bowie, and Queen — we get it). Still, dads are heroes. On June 20, join us as we let the

community dads know how much they mean to us! "A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way." — Unknown

Sunday, June 20

Summer Begins

Memorial Day, for many Americans, conjures up images of barbecues, parades, family gatherings, and summertime. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible.



Summer Foods to Beat the Heat



and keep Hydrated.

This summer we will be adding more summer foods to our menu, which will help us thrive during the hottest months of the year! Below are seven suggested foods that are good at keeping you hydrated, but chock full of nutrients as well!

Tomatoes

They are filled with antioxidants like vitamin C and lycopene, which are beneficial for the skin and your overall health.

Watermelon

It is rich in water and also contains lycopene, which helps keep you hydrated as well as protect skin cells from sun damage.

Zucchini

It is mostly composed of water (94 percent of its weight), making it a perfect summer side! Rich in vitamin C, it boosts the immune system; being high in potassium, it helps to keep blood pressure in check.

Oranges

These delicious citrus summer fruits are well known for their Vitamin C levels, but also for their water content!

Leafy Greens

Veggies like spinach, broccoli, cabbage, cucumber are high in water content and nutrients!

Berries

A variety of berries aids skin health as they are high in antioxidants and increase your fluid levels in the heat.

Corn

This yellow veggie favorite on the grill contains antioxidants that help protect skin from the sun's rays! Every corn on the cobb also contains around 70% of water!

Always remember... an uptake of water in the summer is imperative to avoid headaches, dehydration, and brain fog. Make sure to have plenty of water, in addition to high water content foods, to stay hydrated through the day!

Disneyland comes to Melrose Gardens!



Employee OF THE MONTH *Kathy Ayala* Caregiver



Congratulations to Kathy Ayala, our Employee of the Month. Kathy is a member of our amazing carestaff.

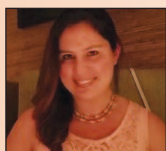
She hails from El Salvador, and came to California in 2011 at the age of 16. She has 6 cats, Toto, Charcoal, Zeus, Thofee, Chelito, and Philly, whom she loves very much.

Kathy attended Crenshaw High School, before going to Los Angeles Technology Center where she studied to become a CNA. She has put her education to good use in the senior living industry for the past 2 years. She wants to show the seniors she works with the love and respect they deserve. She hopes they see the love she has in her heart.

In her spare time, Kathy enjoys spending time with her family, especially her niece Sophia, and her boyfriend.



Community Leadership Team



Anita Csukardi, BSW

Executive Director

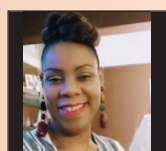
anita@melrosegardens.com



Katelin Aghel

Sales Director

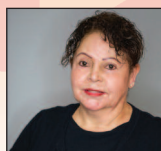
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Crystal Hamilton-Niang

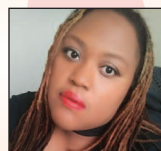
Culinary Services Director

dining@melrosegardens.com



Guadalupe Mejia

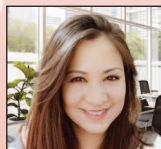
Housekeeping Director



Mikel Sullivan

Assisted Living Activity Director

activitydirector@melrosegardens.com



Eulalia (Yolly) Ocampo

Memory Care Activity Director

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