

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



Greetings to all,

As we welcome the month of March, 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 two extremely successful Vaccine Clinics. We can now look forward to our third and final vaccine clinic on Sunday March 7th, 2021.

Personally, I am highly looking forward to celebrating St. Patrick's Day, and adapting fun spirit from the Luck of the Irish. As a community, we will surely have fun activities and tasty treats to celebrate St. Paddy's Day. Spring is near, which means we can soon look forward to warmer weather. My favorite part of spring is seeing nature bloom in all its majestic glory. As Mother Nature attempts to shed her winter coat, I strongly encourage residents and staff to practice good cleanliness for one's personal health and benefits to stay healthy as we slowly transition from winter to spring.

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

All my best,
Anita Csukardi, BSW
Executive Director



March 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Pat I.	3/9
Jean K.	3/17
Mitchell G.	3/26

Holiday Celebrations

3/14	Daylight Savings
3/17	St. Patrick's Day
3/20	First Day of Spring
3/27	Passover
3/28	Palm Sunday

50s STYLE

Soda Fountain Drive-In



Memories

Wellbeing *Focus*

National Kidney Month

NATIONAL KIDNEY MONTH

March is National Kidney Month, a time when communities across the country raise awareness about kidney disease. This year's focus is on taking charge of your health and the many factors that go into managing your kidney disease.

Kidney disease can develop at any time, but those over the age of 60 are more likely than not to develop kidney disease. As people age, so do their kidneys. Other risk factors for kidney disease include: high blood pressure, diabetes, kidney stones, a family history of kidney failure, and prolonged use of over-the-counter pain medications.

According to recent estimates from researchers at Johns Hopkins University, more than 50 percent of seniors over the age of 75 are believed to have kidney disease. Kidney disease has also been found to be more prevalent in those over the age of 60 when compared to the rest of the general population. "Many people don't realize that, as we age, we lose kidney function," said Beth Piraino, MD, National Kidney Foundation President. "Unfortunately, older Americans may not realize they are at increased risk until it is too late."

The National Kidney Foundation (NKF) urges everyone over the age of 60 to be screened for kidney disease. NKF recommends annual screening with a simple urine albumin test that checks for protein in the urine-the earliest sign of kidney damage-as well as a blood test for kidney function. You can also follow these healthy lifestyle tips to take charge of your kidney health.

1. Meet regularly with your health care team.
2. Manage blood pressure and monitor blood glucose levels.
3. Take medicine as prescribed and avoid NSAIDs like ibuprofen and naproxen.
4. Aim for a healthy weight.
5. Reduce stress and make physical activity part of your routine.
6. Make time for sleep.
7. Quit smoking.

SPOTLIGHT ON OUR RESIDENT

Willene!

This March we are pleased to shine the spotlight on Willene! Willene was born and raised in Tupelo, Mississippi, just ¼ mile down the road from Elvis Presley! The third of five children born to Ivy and William Conwill, she attended Nettleton schools through high school.

Willene was an avid basketball player, and even won a college scholarship due to her athletic prowess.



Willene and her husband, Roland, were happily married for 25 years, during which they became the proud parents of Larry, Tanya, and Tina. She is the loving grandmother of Pierce and Paige. She maintains a very close relationship with her children.

Willene was a teacher for many years, and loves to share stories of her time in the classroom. Although she'll never admit it out loud, her favorite age group to work with was 7th graders. Willene enjoyed molding young minds and watching them learn.

Church has always been a very important part of Willene's life. She enjoys attending services, and can sometimes be found singing or humming old hymns. Another of her favorite things to do is shopping for bargains with her daughter, Tina.

Every morning Willene reminds herself to "Just do the best you can." She believes that the best way to get through life is one day at a time, so you have to do your best each day to make it to the next.



March

Featured Activities & Events



March is Women's History Month

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. It is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the

timeline of women's history milestones stretches back to the founding of the United States. This March, City View residents are excited to learn about and discuss several of the famous women that have had an impact on our world!

March 17

St. Patrick's Day

Unless you've been living under the Blarney Stone you already know that March 17 is St. Patrick's Day. It's the one day each year that everyone and anyone calls themselves Irish – if not by birthright, then in spirit. If you have been living under the Blarney Stone, lucky you!

We bet you can share a thing or two about how a religious feast day commemorating the famed Irish patron saint who brought Christianity to Ireland ended up being a day celebrated almost globally, usually involving copious amounts of green beer and whisky shooters. Here at Melrose Gardens we'll celebrate with an Irish Happy Hour featuring green soda or beer, fondue, and plenty of Irish blessings, like: "May the roof above us never fall in. And may the friends gathered below it never fall out."



March 20

First Day of Spring

In 2021, the spring equinox occurs on Saturday, March 20. The amount of daylight each day will continue to increase throughout the season, leaving us plenty of time to get outside, plant vegetable gardens, enjoy barbecues, make beautiful flower arrangements, and celebrate in the

daylight! Spring is a season of newness and rebirth. As nature once again comes alive with color, don't forget to take a moment to appreciate the beauty that surrounds us. Happy Spring to everyone at Melrose Gardens and the Cottages!

March 27

Passover

This year, Passover begins the night of March 27 and ends at nightfall on April 4. The Jewish holiday commemorates the Biblical story of Exodus – where God freed the Israelites from Egypt. Passover, celebrated for eight days, begins with an evening Seder – a traditional dinner with very specific foods and wine. This meal includes readings from the "Haggadah," which tells the holiday's story. Themes include family, Jewish history, social justice, and freedom. During the Passover season, only unleavened bread, called Matzo, may be eaten; it symbolizes the hardships the Hebrews had to suffer.



Spring Vegetables & Fruits Return to the Menu!



The changing of the seasons also brings a change in our Dining Menu! Exciting seasonal ingredients such as cherries, strawberries, blueberries, peaches, asparagus, spinach, tomatoes, summer squash and corn all make a comeback and are highlighted in fresh and healthy dishes that meet the nutritional needs of seniors. Every day we make our home-cooked meals from scratch, use fresh produce and work with local vendors to ensure we're getting the best quality we can. We never cook with added salt and often put a healthier spin on traditional recipes that residents know and love.

Eating seasonally is so beneficial because you'll be infusing your diet with a saturation of vital minerals and unretouched flavors and colors. Seasonal produce is generally harvested at its peak so it retains its full nutrient and vitamin content. Because it has naturally ripened on the vine or in the ground it will have a more complex and rich flavor. It's no lie that the juiciest and most vibrant tasting fruits and veggies are those that are in season. Nature is wiser than we acknowledge and seasonal foods support season specific needs. After a long winter, the human body craves detoxification and longs to shed the extra weight of winter. Spring vegetables like spinach help to alkalize our bloodstream and energize us for the warmer months when we typically expend more energy being active.

Our dining program is a hallmark of our commitment to championing quality of life for all seniors. In addition to giving residents choices in every meal, our menus provide a variety of flavors – from classic favorites, to regional dishes and resident-suggested selections.

Community Gallery



Employee OF THE MONTH

Maria Guido
Caregiver



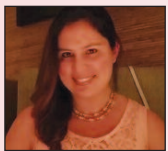
Congratulations to our Employee of the Month – Maria Guido! Her diligence and dedication to assisting the residents helps create a positive work environment. Maria was born in Acapulco, Mexico and later immigrated to the United States. She attended Los Angeles Community college where she took paralegal classes and worked hard to acquire her CNA certificate.

Maria is currently married with two beautiful daughters and a grandson. In her free time, she likes travelling and spending time with her family and their two dogs named Mickey and Peluche. When possible, she enjoys going on vacations where she can relax and enjoy a peace of mind away from the city with her loved ones.

The main reason she enjoys her job is that it allows her to interact with the residents and share life experiences with them; she particularly enjoys getting to know them on a daily basis. This reason also extends to her life's philosophy wherein she likes to share her knowledge and help others around her. She believes that caregivers play an important role in the community because they have the ability to help others. As part of her philosophy, she holds that human beings should live their life well by being compassionate and listening to others.

Thank you for helping to create a tightly-knit community at Melrose Gardens, Maria!

Community Leadership Team



Anita Csukardi, BSW

Executive Director

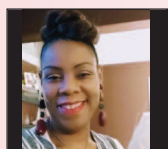
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Sales Director

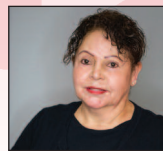
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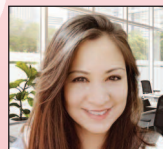
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