

The Garden Gate

Community Newsletter

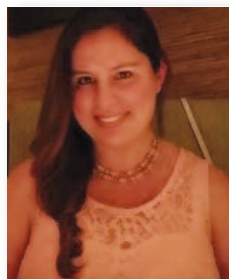
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Melrose Gardens
ENHANCING LIFE THROUGH COMMUNITY



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



*Greetings and
Happy May!*

The wonderful month of May is upon us. Personally, I love the month of May, as there is still plenty of time to enjoy the beautifully fresh and crisp spring weather before the start of summer. Enjoying a lazy Sunday afternoon with soft music and a glass of iced tea is one of a few of my favorite May activities.

May features wonderful holidays such as Cinco De Mayo, Mother's Day, and Memorial Day. Cinco De Mayo is a time to remember the victory of the Mexican Army's over the French Empire at the Battle of Puebla. Mother's Day is very dear to every woman's heart and is a special time to celebrate as a mother and with all mothers. Memorial Day provides us all the opportunity to remember the loss of the brave men and women who have served in the U.S. Military.

Essentially, May reminds us to stop and enjoy the splendor of a lazy Sunday afternoon, remember those near and dear to our hearts, and proudly celebrate our heritage. We highly look forward to sharing each other's stories and viewpoints together as a community. I wish everyone a safe, happy, and healthy May!

All my best,
Anita Csukardi, BSW



May 2021

melrosegardens.com

*Only mothers can think of the future
because they give birth to it
in their children.*

~ Maxim Grosky

Holiday Celebrations

- 5/05 Cinco de Mayo
- 5/09 Mother's Day
- 5/16 Shavuot
- 5/31 Memorial Day

Religious Services and Study

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

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

faith

Open House
**Secret
Garden**



Wellbeing Focus

May is
Arthritis
Awareness Month



Everyone knows someone with arthritis. It is a leading cause of disability, and causes pain, aching, stiffness, and swelling of the joints. The most common types are osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia.

- About 1 in 4 (54 million) US adults have arthritis.
- About 24 million adults are limited in their activities from arthritis.
- Adults with arthritis can decrease pain and improve function by about 40% by being physically active.

For those diagnosed with this chronic illness, it can be a lot to handle, but rest assured: you can do it! You'll play a big role in getting your disease under control and staying as healthy as possible via self-management. Self-management is about making healthy lifestyle choices and learning to manage the physical and emotional effects of arthritis. Make the effort to learn all you can about your disease and build strong partnerships with your doctors.

The following self-management habits can help you successfully manage your disease:
Be Organized, Manage Pain, Address the Emotional Side, Tackle Fatigue, Improve Sleep, Get Moving, Balance Activity With Rest, & Eat a Balanced Diet. (See a community staff member or check out arthritis.org to explore each habit further!)

It may seem like a lot to do but you're not alone. Staff members in our community, doctors, family members, and organizations like The Arthritis Foundation are here to help you manage your disease, so take heart!

SPOTLIGHT ON OUR RESIDENT

Dennis
"Denny" P.



This month our Resident Spotlight shines on Denny. Denny was born in Detroit, MI to loving parents Leonard and Margaret Irene. After he met and married his beautiful wife Jean, he was happy to expand his own family with two daughters, Andrea and Melanie, and one son, Christopher. When asked how Denny met Jean, he says, "I got lucky," with a twinkle in his eye. In addition to his three children, Denny has three beautiful granddaughters, Annie, Jean and Lindsay.

Denny is a graduate of the University of Missouri, where he studied engineering. After 8 years of service in the United States Marine Corps, he put his engineering degree to good use as a systems engineer for IBM, where he worked for 25 years. In his spare time, Denny enjoys listening to country music, especially Willie Nelson and Waylon Jennings.

Thank you, Denny, for making life at Melrose Gardens so much fun!
We salute you!

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May Featured Activities & Events



Wednesday, May 5 **Cinco de Mayo**

Everyone knows what May 5, or Cinco De Mayo, means: tacos, margaritas, fun and fiesta. But what exactly happened on this day of seemingly endless partying and celebration? The Battle of Puebla was held and Mexico triumphed over French forces on May 5th, 1862. Pro-Union Mexican citizens in the state of California heavily celebrated the victory at the Battle of Puebla, viewing it as a victory for the Union's

cause. Over the years, annual celebrations spread across California and the U.S., and our community plans to celebrate in style as well. Look out for Mexican flags, food, drinks, music, and more as we have a fiesta on the fifth!

Sunday, May 9

Mother's Day

Remember when the Peace Corps adopted the slogan "The toughest job you'll ever love"? No offense, Peace Corps, but that adage is more appropriate for motherhood — a job that is ever-changing and frequently exasperating. Moms don't receive handsome salaries or generous pensions. Instead, their rewards come in the form of expressions of love and the satisfaction of seeing their children grow up to be happy, healthy adults. Thus we honor the undying love and selfless sacrifices of mothers with some royal treatment of them on Mother's Day! This Sunday, our community will host a Mother's Day Brunch.



Sunday, May 16

Shavuot

Shavuot—or the Feast of Weeks—is a Jewish holiday, celebrated between May 16-18 on the Gregorian calendar. The holiday has both an agricultural and biblical significance. Agriculturally, it marks the wheat harvest in Israel. Biblically, it commemorates the day God gave the nation of Israel the Torah on Mount Sinai. The holiday also book-ends the Counting of the Omer, a

ritualized counting of each of the 49 days between Passover and Shavuot. The tradition represents the anticipation around God's gift of the Torah.

Monday, May 31

Memorial Day

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.



May Farmer's Market FAVORITES



Your diet should be as colorful as possible. By eating a variety of foods and trying different sources of proteins, fruits and vegetables, you'll ensure that your body has the valuable vitamins and minerals it needs. Keep your eyes open for the following five delicious May eats available throughout the month in a variety of dishes!

STRAWBERRIES

What tastes better than juicy strawberries? Synonymous with spring, strawberries bring the color and nutrition we all crave coming out of the cool, gray days of winter. The low-calorie berries are loaded with tons of important nutrients: strawberries score points with their vitamin C, fiber and versatility.

SPINACH

Do it like Popeye the Sailor and integrate spinach into your diet regularly. The dark leafy green is packed with fiber, minerals and antioxidants. Antioxidants support your immune system and keep you healthy.

CHERRIES

Fresh cherry season runs from late May to August. Cherries are a good source of fiber, potassium and vitamin C. Beyond the nutrients, cherries boast health benefits worthy of superfood status. They have been shown to fight inflammation in conditions like arthritis.

SALMON

Though you may not think fish has a season — salmon does. Wild salmon season starts on the Pacific coast in May. Not only is it a quality protein source, salmon is one of the best sources of omega-3 fatty acids. These essential fats have been shown to help protect the heart, and emerging evidence suggests fish oils might have a positive impact on the brain from depression to dementia.



**Employee
OF THE MONTH**
Odilia Tobar
Kitchen Aid

Congratulations to Odilia Tobar — our Employee of the Month! Odilia is our hardworking kitchen aid and though she has only been a part of our Melrose community for less than a year, she has often stood out for her diligence and good work ethic.



Odilia was born in Guatemala and attended Casa Central Catholic school. She currently has a beautiful family, and loves experiencing life with her three children: Kelley, Wendy, and Edwin. In her free time, she loves spending time with her children and their dog Percy. She also enjoys eating different cuisines, especially Latin food. In fact, she likes to visit various Latin restaurants in L.A. with her 2 friends. As for her work, Odilia is grateful for the opportunity to interact with residents alongside a great kitchen director. She particularly appreciates the honesty and hard work of her coworkers; this positive work environment is what inspires her to come to work everyday.

Thank you for being a part of our community Odilia; we hope that you will remain with us for many more years!

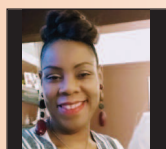
Community Leadership Team



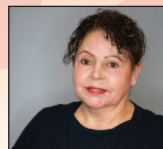
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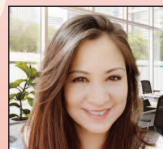
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