



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



The Autumn month of November is upon us. Personally, I love the month of November mainly because Thanksgiving is one of my

favorite holidays of the year. The tradition of Thanksgiving encourages us all to reminisce about what we are thankful for. Personally, this year, I am most thankful for being able to be surrounded daily by my amazing Melrose Family. Getting to know everyone this year has been an immense joy. Enjoying the smell of rain, watching the leaves fall, and a slice of pumpkin pie are just a few of my favorite things to enjoy in the month of November.

November celebrates other holidays as well, such as Veteran's Day and the start of Hanukkah on the 28th. We certainly can look forward to taking in the fun, festivities, and culture with fun celebrations and exploration. Essentially, whether you enjoy listening to the sound of the rain or gathering with friends and enjoying pumpkin pie, we highly look forward to sharing each other's stories and viewpoints together as a community. I wish everyone a safe, happy, and healthy November!

We are happily entering the holiday season, and as such will be sending out our annual Employee Holiday Fund Letter for your consideration!



November 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Ruth S.	11/02
Richard M.	11/09
Flora S.	11/18
Fusako H.	11/18
Phyllis S.	11/29

Holiday Celebrations

11/11	Veterans Day
11/25	Thanksgiving Day
11/28	Hanukkah (starts)



Sunday, November 7
**Daylight Saving
Time Ends**

Religious Services and Study

Shabbat Services ~ Fridays at 11:00 a.m.

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



Autumn brings...

...daily walks in a colorful fall neighborhood, s'mores on the patio, and handmade fall décor!





November is Alzheimer's Awareness Month

It was President Ronald Reagan who had originally designated November as National Alzheimer's Disease Awareness Month in 1983. The 40th president created the designation to help raise general awareness of the disease, and to increase public knowledge of potential care options for individuals and families impacted by Alzheimer's. Despite the fact that ongoing and extensive research has been conducted into the causes, origins and treatments for this dread disease, Alzheimer's still remains relatively mysterious and misunderstood. The actual causes of Alzheimer's disease remain unclear, although most scientists believe that the likely cause appears to be correlated to genetic factors. There is also some level of evidence supporting the premise that head injuries, depression, and hypertension can also be contributory factors. Early detection of Alzheimer's can be difficult as many symptoms (forgetfulness, short-term memory loss, etc.) are often confused with normal aging processes.

Because the early signs of Alzheimer's disease can often be quite similar to typical manifestations of the aging process, it's instead the severity of the symptoms that will often help us to distinguish if a loved one is indeed suffering from the illness. These early symptoms include short-term memory loss, including difficulty remembering very recent events, problems with speech, increasingly pronounced mood swings, other behavioral issues, as well as general disorientation.

As a loved one's disease further progresses, the family may want to consider some long-term care options to help them face the myriad of challenges ahead. As these manifestations increase in severity and duration, home care by an unskilled family member may become increasingly burdensome. It is at this time, depending on the stage of Alzheimer's that a person is experiencing, that an assisted living or memory care community can represent a sympathetic and appealing option. In our community, your loved one can always receive round-the-clock care and assistance with everyday tasks like eating, bathing, grooming, dressing, and they will also benefit from thoughtfully conceived meal plans, as well as activities expressly designed to engage and socialize your loved one. Each of our on-staff dementia experts are specifically trained to manage the most challenging behaviors and to look after our memory care residents' unique and varied needs. We understand that while everyone is different, our wealth of resources and in-house expertise can help guide you and your loved one during this challenging time of life transition. Please reach out to our Family Specialist with any inquiries!

SPOTLIGHT ON OUR RESIDENT

Nora J.

Nora was born in Iran but came to live in the United States as a young girl. She attended school in East Los Angeles, and later pursued and enjoyed a lengthy career in accounting. Although she



was motivated and interested in her career, Nora considers family the most important work of her life. She was happy to raise her two daughters, Sonya and Lea, in a loving home. Her outlook on motherhood is similar to Maria Shriver's, who said that "Having kids—the responsibility of rearing good, kind, ethical, responsible human beings—is the biggest job anyone can embark on." Hobbies outside of work and family life included travel, as she has a deep love of exploring different cultures and locales. She has seen much of the world and contributes interesting travel tales when our community gathers to explore the world virtually. These days, Nora loves when she can engage with visiting family, as well as join fellow residents at the many holiday events and activities. We love having you as part of our community, Nora, and wish you continued health and happiness this holiday season!



November Featured Activities & Events



Thursday, November 11

Veteran's Day

In November 1919, President Wilson proclaimed November 11 as Armistice Day after WWI, and it was later changed to Veteran's Day to honor Veterans of all wars. He shared: "To us in America, the reflections of Armistice Day [Veteran's Day] will be filled with solemn pride in the heroism of those

who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." Here at Melrose Gardens we will be honoring our veterans with a special Veteran's Day Luncheon and an afternoon program thanking them for their service.

Thursday, November 25

Thanksgiving

In 1621, the Plymouth colonists and Wampanoag Indians shared an autumn harvest feast that is acknowledged today as one of the first Thanksgiving celebrations in the colonies. For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, amid the Civil War, that President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November. This year we'll be enjoying some classic Thanksgiving Day traditions. In addition to a delicious Thanksgiving luncheon prepared by our amazing culinary team, we will have special viewings of the Macy's Thanksgiving Day Parade and the Raiders/Cowboys football game. Of course we will take time out of our day to remember the people and things we are grateful for.



Sunday, November 28 (begins)

Hanukkah

Historically, the holiday came about in the second century BCE, when the Holy Land was ruled by the Seleucids (Syrian-Greeks), who tried to force the people of Israel to accept Greek culture and beliefs instead of mitzvah observance and belief in G-d. Against all odds, a small band of faithful but poorly armed Jews, led by

Judah the Maccabee, defeated one of the mightiest armies on earth, drove the Greeks from the land, reclaimed the Holy Temple in Jerusalem and rededicated it to the service of G-d. When they sought to light the Temple's Menorah (the seven-branched candelabrum), they found only a single cruse of olive oil that had escaped contamination by the Greeks. Miraculously, they lit the menorah and the one-day supply of oil lasted for eight days, until new oil could be prepared under conditions of ritual purity. We will kick off our Hanukkah celebration with the lighting of the Menorah, songs of the holiday, and fresh jelly doughnuts.

Winner, Winner Turkey Dinner!



The side dishes vary from house to house. In some parts of the country, you'll find mashed potatoes and gravy and in other places, sweet potato pie. But no matter how you celebrate Thanksgiving, in most homes around America, one guest is invited to the table each year — the turkey!

How did we end up with the tradition of eating turkeys during the holidays? They were fresh, affordable, and big enough to feed a crowd. Americans have long preferred large poultry for celebrations because the birds could be slaughtered without a huge economic sacrifice. Cows were more useful alive than dead, and commercial beef wasn't widely available until the late 19th century. Chicken was more highly regarded than it is today, but rooster meat was tough, and hens were valuable as long as they laid eggs. There was plenty of ham or brined pork around, but it wasn't considered fit for special occasions. Eating turkey was also in keeping with British holiday customs that had been imported to the New World.

Among the big birds, turkey was ideal for a fall feast. Turkeys born in the spring would spend about seven months eating insects and worms on the farm, growing to about 10 pounds by Thanksgiving. They were cheaper than geese, which were more difficult to raise, and cheaper by the pound than chickens. Cost was an important factor for holiday shoppers, because people weren't necessarily preparing just one meal; Thanksgiving was the time to bake meat and other types of pies that could last through the winter. By 1863, when Lincoln proclaimed Thanksgiving a national holiday, turkeys had taken center stage at Thanksgiving.

Here's some interesting turkey trivia that might surprise you:

- Wild turkeys can fly, but domestic turkeys cannot.
- The wild turkey is a native bird of North America
- Turkeys can run up to 20 miles per hour.
- The long, loose skin that hangs down on a turkey's neck is called a "wattle."



The purpose of Daylight Saving Time is to give people one more hour of daylight during the hours of nine to five. By synchronizing all clocks in a region to one hour ahead of standard time (one hour “fast) during Spring and Summer, people who follow DLS will wake up an hour earlier than they would have on standard time. These people begin and end their work routine one hour earlier, allowing one extra hour of daylight after their workday activities.

However during Fall and Winter, if the clock is not set back by one hour during daylight, people would have one hour of daylight less at the end of each day. Thus by setting the clock back to standard time, they can still have the same hour of daylight in the evening that they would have missed out on by sticking to standard time year round.

Employee OF THE MONTH *Joy Manolo* Caregiver



This month our Employee Spotlight shines on Joy Manolo, one of our wonderful caregivers. Joy, who hails from the Philippines, is the loving mother of one son, Elijah, whom she fondly calls Benzie or Benz- which means excellent son. While living in the Philippines, Joy studied computer programming, before switching gears of study to become a pharmacy technician at LACC.

Joy has worked in the senior living industry for 2 years. She previously worked for 12 years as a private caregiver and 8 months as a pharmacy tech. Joy’s warmth and compassion are a boon to the spirits of our residents and her coworkers alike. She loves getting to know the seniors she works with, learning their strengths and weaknesses, likes and dislikes. She enjoys exploring new subjects and learning new things with them. Joy prefers working with seniors to working in the pharmacy because her heart belongs to our seniors.

In her free time, Joy loves spending time with her son, cousins and friends. She is a foodie who is always open to tasting (and cooking!) new foods. Not one to just sit at home, she enjoys hiking, travelling and exploring the beauty of America. Joy, who loves God above all things, believes in being content with what she has. She prides herself on living by her name and remaining “Joyful” everyday. She dreams of seeing the best this country has to offer and seeing the rest of the world while she can.

“Our life is what our thoughts make it. I focus on the good that keeps me grounded and going. I work as hard as I can, and on my days off my son and I celebrate every win, no matter how small it is. My son and I will surely celebrate this being an employee of the month. I am grateful for the staff and management of our community, and for our elders whom I consider part of my family.” We are grateful to have Joy as a vital member of our Melrose Gardens Family!

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