

The Garden Gate

COMMUNITY NEWSLETTER

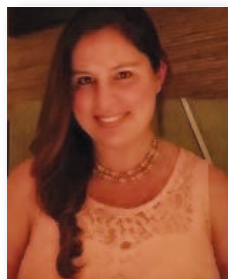
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Melrose Gardens
ENHANCING LIFE THROUGH COMMUNITY



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



Greetings to all,
and happy fall!

The spooky-filled
fun month of
October is upon
us. Personally, I
love the month of
October mainly

because Halloween is one of my
favorite holidays of the year. The
tradition of Halloween encourages
one to wear a great costume and to
head out for an evening of trick or
treating. However, staying indoors
and throwing a fun Halloween Bash is
also a great way to enjoy this
Spooktacular holiday. Enjoying the
smell of my favorite candles, filling up
a cauldron full of candy, and picking
out a new Halloween costume are just
a few of my favorite things to enjoy in
the month of October.

October celebrates a few holidays
such as Columbus Day and
Halloween. We certainly can look
forward to taking in the fun,
festivities, and cultures with fun
celebration and exploration.
Essentially, whether you enjoy
munching on your favorite Halloween
candies or dancing to the Monster
Mash; we highly look forward to
sharing each other's stories and
viewpoints together as a community.
I wish everyone a safe, happy, and
healthy October!

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

Iceland's Vestrahorn Stockknes Mountain Range
with Aurora Borealis



October 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Adrienne L.	10/01
Sam L.	10/4
Willene C.	10/17

Holiday Celebrations

10/1	International Coffee Day
10/10	World Mental Health Day
10/11	Native American Day
10/11	Columbus Day
10/24	United Nations Day
10/26	National Pumpkin Day
10/31	National Caramel Apple Day
10/31	Halloween

Religious Services and Study

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

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

faith

Learning all about Iceland

Iceland is a land of fire and ice. Nowhere else
can you find a more diversified, contrasted and
extraordinary nature. Even with a location
barely below the Arctic Circle, the winters on
the island can be warmer than in New York or
Vienna. The landscape is rough but at the same
time romantic: steep cliffs plunging precipi-
tously into narrow fjords, deep canyons,
extensive glaciers, black sand beaches, volcanos
and boiling geysers represent the island.



Eruption site of Geldingadalir in
Fagradalsfjall Mountain on
Reykjanes in Iceland

Iceland was founded more than 1,000 years ago
during the Viking age of exploration and settled by a mixed Norse and Celtic
population. The capital, Reykjavik, when translated, means "Smoky Bay".
Smoke, or rather steam, was the first thing the city founder Ingolfur
Arnarson saw rising from the thermal hot springs in the 9th century. The
early settlement, made up primarily of Norwegian seafarers and
adventurers, have since been influenced by the Black Death, hunger and
natural catastrophes. These influences developed a tough and vigorous
Icelandic folk, in which Nordic fatalism and self-confidence is combined
with sensitivity and curiosity of the Celts. The Icelanders are famous for
publishing books; they publish more books per capita than any other nation
in the world. They love to write, read and tell stories, especially about their
famous trolls and sagas. We are excited to learn about them and their
country this fall season, and celebrate Iceland!

Physical Therapy
**1st Line
of
Defense
against
Pain**



*October is National
Physical Therapy Month*

Physical therapy is a profession dedicated to helping people find pain relief. A PT appointment also improves mobility and overall functional ability and helps patients live healthier, more physically-able lives. Physical therapists are movement specialists and are trained to view your body as a kinetic chain. They recognize which link in the system is causing pain/dysfunction and provide ways to correct that dysfunctional link. A Physical Therapist's primary goal is to help you feel your best while participating in the game of life!

Physical Therapy is highly known for its ability to treat orthopedic patients, geriatric patients, and high-level athletes. But there is so much more to the profession that may not be as highly recognized. Below are three examples of what physical therapy has to offer.

1. **Preventative Care** – You can seek out a physical therapist to help prevent pain and dysfunction? Physical therapists are happy to show you the warning signs of potential future issues. These include:
 - How your body moves or doesn't move correctly.
 - What weaknesses are present that may cause pain in the future?
2. **Balance Issues** – Have you noticed that your balance isn't quite as good as before? Do you feel unsteady on your feet and are more cautious about falling? You can start physical therapy to work on your balance deficits. It also helps you regain strength and proprioception in your lower legs to feel safer and steadier on your feet.
3. **Respiratory Care** – Your physical therapist helps assist you with your breathing and heart issues. After a respiratory disease diagnosis, or you just have difficulty catching your breath while exercising, physical therapy helps battle your deconditioned lungs and heart. It also gets you back on track.

Think of physical therapy as the first line of defense. It is also the safest avenue for pain management. Before jumping to opioids or just giving up, reach out to our Wellness Director to help you find a physical therapist and book an appointment. Make sure to take care of yourself today and make October your healthiest month yet!

SPOTLIGHT ON OUR
RESIDENT

Joyce C.

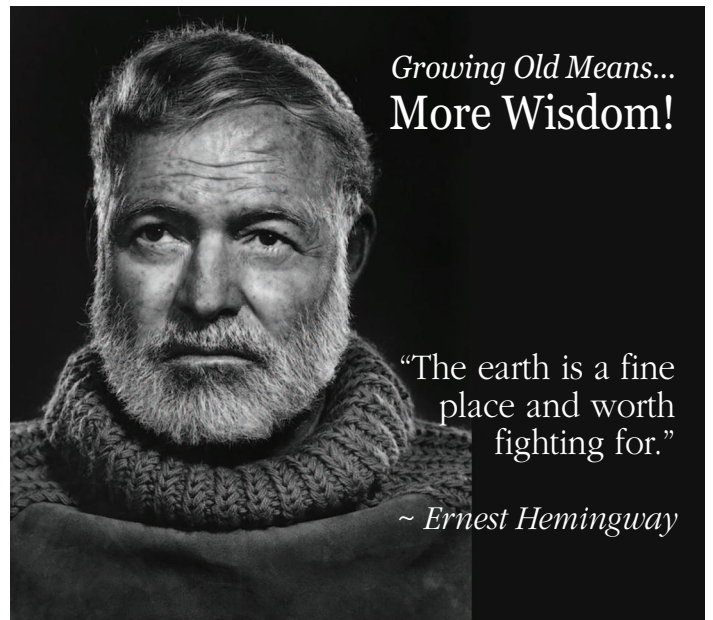
Joyce, born right here in Los Angeles, is one of the newest additions to our Melrose Gardens family. The daughter of a Pullman Porter, she attended Polytechnic High School, where she nurtured her love of the piano. She is the proud mother of one son, Joseph, whom she named after her father.



Joyce parlayed her love of the piano into a career as a pianist for her church. Some of her best memories center around playing for her church family during service. In her spare time, Joyce enjoys listening to music and shopping.

Welcome to Melrose Gardens, Joyce!

*Growing Old Means...
More Wisdom!*



*"The earth is a fine
place and worth
fighting for."*

~ Ernest Hemingway

October Featured Activities & Events



Friday, October 1

International Coffee Day

You heard that right! Whether it's refreshing iced, a piping hot americano, an espresso, a pleasantly foamy latte, or plain black coffee, International Coffee Day is a day to take some time off from your hectic day to enjoy your favorite version of the beverage. **On this day, we will be sampling different coffee blends accompanied by some good old-fashioned donuts. So, let's have (as the**

late Harry Dean Stanton says in Twin Peaks) a cup of Good Morning America!

Monday, October 10

Indigenous Peoples Day

Indigenous Peoples' Day is a holiday that celebrates and honors Native American peoples and commemorates their histories and cultures. It is celebrated across the United States on the second Monday in October, and is an official city and state holiday in various localities. We will be celebrating by learning a bit about what Indigenous Peoples Day is and where and why it is celebrated.



Sunday, October 31

Halloween

It's the most creative time of the year for costume enthusiasts everywhere! We're bringing Ichabod Crane and the Headless Horseman to West Hollywood with our "Sleepy Hollow" themed Halloween Celebration. So come on down and join us for dancing, costume contests, photo ops, sweet tooth pleasing treats, spooky Headless Horseman cocktails, and maniacal laughter!



October

Breast Cancer Awareness Month

Every October, people all over the world show their support for people affected by breast cancer. This year there will be honoring and supporting those affected by breast cancer in many ways, from a special "Think Pink" Scarf printing Class to our "Think Pink" High Tea. We're going all out to raise awareness and make sure people affected by breast cancer know we're here for them.

Autumn Eats: Pumpkins and Apples!



The fall season brings with it brightly colored foliage, crisp fall air, cooler temperatures and delicious fall produce, including grounding root vegetables perfect for all of your fall meal prep. Fall deliciously places the baking, cooking, decorating, and entertaining emphasis on apples and pumpkins, appropriately planting a seed of inspiration.

While pumpkin and apple are certainly flavors that can be appreciated year-round, peak pumpkin season lasts from mid-September through March, making it a perfect dish to add to any autumn meal. Fresh apples hit their seasonal peak from August through November, as well, making them a staple ingredient of many favorite fall and winter meals. With a seemingly endless supply of recipes and baking suggestions available, both our culinary and activity departments are excited to get into the fall spirit with plenty of pumpkin and apple dishes and desserts.

The wonderful thing about pumpkin is that nothing needs to be wasted, from the baked pumpkin shell to roasted pumpkin seeds! While it is certainly a favorite to many fall lovers, it would be difficult to surpass the popularity of a good old-fashioned apple dish. From apple pie to apple cobbler and cider, it seems that fall is filled with recipes calling for every variety of the fruit.

What gives many dishes that bit of something extra is the ingredients used to season. Sprinkles and dustings of cinnamon, cloves, and nutmeg bring in that fall flavor to sweet and savory dishes alike, whereas vanilla and brown sugar compliment pumpkin and apple desserts very well.

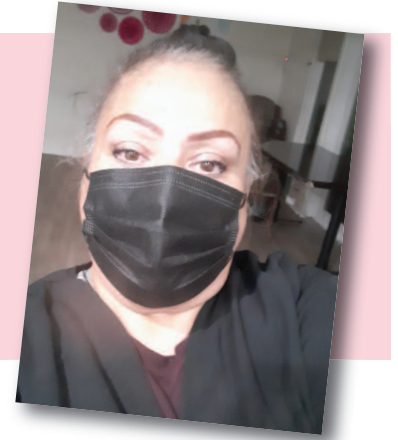
Whether cooking pumpkin pie or apple streusel, the most important thing to remember when baking for the season is simply to have fun, enjoy the process of baking, and take your time taste-testing your results!

"October is the treasure of the year, and all the months pay bounty to her store..." ~ Paul Laurence Dunbar

Pumpkin Carving Memories



Employee OF THE MONTH *Veronica Rodriguez* Caregiver



This month our Employee Spotlight shines on

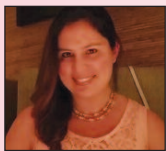
Veronica Rodriguez, one of our amazing Memory Care caregivers. Veronica, who hails from South Central Los Angeles, is the loving mother of one son, Jaime, and three fur-babies, Daddy-O, Bebe, and Mamas.

Veronica has worked in the senior living industry for 4 years. Veronica's gentle demeanor and easy smile bring comfort and joy to the residents under her care. She enjoys speaking with the residents, hearing stories of their pasts.

In her free time, Veronica loves to shop! Not one to just sit at home, she is ALWAYS on the go. She also loves listening to music, especially R&B. Make no mistake, though, Veronica believes in working hard to achieve the things she wants in life. Her personal philosophy is, "If you put your mind into doing something you want, go get it! Don't look back, keep going forward."

Thank you for your dedicated hard work and care in our Cottages community, Veronica!

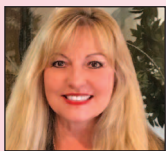
Community Leadership Team



Anita Csukardi, BSW

Executive Director

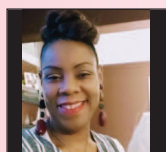
anita@melrosegardens.com



Tea Risley

Sales Director

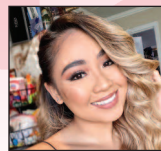
family@melrosegardens.com



Crystal Hamilton-Niang

Culinary Services Director

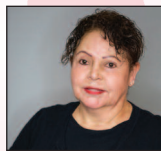
dining@melrosegardens.com



Danielle Campos

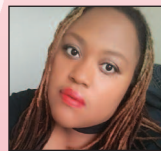
Wellness Director

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Guadalupe Mejia

Housekeeping Director



Mikel Sullivan

Assisted Living Activity Director

activitydirector@melrosegardens.com