

The Garden Gate

COMMUNITY NEWSLETTER

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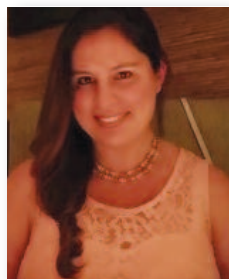
Melrose Gardens

ENHANCING LIFE THROUGH COMMUNITY



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



Greetings to all,
and happy month
of September,

The month of
September is upon
us and personally,
I am highly

looking forward to the start of Fall.
September is a wonderful time of year
and is a beautiful time to sit back and
watch the nature all around us
change. Enjoying the smell of my
favorite book, baking cookies, and a
slice of apple pie a la mode are just a
few of my favorite things to enjoy in
the month of September.

September celebrates many holidays
such as: Labor Day, Rosh Hashanah,
Yom Kippur, Sukkot, and Simchat
Torah. We certainly can look forward
to taking in the festivities and
cultures with fun celebrations and
exploration. Essentially, whether you
enjoy the nostalgic smell of your
favorite book or enjoy spending time
with family baking your favorite
sweets; we highly look forward to
sharing each other's stories and
viewpoints together as a community.
I wish everyone a safe, happy, and
healthy September!



September 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Brian M. 9/06
Thelma "Bebe" G. 9/10
Betty "Kitty" R. 9/18

Wisdom doesn't necessarily
come with age. Sometimes
age just shows up all by itself.
~ Tom Wilson

Holiday Celebrations

9/06 Rosh Hashanah
9/06 Labor Day
9/12 Grandparents Day
9/16 Yom Kippur
9/20 Sukkot begins
9/27 Shemini Atzeret
9/28 Simchat Torah

Religious Services and Study

Shabbat Services ~ Fridays at 3:00 p.m.

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



Beginning September 6

Jewish High Holy Days

The High Holy Days represent some of the most
meaningful days in the Jewish calendar and are
celebrated by Jews across the globe. These truly
significant holidays begin with **Rosh Hashanah (9/6)**,
which literally means "head of year", and marks the
beginning of the Jewish New Year. Rosh Hashanah
combines the evergreen theme of renewal and the joy of
a New Year celebration.

Yom Kippur (9/15), or the
Day of Atonement, follows ten days after Rosh
Hashanah. These ten days mark a period known both
as the "Days of Awe" and the "Ten Days of Repentance".
On this solemn day, Jews reflect upon any wrongs they
may have committed during the past year, and attempt
to atone and seek forgiveness from God and from those
one has personally wronged. Some may consider Yom
Kippur to be the birthday of humility, and it is
considered the holiest day of the Jewish sacred
calendar. Observant Jews fast, and do not eat or drink
(including water) anything until Yom Kippur ends at
sundown.



Taking on the **Myths of Aging**

*September is
National
Healthy
Aging
Month*

Celebrated English novelist George Eliot once remarked about getting older that, "It's never too late to be what you might have been", and because September is the month of Healthy Aging, there's no better time for any of us to reinvent ourselves. In our community, we always encourage each resident to focus on the beneficial and worthy aspects of growing older. We celebrate and revel in a positive aging lifestyle. During September, we should encourage each other to take personal responsibility for our own health and well-being... be it physically, socially, mentally or financially. Remember, it's never too late to take control of your health, or to get started on something entirely new!

Below are some important tips to consider... these suggestions will help you to become more proactive with your health and encourage healthier aging.

- Maintain a positive attitude
- Remember that age is merely a number
- Be proactive
- Try something new
- Embrace your creativity
- Surround yourself with supportive loved ones

Healthy Aging Month is dedicated to celebrating the process of growing older and still pursuing our passions, while at the same time, taking steps to improve our mental and physical health. Drawing upon the September "back to school" attitude embedded in our childhood memories, this month has been especially designated as the time to rejuvenate ourselves and embrace new and positive measures in our lives. As you're aware, our community is dedicated to celebrating the aging process and improving our overall well-being every day of the year. We think, however, that you'll be especially motivated throughout Healthy Aging Month as we deepen our appreciation of our later years. Here's to good health and a life lived to its fullest!

Melrose Celebrates our Gorgeous Grandmas



September Featured Activities & Events

Beginning September 6

Jewish High Holy Days

Following Yom Kippur is **Sukkot (9/20-27)**, a weeklong Jewish holiday that occurs five days after Yom Kippur. Sukkot celebrates the gathering of the harvest and commemorates the miraculous protection that God provided for the children of Israel when they left Egypt. Jews celebrate this holiday in a foliage-covered booth (called a Sukkah) and by taking the "Four Kinds" or four special species of vegetation to bless the Sukkah. The four species are the palm



branch, myrtle, willow and citron.

The two days following Sukkot are **Shemini Atzeret (9/27)** and **Simchat Torah (9/28)**. Shemini Atzeret is characterized as a day when the Jewish people "tarry" or wait to spend an additional day with God at the end of Sukkot. Simchat Torah marks the final day and is the highlight of the end of Sukkot. This day is celebrated with an evening of singing, dancing and rejoicing in the synagogue, as the Torah scrolls are paraded in circles around the "bimah" (podium from where the Torah is read). Simchat Torah is meant to express the happiness and joy that Jews revel in while in possession and observance of the words of the Torah.



Sunday, September 12

Grandparents Day

The bond between grandparents and grandchildren is like no other. It's the perfect yin and yang of wisdom and innocence. As grandparents have much to teach their grandchildren by passing along their lifetime of wisdom, grandchildren also help remind them of the simple and innocent pleasures of life before the worries of adulthood buried much of those fundamental virtues. On this day, we will honor this precious bond with a High Tea Celebration.



Rosh Hashanah Foods - Rich in Taste and Symbolism



According to Jewish tradition, Rosh Hashanah is the day God created "Adam". "Adam" is the Hebrew word for "human", and represents the birthday of humanity itself for observant Jews. And what better way to celebrate the birthday of humanity than with honey, the symbol of sweetness, abundance, and prosperity? In celebration of the Jewish New Year, sweet honey is paired with apples, bread and cakes. Some celebrants also often make date honey (which isn't actually honey), by boiling and mashing dates to create a thick sweet syrup with a texture similar to honey and tastes just as sweet.

You should also know that no Rosh Hashanah meal is complete without the wonderful and delicious braided egg bread known as Challah. This unique bread is shaped into spirals or rounds to symbolize continuity. The Challah is usually dipped into honey before eating. Yum!

Because Rosh Hashanah literally translates as the "head of the year", a symbolic head of some variety will usually make an appearance somewhere on the dinner table. The easiest presentation typically showcases an entire fresh roasted fish (vegetarians will often substitute a head of cabbage or garlic). Another savory option is couscous with seven vegetables. The multitude of tiny couscous beads represent the innumerable blessings one hopes to receive. Interestingly, the number seven features largely during the holiday as the world was created in seven days.

Finally, sweet honey cake tops the dessert choices, and is often made by following generations-old recipes. The ingredients include, of course, honey, as well as spices such as cloves, cinnamon, allspice, and sometimes coffee, tea or even rum. Honey cakes are symbolic of the desire for a truly sweet, positive upcoming year.

SPOTLIGHT ON OUR RESIDENT

Gerrie R.

Gerrie, born in Detroit, Michigan, is a retired International Psychologist.

Gerrie spent many years of her life growing up in Michigan before relocating to Miami, Florida. Gerrie is the proud mom of two children, her daughter Betty and her son, Steven. She is also a proud grandmother to her two amazing grandsons.

Gerrie's profession and career kept her quite busy, and sent her traveling to Afghanistan, and other countries in the Middle East. Besides travelling for work, she also travelled for pleasure. Gerrie loved traveling to the Hawaiian Islands the most. She loved learning about the Hawaiian culture and found Hawaii to be very exotic and interesting.

In her spare time, Gerrie loves to spend time with her family and friends. She has a soft spot for her loving dog Otis. She prioritizes spending time in the fresh outdoors and loves the arts. We are so happy to have you at our Melrose Gardens community Gerrie!



Employee OF THE MONTH

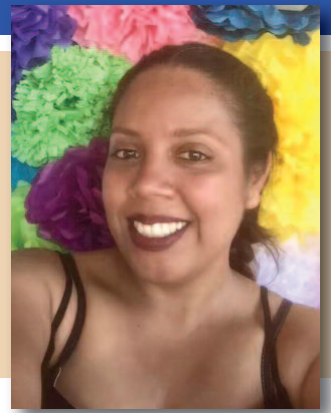
*Susana
Villalta*
Med Tech

This month our
Employee Spotlight
shines on Susana Villalta.

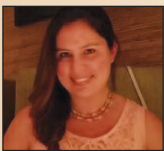
Susana is one of our amazing Med Techs. Susana hails from El Salvador, and is the proud mom of her 11-year-old son, Marlon. Susana also has a loving pet turtle named, Tortuga.

Susana has been working in the senior living industry for 7 plus years. Susana's vast knowledge and compassionate nature shines through from the way she cares for her residents, as well as the way Susana enjoys sharing her gifts of knowledge with her fellow co-workers. Susana has a strong passion for the medical field, loves caring for others, and to know she's making a difference in her resident's lives.

In her free time, Susana loves to knit and crochet. Spending time with her family and doing fun activities with her energetic son. Biking, visits to the beach, and enjoying long walks are a few of their favorite activities. The entire Melrose family is very lucky to have such an amazing individual like Susana apart of the team!

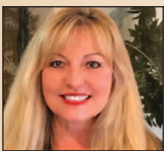


Community Leadership Team



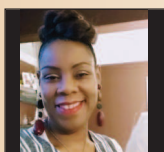
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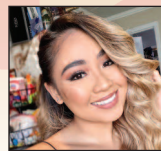
Teea Risley

Sales Director
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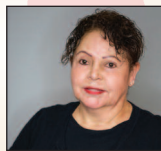
Crystal Hamilton-Niang

Culinary Services Director
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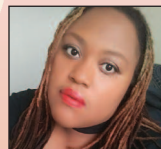
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Guadalupe Mejia

Housekeeping Director



Mikel Sullivan

Assisted Living Activity Director
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