

The Garden Gate

Community Newsletter

Melrose Gardens
ENHANCING LIFE THROUGH COMMUNITY



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August 2020 Newsletter

melrosegardens.com

A Message from the Desk of Denise Romero



Happy August! We are progressing further into summer, and as such have been experiencing some LA heatwaves lately. However, our community is cooling down with our ever present hydration stations, as well as delicious summer fruits and ice cold desserts!

My family has been trying to beat the heat this summer break by relaxing in our backyard, where my two teens enjoy the pool, and my "Grill Master" husband makes us classic BBQ hamburgers, hotdogs, grilled corn, and more! To stay cool we make refreshing flavored drinks, consume lots of ice cream, and cut up all sorts of fresh fruit. We are normally an adventurous bunch, having spent past summers zip lining, off-roading, mountain hiking, on beach adventures, and more. We are making the best of our time at home this summer with creative backyard games, cookouts, and adventures, and are still enjoying our time together.

I want to take a minute to talk about the importance of hydration for our community, as dehydration can quickly sneak up and affect older adults in the summer. To begin with, dehydration is incredibly harmful as it leads to dangerous effects such as kidney, heart, or brain failure. Such conditions are usually preempted by symptoms such as dry mouth, confusion, lethargy, blood circulation difficulty, headaches, seizures, and more.

The recommended amount of water we should consume to prevent dehydration is 64 ounces or more per day. To promote hydration in our community, we have hydration stations and cups located around the community for easy access, we provide water and other liquids at every meal, and we offer water during every activity. We provide alternatives such as fruit and herb infused spa waters or flavored electrolyte packets to try and make the water offerings more appetizing.

It is extremely important to consistently drink the proffered water. Always watch for the warning signs of dehydration and try to drink 8 ounces of water each hour to make sure you are properly and consistently hydrated for the summer months. Indicators of dehydration include darker colored urine, a dry, sticky mouth, a throbbing headache, and/or needing to relieve yourself less often. A common complaint we have heard lately is that too much water has residents visiting the restroom every couple of hours, and they would prefer to cut down on the constant visits. However, as we indicated before, dehydration leads to serious symptoms and side effects, and increased restroom visits are eminently preferable to hospital visits!

Have fun and stay hydrated this summer!

~ Denise Romero, Executive Director

Melrose Gardens Smiles



Pax being fancy and fun in pearls and cat ears.



Sweet Bunny is perfectly outfitted in her unicorn head band.



JoeAnne displays her holiday spirit in red, white and blue.

RESIDENT SPOTLIGHT ON Nell W.



Our newest resident of the month in Cottages this August is Nell W! She was born in Atlanta, Georgia in the thirties. She was the baby of the family, the second child for her parents. Ernest and Ruth. She loved growing up with her older sister Cathy, though! Nell attended Marygrove College in New York for Interior Design and Modern Art. She met her husband Martin at Columbia University Law School and together they had a son, Christopher, and a daughter, Michelle. She was happy to exercise her college degree as a furniture store owner and designer. In her free time she enjoys exercising (running was always a favorite), reading, and designing. Thanks for joining our community, Nell, we look forward to getting to know you better!

Upcoming August Dates to Note



August 10 **National S'mores Day**

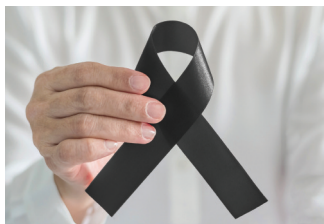
National S'mores Day on August 10th recognizes the most popular campfire treat! Millions of people of all ages love this gooey, toasted treat. S'mores consists of a roasted marshmallow with a layer of chocolate bar sandwiched between two pieces of graham cracker. Today, many variations on the original s'more find their way around a campfire, such as adding peanut butter, banana, or switching out the pure chocolate to your favorite candy bar.



August 21 **National Senior Citizen's Day**

"By the time you're eighty years old you've learned everything. You only have to remember it." ~ George Burns

On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives. Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. The encourages supporting senior citizen to live their lives to the fullest and as independently as possible.



August 30 **National Grief Awareness Day**

On August 30th, National Grief Awareness Day recognizes the time it takes to heal from loss doesn't have a prescribed course and is a reminder closure comes in many forms. When a loved one dies, the void they leave affects everyone differently. Throughout the day, take stock of those in your life who have been affected by a form of loss. The death of a loved one, a close friend or enduring an extreme change in their lifestyle can trigger grief. When we lose the stability of

shelter, a job or a routine we have known for years, we suffer a type of loss that requires closure. Some adjust to these changes easily, and others take time to become familiar with new routines.

Offer to listen to a friend or ask them to join you for a coffee or tea. Send a message letting them know they are never far from your mind. Then, set a date for another visit. If you find you are suffering from grief, know that it's natural. You're not alone, and it's okay to ask for help if you feel your grief is overwhelming.

Carnival in Melrose Gardens & Cottages!



This past July we had an amazing time throwing Carnival parties in Melrose Gardens and the Cottages! Each location was decorated colorfully, everyone had lots of fun with photo booth sessions and games, and we tasted festival fare of many types, including classics of cotton candy, snow cones, and hot popcorn!



Religious Services and Study

Catholic Mass - Sundays at 9:00 a.m.

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

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



*Virginia
"Vicky"
Barrientos
Caregiver*

Virginia, better known by her nickname Vicky, is one of our amazing caregivers at The Cottages! Her caring, patient demeanor, and willingness to always lend a hand is what recognizes her as the current recipient of the Employee of the Month award!

She is originally from El Salvador and has three beautiful daughters. In her free time she loves to spend time with her daughters in nature, either going to the beach or various lakes. What she enjoys about her position is that she is able to help people, and as such feels purposeful and happy to be here at Melrose Gardens.

In the future she hopes to return to school to earn a professional degree.

Thanks for all you do, Vicky!

Resident Birthdays

Ann	8/04
Carol	8/10
JoeAnne	8/23
Barbara G	8/26
Aura	8/28

UPCOMING *Summer Luau*

Saturday, August 29 at 2:00pm

Aloha! Everyone likes a good party, but everyone loves a Hawaiian Luau! Join us on the Lanai (patio) as we celebrate the end of summer Hawaiian-style! We are bringing the tropics straight to you with juicy fruit punch, tropical BBQ foods like teriyaki chicken and pineapple skewers, and Hawaiian Shave Ice!

Be sure to wear your favorite Hawaiian-themed dresses and shirts, and don't forget your traditional flower lei necklaces. If a grass skirt is more your style, just be sure to wear something underneath it!

Ehele kaua (*Let's Party!*)

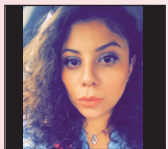


AUGUST IS *Happiness Happens Month*

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August. Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy.

Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her. If you struggle with finding happiness, you can learn to be happy. Most of the best "how to be happy" books and videos boil down to variations of the Ancient Greek philosophy of stoicism. The essence of stoicism is this: no matter what is wrong with the world in general, and your life in particular, you can choose to be happy if you learn how.

Introducing... Our Staff



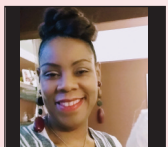
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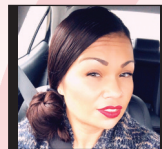
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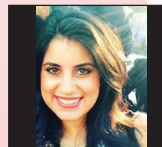
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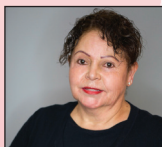
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