



## A Message from the Desk of Denise Romero



Dear Residents and Families,

I want to start by saying "Thank You!" to everyone for the warm welcome. I know I haven't been able to meet all of our families in person, but look forward to meeting everyone soon. I appreciate every resident that we take care of and the families that entrusted us with their wellbeing.

Make sure to check out our Activity Calendar and Menu for our amazing events and dinners coming up this February. I hope to see you around as we celebrate Valentine's Day and Mardi Gras, and encourage people to spread more love and kindness; not just on the holidays but all year long!

For those family members that want to spend time out of the community with their loved ones, there are plenty of opportunities thanks to our great location. From various restaurants, to shopping centers, to the local Poinsettia Park Recreation Center classes, there is much to explore!

Finally, I appreciate all of our team members! Their hard work and caring natures make Melrose Garden a wonderful place for residents to live, families to visit, and team members to work.

*Enjoy a love-filled February!*

~ Denise Romero, Executive Director

## Melrose Gardens Snapshots



*Mikel with Carmen pose for the camera.*



*Jonathan being creative with watercolor.*



*Alan with Jessica pose for a shot.*

# CELEBRATING *Black History Month*



This February we are proud to celebrate Black History month! Every day we will be recognizing the stories and contributions of various African American leaders and creatives to American history and culture.

We will learn about and discuss famous celebrities such as Oprah Winfrey, philosophers such as WEB. Dubois, artists like Jean-Michel Basquiat, African American Musicians such as Ella Fitzgerald, Inventors that changed the world like the creator of the three color traffic light, composers such as Samuel Coleridge-Taylor, and documentaries featuring important pioneers such as “*Maya Angelou: And Still I Rise*”. Check out our calendar for the topic and person of the day!

**Resident Birthdays**  
 Birthday Celebrations  
 Nora G. 2/18

## 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.

# LOVE LESSONS

## *From Many a Valentine's Day*



Every day we have the opportunity to socialize and learn best practices on a variety of topics. One that we tackled recently in light of the upcoming holiday of Valentine's Day was love lessons learned. Below is a collection of advice that our residents have contributed for friends and family to learn from a lifetime of practice!

“A healthy body and a healthy mind get you a healthy romance.”

“Once you have it, you won't forget it.”

“Don't talk about your girlfriend or boyfriend with the group that you hang out with, it's not good friendship material. Also, don't share your bedroom secrets because it's not good relationship material. There are two people in a relationship, not you and all your friends.”

“Keep your nose out of other people's love lives; too often I've said the wrong thing to the wrong person, and it came back to haunt me.”

“Love each other in some way every day.”

“Love is a very hard thing. You have to understand each other and communicate; behavior is very important. You can't get anywhere in love unless your behavior is appropriate and good for your partner.”

“Don't lie to each other, and apologize.”

“If you love someone, you always forgive, and don't keep a record of wrongs.”

“Love your partner the way you want them to love you.”

# RESIDENT SPOTLIGHT

## Diana L.



*Diana exercising her watercolor design skills.*

Diana L. was born and raised in Hollywood, and her interests align with the reputation of the city that she's lived in all her life. She pursued interests in acting, artistry, and laughs as she mentions that she always went after love. In her day to day life, she still loves to explore creative activities and discussions, such as watercolor design, baking and decorating culinary goods, singing and listening to music, making people laugh, and talking about daring topics with friends. She loves a good gossip sesh, and likes to ask what people's goals are and how they plan to achieve them. Her philosophy throughout life was to "Open up and share!" Whatever problem or difficulty you have, if you share with a friend, and offer the same listening ear to them, you will both grow closer and know how to support each other. One of her

favorite parts of living at Melrose Gardens is not having to cook. Her advice for lovers on Valentine's Day is to let your partner know what you want! She loves getting heartfelt notes herself. Her understanding of love is that it forms over time through the combination of people that want to be together who share interests, support each other's needs and hobbies, and get to know each other's close relatives and friends.

## WHAT IS Leap Day?



You have probably always wondered why is there a February 29th every four years? It's because that extra or Leap Day catches the Earth's orbital revolution around the Sun up with the annual lag of six hours every 365 days. The Leap Day compensates for this lag and realigns the calendar with the Earth's position in our Solar System. Without Leap Day, the seasons would become completely out of whack! So because solar years are actually six hours shorter than 365 days, every four years we add in that extra day to make up the difference.

However, adding a calendar day every four years eventually results in an excess of 44 minutes every four years, or about 3 full days every 400 years. Therefore, every year that is divisible by 100 is not a leap year, unless that year is also divisible by 400. If you were around in 1900, you did not experience a Leap Day for eight years. However in the year 2000, which you can divide by 4, you did enjoy Leap Day.



## Mardi Gras Celebration | February 25th

New Orleans comes to Melrose Gardens on this special celebratory party day! We'll be celebrating the final day of the Big Easy's Carnival season with various fun activities, and top the festivities off with a special New Orleans Dinner & Dessert!



## SHARE MEMORIES & Socialize with Friends!

Every day we have an opportunity to sit back and relax with various drinks as we get to know our friends better and share experiences and laughter with one another. From coffee chats to hot cocoa bar creations to high teas and ice cream parlors, there are a variety of tastes and conversations to be sampled. Pictured here are some of our High Tea experiences!



## Culinary Corner

### ZUCCHINI PIZZA BOATS



Every Wednesday residents enjoy the chance to get their hands dirty as we prep, cook, and eat a variety of delicious recipes! This January, Zucchini Pizza Boats was the crowd favorite, so we have shared some photos of our journey and the recipe to create your own culinary delight!

#### INGREDIENTS

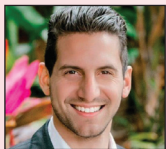
- 6 small zucchini
- 1 Tbsp olive oil
- 1 Tsp. pizza seasoning
- 1 cup pizza sauce
- 2 cups shredded mozzarella
- 1/2 cup pepperoni slices



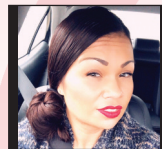
#### INSTRUCTIONS

Preheat oven to 400 degrees. Line a large baking sheet with parchment paper. Cut each zucchini into halves through the length and use a spoon to scrape out innards to form a hollow. In a bowl, stir together olive oil and seasonings, then brush over zucchini. Align on prepared baking sheet. Spoon pizza sauce over each zucchini, sprinkle tops evenly with mozzarella cheese, and top with pepperoni slices. Bake in preheated oven 12 - 18 minutes. Remove and enjoy warm!

## Introducing... Our Staff



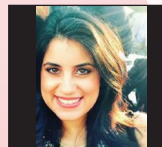
**Sahar Ben Edalati**  
Regional Operations Director  
director@melrosegardens.com



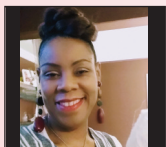
**Teresa Flores, RN**  
Regional Wellness Director  
wellnessdirector@melrosegardens.com



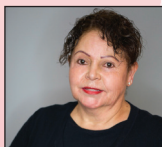
**Jessica Klascius**  
Activity Director  
activitydirector@melrosegardens.com



**Katelin Aghel**  
Family Coordinator



**Crystal Hamilton-Niang**  
Dining Manager  
kitchen@melrosegardens.com



**Guadalupe Mejia**  
Maintenance Supervisor  
info@melrosegardens.com