

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



Lots of love to everyone this February!

I'm so excited to have started this past January as the new Executive Director of Melrose

Gardens and The Cottages! I am still getting to know everyone, from residents to families to staff members; feel free to reach out to me and introduce yourself if we have not already met. Here's a little info about me: I'm a highly dedicated and compassionate RCFE Administrator with 15 years of management and leadership experience in senior care. A passion for serving seniors has provided me the impetus to earn my Bachelor's Degree in Social Work with a focus on Gerontology. I specialize in tackling a variety of senior living challenges to help residents and their family members, staff, and the community as a whole. I aim to lead Melrose Gardens and The Cottages in the direction of further success by way of excellent leadership, communication, and goal-building skills.

This February there are a myriad of holidays to celebrate, from the Super Bowl to Mardi Gras to Valentine's Day and more. We are especially excited for Valentine's Day, on February 14th, where we will celebrate love with candy, flowers and heartfelt cards. This is a great opportunity for each one of us to express our appreciation to all the loved ones that we have been blessed with in our lives. No matter your favorite holiday this month, from Chinese New Year to Purim to Groundhog Day, we are excited to share memories and stories from past celebrations and continue to support and love each resident, family member, and staff member.

Enjoy your February Festivities!



February 2021

melrosegardens.com



Resident Birthdays

Dorothy P. 2/08
Michael M. 2/08
Nora G. 2/18

Holiday Celebrations

2/02 Groundhog Day
2/07 Super Bowl Sunday
2/12 Chinese New Year
2/14 Valentine's Day
2/15 President's Day
2/16 Mardi Gras
2/17 Ash Wednesday
2/25 Purim

Religious Services and Study

Church Services ~ Sundays at 10:00 a.m.
Shabbat Services ~ Fridays at 4:15 p.m.
Church Services ~ Saturdays at 10:00 a.m.

faith



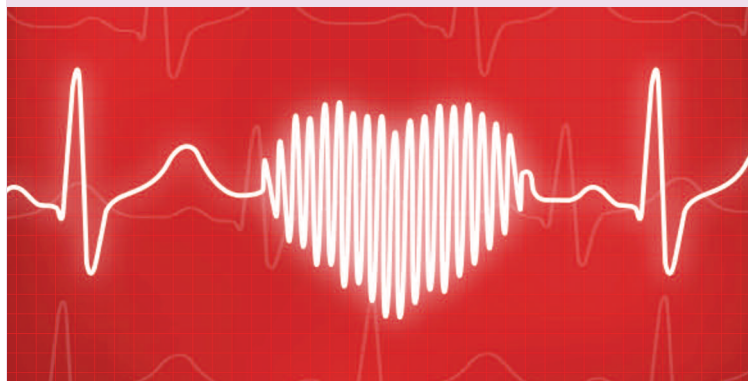
COVID-19 *Vaccine Clinic Success!*

We are thrilled to share with you that the U.S. FDA approved Pfizer's request for emergency use authorization of its COVID-19 vaccine. This is incredible news and something worth celebrating after what has been a challenging year. As previously shared, the CDC recently recommended that long term care residents and staff be included at the highest priority level for the first distributions of this vaccine. We are happy to have partnered with CVS Pharmacy this January and February to give the vaccine to all interested residents and staff members. The vaccine has been shown to provide a great deal of protection against serious illness due to COVID-19. Thank you to all the residents and staff that chose to get vaccinated so we can better protect our community against potential outbreaks and save lives.

You can rest assured that we will continue to take all necessary precautions after the vaccine is administered, including wearing personal protective equipment and conducting regular testing, to ensure the safety of our residents and staff. We will also work with public health officials to determine how and when to adjust our policies for visitations and social activities and keep you updated. There is a light at the end of the tunnel. We are hopeful that the vaccine will be a lifesaving turning point in the fight against COVID-19. Please do not hesitate to reach out to us with any questions. You may also visit www.cdc.gov/coronavirus/2019-ncov/vaccines to learn more about the vaccine.

Wellbeing *Focus*

American Heart Month Awareness



Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called “pacemakers.” When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we’ve learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and choose healthy meals!

SPOTLIGHT ON OUR RESIDENT

Melinda M.

Our February Resident Spotlight features Melinda! Melinda was born and raised in Los Angeles alongside an older brother, Robert. She attended a Cal State University and later on pursued a career as a book-keeper.



Though she never married, she loved spending time with her best friend Jenny. Together they enjoyed reading books as well as other activities such as baking cookies and playing sports. In her free time, Melinda likes to play volleyball; her enthusiasm for volleyball can be seen during our balloon volleyball tournaments at The Cottages! She always dreamed of travelling around the world, so we are excited to explore our yearly theme of world travel with Melinda. As we journey through Italy this January through March, we will discuss and explore the history, sights, art, and music of the various Italian eras.



Message from Mikel *Activity Director*

*To the Staff of Melrose Gardens and
The Cottages,*

2020 was a very trying time for all of us, but we want to acknowledge and thank you all for your hard work and

dedication to our residents. The holidays, which were not as festive as holidays in the past, were made so much brighter thanks to you all.

Many of you were not able to see the smiles on the faces of our residents as Santa visited them and passed out gifts. Each smile was a testament to how much of a difference you make every day.

Thanks to your generosity and love, MOST of our residents were blessed with two gifts for the holidays. Your willingness to give from the heart, with no hesitation, is a testament to your character and heart.

Thank you from the bottom of our hearts!

February

Featured Activities & Events



February 7th Super Bowl Sunday

After 16 hard-fought matches spanning 17 weeks, the two best football teams in the NFL battle their way to a world championship in the grandest TV spectacle in America. This is a cultural phenomenon we anticipate the whole year round; for the food and friends, the big-budget commercials, the spectacular halftime show, and

last but not least, the football. So get your grub on, settle down, and join us for Super Bowl Sunday!

February 14th Valentine's Day

Valentine's Day is celebrated on February 14, and we are ready to shower our loved ones with tokens of our affection. This day of love is celebrated in so many ways, and it is always exciting to see what new traditions are included or created year after year. Join us in making beautiful cards, enjoying fine dining, eating delicious chocolate goods, singing classic love songs, sharing stories of Valentine memories, and much more!



February 16th Mardi Gras

Mardi Gras is French for “Fat Tuesday” to reflect the practice of eating rich, fatty foods before the ritual fasting of the Lenten season, which starts the day after on Ash Wednesday. It's also a time to bring out those colorful beads and masks and party! This celebration goes on in many parts of the world in various forms. So

get out there and join our Venetian themed Mardi Gras celebrations on February 16th, and party with the world!



February 25th Purim

Every year starting on the Hebrew date of Adar 14 (February 25, 2020), Jewish people all over the world celebrate the victorious festival of Purim. This religious celebration commemorates the salvation of the Jewish people in ancient Persia from the cruel Haman's plot to rid them from the world. So raise a glass, rejoice, and feast — Chag Purim Sameach!



The Importance of Vitamin D in a Senior Diet

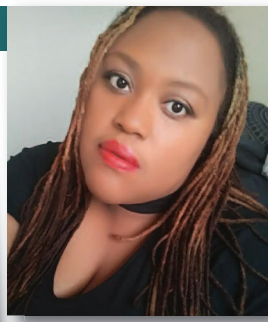


Vitamin D is often referred to as the “sunshine vitamin” because it's the only nutrient your body produces when exposed to sunlight. Vitamin D can be also be obtained through diet and supplements. In our community we do our best to ensure residents enjoy time in the sun, and our Chef ensures that foods high in Vitamin D, such as oily fish, eggs, oatmeal, and other fortified foods, are available on a daily basis for consumption. It is important to include in sufficient daily amounts to reap the benefits of protection from many issues seniors battle, such as depression, osteoporosis and weakened immune systems.

Vitamin D improves senior mental health, combating prevalent issues like elderly depression. A 2017 study of more than 5,600 older adults found a link between lower levels of vitamin D and depressive symptoms, such as loneliness, lack of enjoyment, and restless sleep. Osteoporosis, a condition that causes bones to become brittle and weak, affects 16% of all seniors, according to the CDC. The condition carries serious health risks, potentially leading to falls and other home safety hazards. The connection between vitamin D and bone health in the elderly is that it helps defend against bone softening.

In addition to fending off life-threatening and chronic diseases, Vitamin D can help boost seniors' immune system to defeat more everyday illnesses, like colds, the flu, and other respiratory conditions, including COVID-19. A global study incorporating 25 clinical trials reported that vitamin D promotes “natural antibiotic-like substances” in the lungs.

Community Gallery



Employee

OF THE MONTH

Mikel Sullivan
AL Assisted Living Director

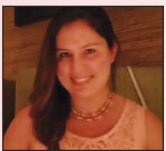
Our February Employee of the Month is our Assisted Living Activity Director, Mikel. Mikel was born and raised in Plainfield, NJ. The oldest of five children, she developed a love for social interaction at a young age. She spent over a decade working with children before transitioning to the Senior Living Industry.

In her free time, she enjoys writing, acting, and frequent video calls with her family back in New Jersey. She also enjoys family time with her spouse of two years and their 1 year old cat, Mija.

Mikel's favorite part of working at Melrose Gardens is interacting with the residents. They know that she is someone they can turn to whenever they need a shoulder to lean on or a listening ear. She strives to love, support and treat each resident with the dignity they so richly deserve. She genuinely loves each and every member of the Melrose Gardens and the Cottages family.

Mikel doesn't believe in regrets. She believes that everything happens for a reason; it's either a blessing or a lesson. Her favorite saying is, "If you aren't learning, you aren't living."

Community Leadership Team



Anita Csukardi, BSW

Executive Director

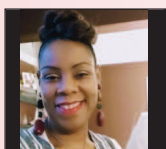
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Katelin Aghel

Sales Director

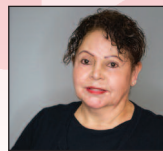
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Crystal Hamilton-Niang

Culinary Services Director

dining@melrosegardens.com



Guadalupe Mejia

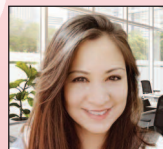
Housekeeping Director



Mikel Sullivan

Assisted Living Activity Director

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Eulalia (Yolly) Ocampo

Memory Care Activity Director

activitydirector@melrosegardens.com