

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 Denise Romero



I want to start by saying “Thank You!” to everyone for being so compassionate and understanding during this difficult past year. I know we haven’t been able to meet all of our family members in person most of the year, but we are hopeful this 2021 for a vaccine that will help life return to normal as safely and soon as possible.

I appreciate the patience and kindness of every resident that we take care of and the families that entrusted us with their wellbeing. I am also so appreciative of all our team members who have gone above and beyond this year in a direction we never expected! Their hard work and caring natures make Melrose Garden a wonderful place for residents to live, families to visit (virtually), and team members to work.

We have much to look forward to this year, and so we will remain hopeful and expectant of a more normalized future in 2021. This quote has kept me hopeful and I hope it inspires you too!

“We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon.” – Franklin D. Roosevelt

Here’s to a hopeful 2021!

~ Denise Romero, Executive Director



January 2021

melrosegardens.com

MAKE A WISH



Resident Birthdays

Patrick M.	1/5
Marilyn G.	1/8
Tai K.	1/9
Nell W.	1/11
Luelva G.	1/20
Mitra M	1/28

Holiday Celebrations

New Year's Day	1/01
Martin Luther King Jr Day	1/18

Happy New Year

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

Community Candid



Wellbeing *Focus*



Glaucoma

“The Sneak Thief of Sight”

January is National Glaucoma Awareness Month so it's fitting that we should address this significant cause of irreversible blindness. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. But it's estimated that over 50% of them don't even know they have it! Given that it is the second leading cause of blindness in the world, it's important to raise awareness about Glaucoma, and become aware of what it can do to your vision, and how to slow down its debilitating effects.

Glaucoma is characterized as a group of eye diseases that gradually steal away one's sight without any upfront warning. Glaucoma can affect people of all ages, but its most common forms primarily impact the middle-aged and the elderly. Glaucoma is a complex disease that slowly damages your eyes' optic nerves and it only gets worse over time. It's often linked to a buildup of pressure inside the eye. This disease is typically genetically linked and is more common in African American, Latino, and Asian populations. Other higher risk groups include those with family members already diagnosed with Glaucoma as well as diabetics, and people who are severely nearsighted.

Regular and comprehensive eye exams are the single best way to protect your sight from the slow ravages of Glaucoma. An early diagnosis of Glaucoma can help slow down, and sometimes even prevent, additional vision loss. Doctors will usually prescribe special eyedrops to help lessen high eye pressure. Taking these drops regularly will help to significantly reduce the risk that high eye pressure will further progress to Glaucoma.

SPOTLIGHT ON OUR RESIDENT

Dorothy P.

Dorothy is the newest addition to the Melrose Gardens Family! She was born in Texas to Lawyer and Ruth Walton, and attended Phillis Wheatley High School. Dorothy enjoyed being a stay at home mother to her three daughters and two sons. She is now the proud grandmother of seven beautiful grandchildren. She enjoyed cooking and singing in her church choir. These days, she remains very faith centered. Her philosophy in life is “To turn to God first when you have problems.” Welcome home, Dorothy!



1950s *Sock Hop Party*

January 29, 2021



Meet us at the Hop!

Break out your Poodle Skirts and Leather Jackets and join us for an afternoon trip to the soda fountain. Enjoy milkshakes, sliders, and fries as we bop to the best of 1950s Rock 'N Roll.

January's Featured Activities & Events



January 4, 2021 National Trivia Day

For those who hoard and accumulate arcane tidbits of information (both useful and useless!), National Trivia Day is your day! As the collectors of dates, facts, history, and quotes that are stored in the hidden recesses of your brain, you are the ones that provide astounding bits of information when family and friends least expect it. And on January 4th, we celebrate you!

This National Trivia Day we will challenge residents with Italian trivia crossing various cities and eras, including questions about Italian historical events, religion, foods, art history, and more!

January 18, 2021 Martin Luther King Jr. Day

Every third Monday in January we honor the American clergyman, activist, and Civil Rights Movement leader Dr. Martin Luther King Jr. (January 15, 1929 – April 4, 1968). He is best known for his role in the advancement of civil rights using nonviolent civil disobedience. King has become a national icon in the history of American progressivism. Our community will hold programs engaging residents in Civil Rights history throughout the week to learn more about the movement and Dr. Martin Luther King Jr.



January 31, 2021 Inspire Your Heart w/Art Day

Art can move us to tears, or cause us to break out in joyous laughter. Transcendent art possesses the power to inspire our hearts. And just as art comes in so many different forms, there is an equally endless number of ways to celebrate it. This January through March we will examine the major artists and masterpieces of the Italian Renaissance. As art and science evolved throughout the fourteenth to sixteenth centuries, it was key to the development of the artistic innovations of the era. It will be exciting to explore the creations of Masters such as Fra Angelico, Donatello, Botticelli, Michelangelo, Leonardo da Vinci, Raphael, and Titian!



Chef's Inspiration Explore the Benefits of the Mediterranean Diet



MEDITERRANEAN DIET

According to the Mayo Clinic, the Mediterranean diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean. It is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease.

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

Interested in trying the Mediterranean diet? These tips will help you choose the healthy option:

- Eat more fruits and vegetables. Aim for 7 to 10 servings a day of fruit and vegetables.
- Opt for whole grains. Switch to whole-grain bread, cereal and pasta.
- Use healthy fats. Instead of putting butter or margarine on bread, try dipping it in flavored olive oil.
- Eat more seafood. Try grilled fish twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices.
- Reduce red meat. Substitute fish, poultry or beans for meat. If you eat meat, make sure it's lean and keep portions small.
- Enjoy some dairy. Eat low-fat Greek or plain yogurt and small amounts of a variety of cheeses.
- Spice it up. Herbs and spices boost flavor and lessen the need for salt.

Community Gallery



Employee

OF THE MONTH

Kelley M.
Lead Caregiver

Congratulations to Kelley, the lead caregiver at Melrose Gardens & Cottages whose hard work and dedication towards caring for our residents serves as a model example to those around her. Kelley was born in Los Angeles and grew up in the city of Montebello. She acquired her first job at Watermark in Beverly Hills as a caregiver and now shares her talents with us.

In her free time, she enjoys singing and spending time with friends. She shares with them a love for food; her favorite is Asian food -- especially sushi! Kelley is also working hard towards her goal to become a registered nurse in the future. Her admirable passion for helping other people has driven her to pursue this career as she draws on memorable experiences with the residents. We wish her all the best!

The main reason she enjoys her job is that it allows her to interact with the residents and create warm memories with them. It makes her happy to see the residents smile during their singalongs and lightens up her heart to know that she can share her passion for singing with others. Her philosophy in life is to always be positive. This is reflected in her positive attitude during this pandemic, which has helped maintain a healthy working environment and has inspired other staff members to continue to work hard as well. We appreciate Kelley's hard work as well as her invaluable efforts to care for residents here at Melrose Gardens!

Community Leadership Team



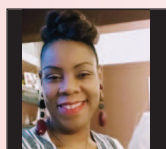
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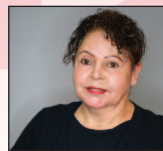
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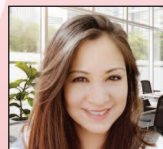
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