



July 2020 Newsletter

[melrosegardens.com](http://melrosegardens.com)

## A Message from the Desk of Denise Romero



Happy July Everyone!

We are jumping into summer, where temperatures are rising, summer fruits and vegetables are delicious and abundant, and we are feeling excited and hopeful. To start off the month we will be celebrating our nation's independence on July 4th, because on that day in 1776, the Declaration of Independence was approved and set the 13 colonies on the road to the freedom we now enjoy. As always, we mark this significant holiday with barbecues and fireworks across the country; Melrose Gardens and The Cottages will be no different!

The country has struggled through difficult times of illness and protest these past months, and we are looking forward to healing and growth this summer. Our country's quarantine has been a time of learning, self-reflection, and personal discovery. Here at Melrose Gardens we have come together as staff members, families, and residents to care for one another and support each other during difficult times, and we have all learned not to take our lifestyles for granted. Throughout the summer, we look forward to resuming life as we knew it, though with more safety measures and appreciation than before.

Apart from celebrating Independence Day, there are several national holidays this month that we will be celebrating in order to rejoice and instill play in the community once again. From National Ice Cream Month to Bastille Day, to Nelson Mandela Day and Gorgeous Grandma Day, we have plenty of fun planned for July. Here's to an exciting and hopeful start of summer, where we will celebrate freedom and health with new appreciation!

*Stay safe and have fun!*

~ Denise Romero, Executive Director

## Melrose Gardens Inspirational Thoughts...



*Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain."*

~ Vivian Green



*I like to think of life as an adventure, like a roller coaster. It helps with the ups and downs.*

~Eddie Izzard

# RESIDENT SPOTLIGHT ON

*Lily S.*



Our Melrose Gardens Resident of the Month is Lily S.! Lily was born in Mexico City, Mexico; and was one of seven children. She was married to her husband Ramon for over thirty years, though they knew each other ever since they attended primary school together. Together they had two kids, Sandy and Nicholas, who have since gifted them with three grandchildren: Sebastian, Jennifer, and Natalie. As for her work, she was a gifted seamstress that loved to design. In her free time she loved to read, design, and sew her artistic creations. As for life at Melrose Gardens, Lily has quickly made friends with fellow residents, challenges herself with bingo and bilingual conversations, enjoys parties and social gatherings, and is always quick to jump in to exercise classes or go on walks around the property. Welcome to Melrose Gardens, Lily!

## Upcoming July Dates to Note



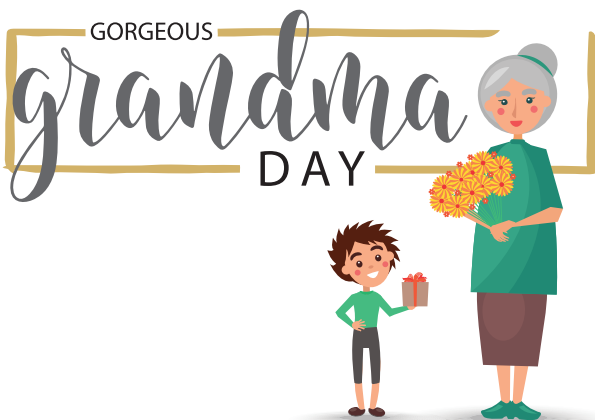
### July 14 **Bastille Day**

Sacré bleu! It's been more than 200 years since the French toppled their long-standing monarchy, symbolized by the storming of a fortress and political prison in Paris, and now the event has become an international celebration of freedom from tyranny.



### July 18 **Nelson Mandela Day**

Nelson Mandela is an iconic figure that triumphed over South Africa's apartheid regime. He was a human rights lawyer, a prisoner of conscience, and an international peacemaker. And he was the first democratically elected president of a free South Africa. Today we celebrate the idea that each individual has the power to transform the world and the ability to make an impact.



### July 23 **National Gorgeous Grandma Day**

Gorgeous Grandma Day embraces the age of the nana and encourages all women to flaunt their granny attitudes with purpose and style! While some grandmas fit the traditional mold with gray hair and cookie-baking, home-making, hug-giving, child-spoiling energy to spare, others play the hippest games, wear the latest styles and know how to find the best deals on technology. Even the grandkids can't keep up! Funny, sassy and energetic grandmas, rebel grannies and smart grannies make the grade, too. Nearly all of these fantastic women pass down family traditions while teaching children to stand on our own. On Gorgeous Grandma Day, let the grandmothers in your life know how much they mean to you.

# Independence Day **4<sup>TH</sup> OF JULY**

## Mindfulness Meditation

*“The only freedom which deserves the name, is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs, or impede their efforts to obtain it.” ~ John Stuart Mill*

This year our Independence Day might not feel very free, considering these past months of various types of upheaval. However, that should not prevent us from mindfully exploring what freedoms we do have in order to remain hopeful and loving. Licensed Psychologist Dr. Regina Huelsenbeck goes on to remind us to be present and mindful in our celebrations today: Celebrate your freedom mindfully: express love and gratitude for all situations, people, places and things you encounter. This practice of loving what is [whether positive or negative], is a mindful behavior... unconditional or radical acceptance.

*“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” ~ Viktor E. Frankl*

Take each situation you encounter today as an opportunity to express your love, gratitude; any kindness will do. That is freedom! If you forget and treat someone unkindly, that is okay- we are human. Make amends and then return to your mindful practice. Try again with love and gratitude

*“Freedom is not worth having if it does not connote freedom to err.” ~ Mahatma Gandhi*

As you pour love on your life and those of others (even the difficult ones) miracles will occur. Situations and people will transform before your eyes. Love your countrymen today, each and everyone.

*“If we love our country, we should also love our countrymen.” ~ Ronald Reagan*

Happy Independence Day!

### National ICE CREAM Month



This July is National Ice Cream Month, and you have Kentucky to thank! In 1984, Senator Walter Dee Huddleston of Kentucky introduced a resolution to proclaim the month of July 1984 National Ice Cream Month and the 15th of that month National Ice Cream Day. Ronald Reagan signed the bill into law the same year, and the rest is history. We're looking forward to lots of fun flavors and ice cream creations this summer!



**Flor Rodas**  
Assistant  
Wellness Director

Flor is our Assistant Wellness Director at Melrose Gardens and The Cottages, and her helpful spirit and on the ball handling of various issues has helped contribute to a well run community. Flor grew up in Glendale, California, and attended Glendale Community College, followed by UEI College to get her Medical Assistant and Phlebotomy certification. She enjoys engaging with residents, and loves learning how to communicate with residents in new ways in order to advocate for them if they are unable to communicate normally. She is hoping to return to school for her nursing degree soon to continue to make a difference in the medical field.

She has been married to her husband Luis for 11 years and they have a ten year old son named Brian, whom she supports in his artistic endeavor of graphic design. In her off time she enjoys shopping, contributing to her makeup interests and routine, trying different cuisines with her husband, and hanging out at the beach with the family. Her philosophy in life is that everything happens for a reason, and as such she takes life day by day and doesn't worry about planning out every little detail. Once again, congratulations Flor on earning the recognition of Employee of the Month!

## Resident Birthdays

Malinda M.	7/14
Jean P.	7/17
Claire A.	7/22
Eugene R.	7/28
Walter W.	7/30

# INDEPENDENCE DAY *Treats*



*Staff members  
Kimberly and Jessica  
displaying their  
Independence Day spirit.*



## Nuturing our Social Support SYSTEMS

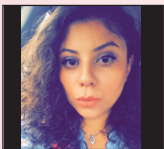


**July is Social Wellness Month**, and a time to learn about how we connect with society and individuals and the importance of those relationships. The focus is on the giving and receiving of social support, identifying the network of friends and family an individual can turn to in times of crisis as well as times of celebration, and ways to keep relationships healthy. Since social support acts as a buffer against adverse life events, it is especially vital for seniors to have a strong social network in place and to have ways to grow and nurture it.

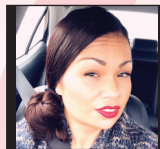
Social support enhances quality of life and provides a buffer against adverse life events. Seniors reap the benefits of positive social interaction in a number of ways, from increased social and emotional well-being to improvements in physical and cognitive functions. During these pandemic times, there are still means by which we can give and receive social support, even from a distance. Writing letters, emailing or telephoning family and friends, and utilizing Zoom and other virtual communication programs are all means by which we can stay in touch and enhance our social relationships and maintain our social wellness.

It is always difficult to maintain and grow relationships, whether due to busyness, distance, or even quarantine; but the positive mental, emotional, physical and spiritual benefits are worth our continued pursuit of social wellness!

## Introducing... Our Staff



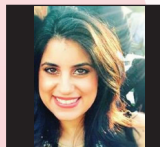
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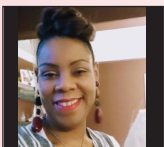
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wellnessdirector@melrosegardens.com



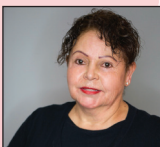
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