



June 2020 Newsletter

melrosegardens.com

A Message from the Desk of Denise Romero



June is an amazing month - not only does it bring the beginning of summer on the 20th, but we celebrate Father's Day on the 21st! This month we also recognize the need to support our men in taking care of their health thanks to National Men's Health Month.

In learning about why we celebrate Father's Day and the importance of fathers, Doctor of Sociology David Popenoe shared some of their important roles: "Fathers are far more than just "second adults" in the home. Involved fathers – especially biological fathers – bring positive benefits to their children that no other person is as likely to bring. They provide protection and economic support and male role models. They have a parenting

style that is significantly different from that of a mother and that difference is important in healthy child development." June 21st will be a fun day to reminisce about our own dads, husbands, and even being a father while we celebrate the fathers in our community!

Personally, I admit to being a total daddy's girl, and having my dad's attention, love, and support growing up helped make me the woman I am today. It also set the standard for what I wanted my kids to experience with their dad. I am happy to say that my husband is not only loving and supporting of me as a mother, but he is an amazing father that is just as involved in the lives of our son and daughter.

As for Men's Health Month, I always make sure to encourage the men in my life and in our community to take control of their health. Waiting a healthy body and positive outlook is especially important as we live through a pandemic and grow closer every month to reintegrating into society. The best rules to live by for mental and physical health are to:

1. Eat healthy and include a variety of fruits and vegetables every day.
2. Engage in regular physical activity.
3. Learn to recognize and reduce stress and anxiety with healthy coping methods.

I hope everyone has a beautiful beginning of summer and an amazing Father's Day!

~ Denise Romero, Executive Director

Melrose Gardens Snapshots



Pat enjoying her Mother's Day libation on the patio.



Diana listening to our Mother's Day guitarist outside.



Lili resting in the shade while enjoying Mother's Day desserts and music!

RESIDENT SPOTLIGHT ON *Mitra J.*



Mitra recently came to live at The Cottages, where she has added a dash of spice to our varied group of residents. She was born and raised in Iran, and loves to dance to Iranian music and enjoy favorite Persian snacks. She fondly remembers her father, an important general who served under the Shah of Iran. Growing up she learned to play the piano at her private Catholic school, and as an adult played professionally for many years! She loves to speak with Katelin, our Sales Director, in her native language of Farsi, as they sip on tea and cookies. She still makes sure to watch her girlish figure, however, and enjoys getting ready every day with a beautiful coiffure, makeup, and colorful nails! She has lived in the U.S. for several years in order to be close to her son, a neurosurgeon at a local hospital. She is incredibly proud of his accomplishments, and loves to enjoy guilty pleasure meals with him from Panda Express or Baja Fresh. Let's give a warm welcome to Mitra!

Upcoming Summer Events



America's Flag Day marks the Second Continental Congress' adoption of the first U.S. national flag on June 14, 1777. The first flag, thanks to Betsy Ross' sewing prowess, featured the same 13 red and white stripes we see today. The number and arrangement of stars, however, has changed as the number of states have increased over the centuries.



That blessed time of year when barbecues and beach trips reign, when work slows and summer holidays mean getting together with friends and family. Just thinking about it likely brings up the smell of fresh cut grass and the taste of cold lemonade. Summer Solstice — also known as the first day of summer — has arrived.



Juneteenth, which marks the end of slavery in the U.S., commemorates African American freedom — while emphasizing education and achievement. Texas became the final state to comply with the abolition of slavery in 1865 — more than two years after President Lincoln's Emancipation Proclamation.

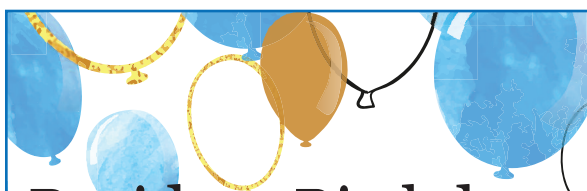


Father's Day Celebration

In the past, observing Father's Day usually meant throwing a backyard bbq, a surprise party with friends and family, hitting the golf course, or taking Dad to the movies. But in the midst of the COVID-19 pandemic, spending face-to-face time with our favorite people has required a little creativity, and this year's Dad's Day will be no different. Thankfully, technology allows you to show Dad just how much he is loved and valued, even from afar.

Whether you're worlds apart, or just down the block, there are many options for bringing the family together to celebrate all the fathers, grandfathers, stepdads, single moms, and other father figures in your family's life. In addition to sending a Father's Day card or a special, personalized gift, you can easily host a virtual Father's Day celebration from the comfort of your own couch.

Getting the whole family together to chat over FaceTime, Zoom, Skype, or any other telecommunication app is relatively easy, so long as you have a working computer and internet access. Dad will get to see your smiling faces, which is probably the thing he wants most for Father's Day, and you can still practice social distancing to ensure Dad (and family!) stay safe. Just make sure to let us know when you plan to meet virtually so we can ensure all the father's at our community receive any needed help on the tech side!



Resident Birthdays

Julie G.	6/01
Garnet B.	6/04
Carmen B.	6/09
Mukund P.	6/17
Melvin K.	6/17
Faye B.	6/27

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.



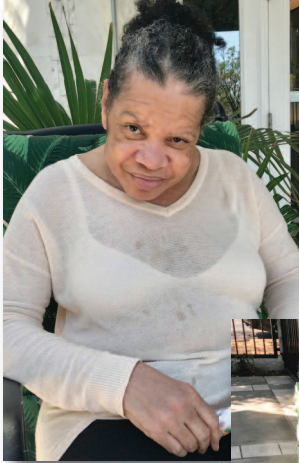
Susana Villalta
Med Tech

Congratulations to Susana, a Med Tech at Melrose Gardens who has been incredibly helpful and encouraging throughout this time of pandemic! She was born in El Salvador, and moved to LA with her family when she was six years old. She attended Bryman College to achieve her Medical Assistant degree, and she hopes to one day become a Nurse. Susana has a 10 year old son named Marlon, and they have a pet turtle he named Hulk.

In her free time she enjoys spending time with her son, especially exploring their shared love of movies in the evenings. She has recently forayed into vegetable gardening, and can even teach our residents a lesson or two about knitting and crocheting. She has helped more than one resident out of a "knitting" jam.

One of the reasons she enjoys her job so much is those opportunities to hear resident life stories. The other reason is that the job flies by since she's working with such a great team! Her philosophy in life is to not plan out every minute of the day, but to explore life day by day. Thank you Susana for your wisdom and work ethic!

Mother's Day 2020



Carmen smiling at her daughter who dropped by to wish her a Happy Mother's Day from a distance!

Anna Mae waving hello on Mother's Day!



Fusako smiling as she enjoys the beautiful sunshine and guitar strains.

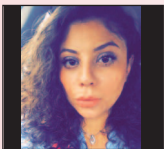


Julie enjoying the Mother's Day sunflower arrangements and hors d'oeuvres on the patio!

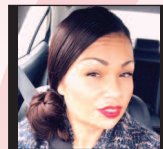
CINCO DE MAYO



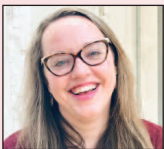
Introducing... Our Staff



Denise Romero
Executive Director
director@melrosegardens.com



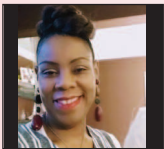
Teresa Flores, RN
Regional Wellness Director
wellnessdirector@melrosegardens.com



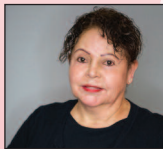
Jessica Klascius
Activity Director
activitydirector@melrosegardens.com



Katelin Aghel
Family Coordinator
family@melrosegardens.com



Crystal Hamilton-Niang
Dining Manager
kitchen@melrosegardens.com



Guadalupe Mejia
Maintenance Supervisor