



A Message from the Desk of Denise Romero



Dear Residents and Families,

This March we have an inspirational theme to start off a new spring season. We celebrate women and their various contributions that have impacted our world! The purpose of Women's History Month is to increase consciousness and knowledge of women's history: to take one month of the year to remember the contributions of notable and ordinary women, in hopes that the day will soon come when it's impossible to teach or learn history without remembering these contributions.

I personally celebrate the beautiful impact the women in my life have on me everyday of the year. I would love to thank two incredible women in my life who have inspired me to be the woman I am now: my grandmother Mercedes Duran and my mother Martha Romero. They came to this country at a very young age from El Salvador to live the American dream. They worked hard and instilled in me the mindset to be a very strong, independent young lady in my teenage years. After having my own daughter and raising her alongside three generations of strong and inspiring women comprising my grandmother, mother, and me; I'm very proud to honor courageous, loving, and inspiring generations of women this March!

I would love to hear about the impact that women have had on your lives, and look forward to a month of sharing such stories. We look forward to learning about another courageous woman, Esther, during Purim and we will also celebrate a very green St. Patrick's Day to help put us in a green, renewing Spring mentality.

Enjoy an inspirational March!

~ Denise Romero, Executive Director

Melrose Gardens Snapshots



Jessica and Willene honoring President's Day in red, white, and blue



Julie, Fusako, and Carmen on our daily walk.



Denise and Roberta celebrating Valentine's Day!



MEET OUR NEW
ACTIVITY
ASSISTANT *Josh*

Let's offer a warm welcome to our newest Activity Assistant: Josh! He moved to LA recently from the Virginia Beach, with his wife and thirteen year old son. Full of Southern charm, he is already a hit with the ladies thanks to his Southern drawl and gentlemanly manners. He has worked with senior populations for the past several years, and we are excited to have such an experienced activities assistant to spice up our program!

One of the best pieces of advice that he still follows today was from Aaron, a resident in Virginia Beach. Aaron told him to prioritize his family over work, and to always make the time to enjoy his son growing up.

Resident Birthdays

Birthday Celebrations

Patricia I.	3/09
Jean K.	3/17
Mitchel G.	3/26



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.



This month we will be celebrating the contributions of women to society and history! Throughout Women's History Month we will be examining the lives and contributions of women from a variety of different mediums. We will curate open discussions in the afternoons concerning their lives and contributions, providing information and examples of their ingenuity, intelligence, compassion, and creativity.

Tuesday are reserved for amazing female artists, with a weekly lineup featuring Georgia O'Keefe, Kara Walker, Frida Khalo, Yayoi Kusama, and Peju Alatise. They have varied techniques, interests, mediums, and backgrounds; but together provide a unique female artistic perspective.

Wednesdays we focus on talented female composers, including Fanny Mendelssohn, Amy Beach, Rebecca Clarke, Ethel Smyth, and Francesca Caccini. We'll learn about their histories and listen to some of their compositions, appreciating the diverse musical tastes they provide.

On Thursdays we will continue our musical bent with famous musicians who broke the mold as women artists! Examples include Billie Holiday, Marin Alsop, Florence Price, Sarah Chang, and Karen Briggs; it's amazing the diverse musical talent these women have contributed to society!

Last but not least, we will explore some of the greatest thinkers and philosophies of our women philosophers and early feminists. Whether we agree with them or not, it is so interesting to discuss not just their values but use them to explore our own! Featured philosophers include Ayn Rand, Anne Conway, Simone de Beauvoir, and Hannah Arendt.

RESIDENT SPOTLIGHT ON Pat



Pat and ?? having a bit of fun with Pat's terrier Talulah.

Pat was born and raised in New York City. She was happily married and had two daughters. She worked as a dedicated hospital administrator. However, some of her best memories have to do with travel! One of her most precious memories was when her husband took her to Italy. They traveled the countryside, and had a wonderful time experiencing the food, culture, art, and sunshine of Italy. She has always loved to travel, and once had the strangest experience of her life while traveling. She and her husband came back to their hotel room and found someone sleeping in their bed. They tried to rouse him to kick him out but he was scarily unresponsive. That's when they called the police.

As for enjoying life at Melrose Gardens, Pat loves variety. Her days are never the same, as she could enjoy taking her little silky terrier Talulah, out for a walk, enjoy a morning coffee, make some phone calls, or join any interesting looking activities. When asked

what activities interest her, she said that it's the people she finds interesting; the activity doesn't matter. She loves to observe what other people are doing, their reactions, etc. - people can be incredibly revealing based on how they act versus what they say.

Her best quality is honesty, and if she were to give advice to anyone, she would tell them to travel! But not travel to typical tourist places to impress your friends, instead travel to wherever you are interested in exploring - travel for yourself.

St. Patrick Day Festivities

March 17 • All Day

Every March 17th, millions dress in green to celebrate all things Irish, but especially St. Patrick, the patron saint of Ireland. The fourth-century saint was born in Roman Britain, but was kidnapped as a teen and enslaved in Ireland. St. Patrick escaped but returned to the land of leprechauns in 432 BC to spread Christianity. While converting the country, it is said that he explained the holy trinity using a three-leaved shamrock.

We will be celebrating in the afternoon with delicious green waffles and Irish coffee, learning about Irish history, and dancing a jig as entertainer Steve Oliver serenades us with Irish classics. Make sure you wear green to our Emerald Isle Lunch in the afternoon featuring corned beef and cabbage!



WHAT IS Purim?



While many of the Jewish holidays are reflective and serious, Purim is one of the most joyous and fun holidays on the Jewish calendar. Save the date (March 10th at 1:30pm) for when we will explain and share the story of Purim, as well as some Hamentaschen cookies! Jewish or not, everyone is welcome. Here's a teaser: Purim commemorates a time (about 2,300 years ago) when the Jewish people living in Persia were saved by a beautiful and courageous young woman named Esther.

The story of Purim is told in the Book of Esther. An exciting tale of heroism, romance, and intrigue, it is a story with several subplots. The heroes of the story are Esther, a beautiful young Jewish woman living in Persia, and her cousin Mordecai, who raised Esther as his own daughter.

VALENTINE'S *Art/Love*

Once again, Valentine's Day has come and gone. The holiday is always a great time to express your love for the people in your life, whether a partner or a friend. It's also a great day to celebrate all the love in the air by watching a romantic movie, writing little love notes, eating sweet chocolates, and enjoying a special dinner. Our Melrose Gardens and Cottages residents did all that and more this past Valentine's Day! You can see on the right images from the day as we expressed our love artistically, and sweetly, as residents joined together to create little valentine treat bags for everyone in the building. A simple, kind note and some candies was our encouraging way to let everyone know that they are always loved, and never alone. We hope everyone felt seen and appreciated, and now look forward to March holidays!



Anne displays her seasonal bookmark.



Gloria is perfecting her seasonal bookmark.



Mitchell presents his beautiful watercolor bookmark.

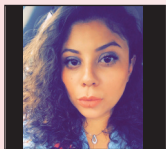


John and Diana holds their Valentine's treat bags that everyone made for their fellow residents.



Denise looks forward to spending Valentine's Day with the residents including Bunny and Jonathan pictured here.

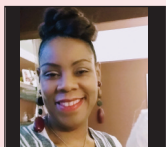
Introducing... Our Staff



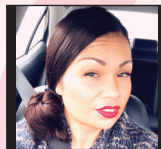
Denise Romero
Executive Director
director@melrosegardens.com



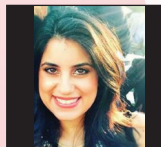
Jessica Klascius
Activity Director
activitydirector@melrosegardens.com



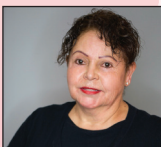
Crystal Hamilton-Niang
Dining Manager
kitchen@melrosegardens.com



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



Katelin Aghel
Family Coordinator



Guadalupe Mejia
Maintenance Supervisor
info@melrosegardens.com