



November 2020 Newsletter

melrosegardens.com

A Message from the Desk of Denise Romero



Dear Friends and Family,

Fall has arrived and change and transformation permeate the air as leaves change color and cascade to the ground below. I know we live in California and don't really experience the seasonal weather like in other parts of the country, but I still enjoy the beautiful colors, pine cones, pumpkin lattes, and smell of cinnamon that fall brings. Our community is decked out with colorful autumn garlands, pumpkins and so much more, so please enjoy the harvest atmosphere.

Speaking of the harvest, I am so excited to celebrate Thanksgiving! Besides Halloween, this is another huge holiday for our family. I love commemorating the blessings of the past year at our communal celebration; and of course, the food! Thanksgiving is such an amazing holiday for everyone to gather around the table and feast. I can't wait until we all enjoy the amazing Thanksgiving Feast that our dining team will be preparing. In thankfulness to our staff who has been amazing during the pandemic, we will be having our Thanksgiving Dinner and Celebration the day before the official holiday, on Wednesday, November 25th; in order to let them leave early enough to celebrate heartily with their own families on Thanksgiving Day.

I want to express my extreme thankfulness for how well Melrose Gardens and the Cottages are doing throughout this difficult pandemic. I know it's not over, but I am so grateful for our staff who've worked so hard to keep us all safe, for the families who have supported us from home, and of course for our patient and understanding residents! Alongside remembering to be grateful for our blessings, this month Veteran's Day on the 11th reminds us to be grateful for the men and women who have served our country. We have many such men and women living here, and so a heartfelt thank you and blessings to you and your families!

Have a Happy Thanksgiving!

~ Denise Romero, Executive Director

Melrose Gardens Smiles



Barbara and Flora with their fall wreath creations.



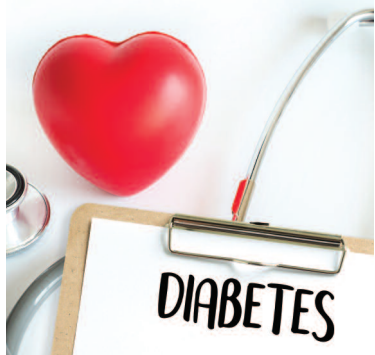
Brian making a fall wreath for his door.



November 2 **Day of the Dead**

Day of the Dead, or Día de los Muertos, is a traditional Mexican holiday. On this day, it is believed that the souls of the dead return to visit their living family members. Many people celebrate this day by visiting the graves of deceased

loved ones and setting up altars with their favorite foods, drink, and photos. This Monday we'll offer classic "Pan de Muerto" and sugar skulls delicacies, as well as set up a traditional memorial surrounded by marigolds to remember our loved ones that have passed on.



November 14 **World Diabetes Day**

Diabetes is a chronic disease where the pancreas doesn't produce enough insulin if any at all. People get diabetes when their blood glucose, also called blood sugar, is too high. The good news is that you can take steps to delay or prevent type 2 diabetes, which is the most common form of the disease to develop in older adults. That's why we'll take this

Saturday to spread awareness and education about the causes, preventative measures, and how to deal with the disease!



November 23 **National Espresso Day**

What's the difference between espresso and just plain coffee? According to professional baristas, it doesn't really matter what kind of bean you use, or how it's roasted — it's all in the way the beans are brewed. Forcing pressurized water through finely-ground coffee beans produces a concentrated brew with its signature delicate foam. This foam, or crema, to use its proper

name, contains concentrated sugars and oils from the beans, adding a light sweetness that helps balance out the bitterness. Grab an espresso at our Melrose Gardens Barista Bar this Monday to taste the difference for yourself! We'll offer decaf and regular espresso lattes and cappuccinos with fall creamer.



November 26 **Thanksgiving Day**

America's Thanksgiving holiday stands as one of the nation's most anticipated and beloved days. Family, friends, food, and football have come to symbolize this holiday, and though we are more socially distant this year, we can still be grateful for the things we do have.



Jennifer Rivera
Concierge

Jennifer is our amazing afternoon and evening concierge at Melrose Gardens! We are happy to present her as the employee of the month due to her consistent attendance, patience, dedication, and overall helpful attitude. Jennifer relayed that she loves being a concierge here, especially learning to handle special projects. When she first started, she was new to office work and had to teach herself how to navigate Office Suite, but has loved growing in and learning the position. She especially loves conversing with and helping residents, and enjoys connecting families with their loved ones through phone calls, emails, or visits. In the future she plans to return to school to pursue either a business degree or an RN degree.

Jennifer has lived all her life in Los Angeles except for a brief, four year stint in Las Vegas from 2008-2012. She was the baby of the family, with two older brothers. She attended Montebello High School, and after graduating in 2015 she went on to earn her CNA certification. She met the love of her life, Geovany, and together she and her fiancée have been raising their three kids. Matthew was just born in February! She loves spending time with her kids, creating fun arts and crafts projects, interesting snacks, and exploratory forts. She is really excited for her and Geovany's upcoming nuptials at the end of October!

Jennifer's philosophy is to "live your best life since you only get one". She works to appreciate her loved ones and those who become special to her, enjoy all of the little things and details that are present, and is always grateful for the opportunities that are given to her. Speaking of people that become special to you, she is incredibly grateful to have gained her father-in-law. He has been like another father like figure, engages her kids with so much love, and has shown her so much love as well.

Thank you Jennifer for all your hard work at Melrose Gardens and the Cottages, we appreciate you!

RESIDENT SPOTLIGHT ON Helen G.



Helen is one of our newest residents at Melrose Gardens! She was born and raised in Tunis, Tunisia as the oldest of five children, and attended French school. When she married, she and her husband had six children of their own, and Helen happily raised them from home. She also enjoyed a career as a property developer. Whenever she had spare time, she enjoyed favorite pastimes such as listening to music, fishing, and gardening. These days she enjoys spending time with her son when she is able, and learning more about the six grandchildren her kids have blessed her with. We're happy to see you out and about, meeting new people and enjoying yourself at Melrose Gardens, Helen!



Thanksgiving Dinner!

Wednesday, November 25 | 5:00 p.m.

Celebrate the harvest and other blessings of the past year at Melrose Gardens.

Thanksgiving Day Activities November 26

9:00 am

Macy's Thanksgiving Day Parade

12:30 Thanksgiving Day

Football: Washington at Dallas

3:00 Thanksgiving Matinee:

Hannah and Her Sisters



**Remember to
Mail Your Vote
by Tuesday,
November 3rd!**



Daylight Savings Time Ends

Remember to turn
back your clocks by one hour
on Sunday, November 1st!

Resident Birthdays

Jonathan	11/3
Ruth	11/6
Elizabeth	11/12
Flora	11/18
Denny	11/26
Phyllis	11/29

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.

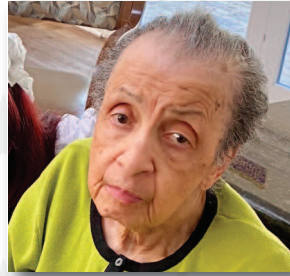
Veterans Day Service Men & Women

November 11th, 2020

Veterans Day, observed annually on November 11, is a tribute to military veterans who have served in the U.S. Armed Forces. Not to be confused with Memorial Day, which honors those who died while in service, Veterans Day honors all military veterans, including those still with us. Here at Melrose Gardens we have many veterans who have served in all branches of the military. We are proud to present them below and thank them for their service this Veterans Day!



Alan
Air Force



Bebe
Air Force



Denny
Marine Corp



Irving
Army



Jesse
Army



Samuel
Air Force

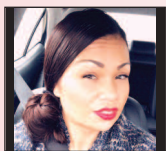
Introducing... Our Staff



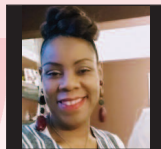
Denise Romero
Executive Director
director@melrosegardens.com



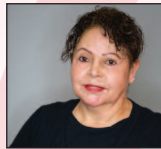
Katelin Aghel
Sales Director
family@melrosegardens.com



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



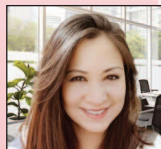
Crystal Hamilton-Niang
Culinary Services Director
dining@melrosegardens.com



Guadalupe Mejia
Housekeeping Director



Mikel Sullivan
Assisted Living Activity Director
activitydirector@melrosegardens.com



Eulalia (Yolly) Ocampo
Memory Care Activity Director
activitydirector@melrosegardens.com