



A Message from the Desk of Denise Romero



Happy Autumn Friends! I am so excited for October! I've always loved celebrating Halloween since I was a girl, but having a husband whose birthday is so close to Halloween, and then having two kids with lots of cousins, it has turned Halloween into a huge birthday bash and costume party for all our friends and family. We love to dress up, and examples of fun costumes we've made over the years are as a family of superheroes, Day of the Dead skeletons, Lucha Libre wrestlers, and more! You can even see me in my picture above as one of the Day of the Dead skeletons.

Though Halloween will look very different at home and in our community this year as we keep six feet social distance, we still look forward to dressing up in costumes, watching spooky movies, listening to classic Halloween hits, and eating all sorts of Halloween goodies. Our newly promoted Activity Directors, Mikel and Yolly, have an amazing Edgar Allan Poe themed Costume Ball planned for Friday, October 30th, alongside plenty of other Halloween activities.

Interestingly enough, this Halloween we will have not only a full moon, but a blue moon! If you've ever heard the saying, "Once in a blue moon", this poetic phrase refers to something extremely rare in occurrence. A blue moon is the term commonly used for a second full moon that occasionally appears in a single month of our solar-based calendars. Speaking of rare events, right after Halloween we will fall back an extra hour thanks to Daylight Saving Time. When we reach 2:00am on November 1st, clocks are turned backward one hour to 1:00am instead.

Aside from Halloween at the end of the month, we will also be celebrating Sukkot and Active Aging week at the beginning of October. Our holistic focus in October is on personal well-being and preparation, and related activities include a Mental Health Discussion on the 10th, an Earthquake Awareness presentation on the 15th, and a Flu Clinic coming in mid-October. I hope everyone stays safe and happy both mentally and physically throughout this fall season, and wish you all a wonderful October!

~ Denise Romero, Executive Director

Melrose Gardens Snapshots



Alan (above) and Flora (below) show off their Oktoberfest spirit in themed photo stand-ins! Alan in lederhosen, holds an accordion and beer; Flora passes out beer steins full of German brews in a beautiful dirndl!



Active Aging Week

October 5-11, 2020



The International Council on Active Aging began the first Active Aging Week in 2003. This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages older adults to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving!

Active Aging Week Activities

5th: Oldies Dance Fitness (10am), Cell Phone Photography 101 (2:30pm), Floral Arranging (3:15pm)

6th: Halloween Wars (1:30pm), For Your Health Series: Heart Health (3:15pm), Power Walk (4pm)


7th: Resistance Band Workout (10am), Greek Trivia and Focaccia with Feta and Olives (2:45pm), Current Events (3:30pm)

8th: Apple Cinnamon Parfaits (10:45am), Poetry Corner (1:30pm), Deciphering the Mail-In Ballot (2:30pm)

9th: Morning Walk and Roll (9:30am), Pumpkin Spice Protein Balls (10:45am), Painting on Canvas (2pm)

10th: Musical Entertainment on the Patio (2pm), Mental Health Discussion (3pm), Brain Busters (3:30pm)

11th: Morning Meditation (10:30am), Karaoke to the Classics (1:45pm), Afternoon Tea and Pumpkin Spice Mini Bagels (3:00)



Resident Birthdays

Samuel	10/04
Alan	10/15
Willene	10/17
Annette	10/19

October 2020



Xiomara Linares
Cook

Xiomara is one of our amazing cooks in the kitchen, and has been with the company for 20 years! She has always

dreamed of working in a community where she can happily create delicious food for many people, while continually learning to refine recipes and learn new foods. We love her for her hard work, dedication, and teasing manner, and are excited to present her as the Employee of the Month!

Xiomara originally moved from Guatemala to the U.S. when she was 17 years old, coming as a student to study English and Culinary schooling. She originally worked as a nanny before coming to learn in the kitchen in 2000 at our sister community Garden of Palms. After learning all aspects of the kitchen, she moved over to Melrose Gardens as a cook in 2006. Her favorite part of the job is cooking all different foods for the residents, having conversations with everyone, and finding out what they did and did not like so she can refine their food experience. She loves constructive criticism so she can make your dining experience that much better.

She has a beautiful family with her partner, including two daughters. Her oldest, Stephanie, recently graduated from UCLA and is earning her Masters in Law. Her youngest, Marian, is currently at college. She has worked hard to provide her daughters with the best she could, and has always promoted education, so is happy to see them so successful. She raised them both to love cooking as well, and as she still dreams of owning her own restaurant, she hopes her daughters will help her make that dream a reality one day. In her free time, Xiomara loves to cook at home, experiment with new recipes, watch movies, read books, talk with friends, and dance to music. Her philosophy is to live life day by day and to the fullest, and just deal with problems as they appear. Thank you for your hard work and dedication, Xiomara, we're happy you've stayed so long with us!

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.

RESIDENT SPOTLIGHT ON Bunny H.



Bunny was born and raised in Bloomfield, Connecticut, and grew up happily as the youngest child of three. She went to college at UCLA, and majored in Psychology. She then transitioned into a career as a nurse. She surprisingly met her husband in a beauty salon. She and Ned had a beautiful married relationship and raised two kids, Patricia and Bradford. She has since been gifted with four amazing grandchildren. Her favorite pastimes include reading books, listening to classical music, and playing the piano. The favorite saying that she recommends people say more often to one another is, "I love you." We love having you Bunny as part of our Cottages community!

PARTY WITH POE!

Quoth the Raven,
"Happy Halloween!"

*Join us for a spooky yet
sophisticated Costume Party
featuring Poe inspired eats and treats!*

Friday, October 30th | 2:00 p.m.



Lenore's Libations | Tell-Tale Tidbits
Black Cat Confections



October 2-9 **Sukkot**

Also known as the Feast of Booths, Sukkot originates from the Book of Leviticus, in which God instructs Moses "You shall live in booths seven days." The holy week also commemorates the flimsy dwellings that

Israelites were forced to live in during their 40 years of wandering in the wilderness, following their exodus from Egypt.



October 10 **World Mental Health Day**

Mental health has come a long way since the early nineties when the World Federation of Mental Health (WFMH) officially established this day. While we've learned a lot, there's still so much more we can do to evolve as a society.

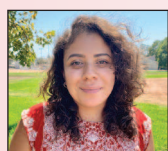


October 15 **International Shakeout Day**

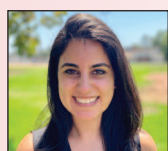
The purpose of this day is to educate the public about the importance of taking immediate action in case of an earthquake. This day remains our best opportunity to learn (and practice) how to protect ourselves and put our loved ones out of harm's way.



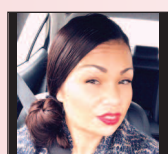
Introducing... Our Staff



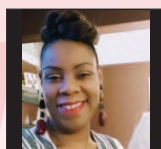
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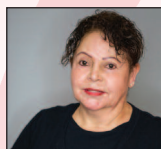
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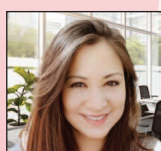
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