



September 2020 Newsletter

melrosegardens.com

A Message from the Desk of Denise Romero



Salutations in September!

From autumn leaves shifting colors to reds, oranges, and yellows, and colder breezes bringing forth the scent of pumpkin pie and cinnamon spices, this season evokes a sense of warmth and comfort that I love. I anticipate the holidays, where family and hearty meals grace our table, and reminders that thankfulness and love overcome the worries and anxieties of the world.

As summer fades away, fall brings new beginnings. From a new school year, to milder weather, to the days becoming noticeably shorter; we love these changes. However, some beginnings are not as welcome, such as the dreaded flu season. Our biggest focus at Melrose Gardens is keeping everyone healthy, including residents, employees, and visitors. As such, our current preventative measures of cleaning and sanitizing all surfaces, keeping social distances, and doing daily temperature checks will actually stand us in good stead this flu season. In addition to that, we will be offering a flu clinic in the upcoming months, where residents and employees will have the opportunity to be vaccinated against this year's most virulent flu strains.

Onto happier news... our Jewish residents and friends will be celebrating the September high holidays, Rosh Hashanah and Yom Kippur, this month! Our Activity Directors Mikel and Yoli will also organize a giant fall festival celebration of Oktoberfest, and all residents are invited to join in the festivities. Dates and details are provided in the newsletter articles and calendar. Here's to a new year filled with much sweetness and delight!

Happy Fall!

~ Denise Romero, Executive Director

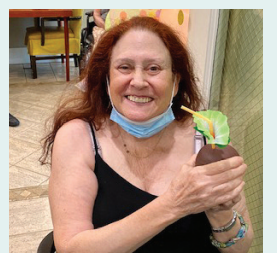
Melrose Gardens Smiles



Jean is about to take a sip from her coconut!



Mitchell always enjoys a good Luau!



Let's toast to Julie's beautiful smile!



The Oktoberfest tradition started in 1810 to celebrate the October 12th marriage of Bavarian Crown Prince Ludwig to the Saxon-Hildburghausen Princess Therese. However, now Oktoberfest is the world's largest beer festival; held annually in Munich, Germany.

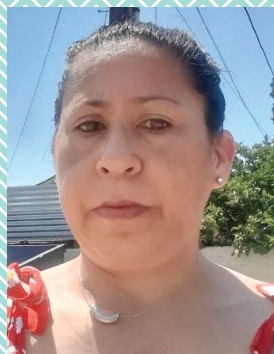
The party attracts over 6 million people every year who consume 1.5 million gallons of beer, 200,000 pairs of pork sausage, and 480,000 spit-roasted chickens during the two-week extravaganza. While the event reinforces stereotypical images of beer-loving, meat-loving Germans dressed in dirndls and lederhosen, visitors to the annual event come from all over the world.

Here at Melrose Gardens we will be putting on our own traditional Oktoberfest, featuring sausages, beers, decorated gingerbread, and traditional outfits! Save the date for our Oktoberfest Fall Festival on Friday, September 25th!

Pax	9/1
Brian	9/6
Bebe	9/10
Kitty	9/18
Martha	9/22

September 2020

EMPLOYEE
of the month



Aida Rivera
Caregiver

Our Employee of the Month is Aida - one of our amazing caregivers in our Melrose Gardens Community! She is always serving residents with a warm smile on her face, and is a fun and pleasant coworker. Aida was born in Guatemala, and came in her mid twenties to the United States to find a better future and help out her family. She's been in the US for over 20 years now, and worked as a housekeeper or caregiver throughout that time. She loves working at Melrose Gardens, remarking that it treats their employees well, and her coworkers are always welcoming and kind.

Her sister lives here with her in the United States, and together they raised each other's nieces. Aida raised a currently 22 year old daughter, Olimpia; in addition to loving her sister's girls. As for furthering her education, she had the opportunity to attend a Los Angeles Adult School for three years to improve her English skills. While not working, she loves to get her beauty rest, as well as check out new places to eat. As for staying fit, she enjoys dancing in Zumba classes and taking long walks in the neighborhood.

Aida's philosophy in life is to fully support her daughter so Olimpia has the best chances to accomplish her dreams. She dreams of returning to her country when it's her time to retire, in order to live out her later years.

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 *Brian M.*



Brian was a September baby, and we are looking forward to celebrating his birthday on the sixth! He was born in Denver, Colorado, the youngest of a mixed set of siblings made up of a sister, two half brothers, and a step brother. He grew up in California, attending Van Nuys High School, before heading off to USC to earn his Bachelors in Film Production. He went on to achieve his Master Degree in Clinical Psychology at Pepperdine University, and from there went to Phillips Graduate School to complete his Doctorate in Clinical Psychology. All of his schooling gave him the opportunity to work as an Administrative Assistant at UCLA, a part time Professor at Phillips, and at a private practice in West Hollywood. Brian considers himself a spiritual person, and his philosophy in life is to take one day at a time: "Be like a willow tree, flexible in the wind." In order to help him slow down and enjoy life, he enjoys hobbies such as oil painting, digital photography, and digital photo restoration. We are so happy to have you in our Melrose Gardens community, Brian!



September 7 **Labor Day**

Years of hard-fought battles (and the ensuing legislation they inspired) resulted in many of the most basic benefits we enjoy at our jobs today. On the first Monday in

September, we take the day off to celebrate Labor Day and reflect on the American worker's contributions to our country.



September 11 **Patriot Day**

On September 11, Patriot Day gives all of us time to reflect on the devastating terror attacks that took nearly 3,000 lives. We commemorate those who we lost and give thanks to

the brave first responders who put their lives on the line.



September 13 **Grandparents Day**

This holiday is a celebration and reminder that our grandparents are our family and they won't be around forever. We need to cherish the moments we can with them

and create lifelong memories. We are requesting short videos of your loving messages so we can create a video montage for the residents in our community to celebrate!



September 18 - 20 **Rosh Hashanah**

Happy New Year — or "shana tovah"! During Rosh Hashanah, Jews attend High Holy Day Services, gather with family and friends, and prepare special meals.

Symbolic foods include apples, honey, challah (egg bread), fish, couscous, and dates.



September 22 **First Day of Autumn**

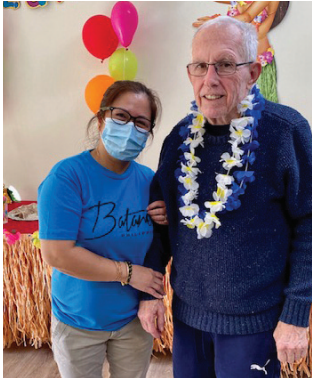
The 2020 fall equinox arrives in the Northern Hemisphere on September 22 at 8:31am EDT. Astronomically, it's the day when the sun crosses

the celestial equator heading south. Thus, the fall (and spring) equinoxes provide Earth with roughly 12 hours of daylight and 12 hours of darkness.

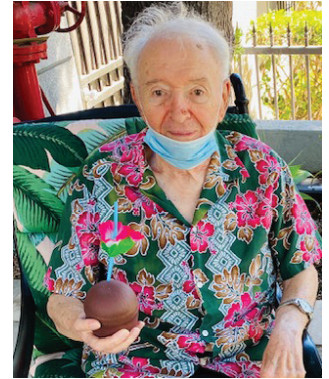


September 27- 28 **Yom Kippur**

in Judaism. The holiday lasts approximately 25 hours, and is typically observed with fasting and prayer in alignment with the themes of atonement and repentance.



Hawaiian LUAU



Our annual Melrose Gardens Luau on August 29th, was a tropical hit, complete with a seasonal fruit laden watermelon basket, pineapple cupcakes, and other delicious Hawaiian treats. Everyone wore their traditional Hawaiian-themed shirts and donned a flower lei necklace.



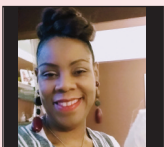
Introducing... Our Staff



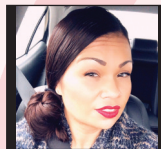
Denise Romero
Executive Director
director@melrosegardens.com



Jessica Klascius
Activity Director
activitydirector@melrosegardens.com



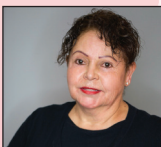
Crystal Hamilton-Niang
Dining Manager
dining@melrosegardens.com



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



Katelin Aghel
Family Coordinator
family@melrosegardens.com



Guadalupe Mejia
Maintenance Supervisor