



# Belmont Village of Burbank Village NEWS

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A Publication of Belmont Village for Residents, Staff, Family and Friends

August 2016

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## From the Executive Director

Welcome to August!

What a joy this month is as our nation celebrates "Senior Citizens Day" on August 21st!

President Ronald Reagan and the U.S. Congress declared August 21st, 1988 to be the first National Senior Citizens Day. This day was made to recognize our seniors for their wisdom, leadership, and contributions.

Over the years, I have had the pleasure of interacting with many seniors who have provided me with wonderful wisdom and guidance, helping me with both my operational and emotional growth throughout my working career. In every conversation, whether positive, or a discussion around "opportunities," I have always stepped away with much more insight and knowledge than when I awoke that morning.

I love hearing about the backgrounds of our residents and the stories of how they led, organized, and contributed to their associations. So many have

led Boy Scout troops, did volunteer work, worked on political campaigns, were part of church organizations, have been teachers, were single mothers/single fathers, and so much more. You are all such an inspiration! If I could pass on one piece of my own wisdom to our youth, it would be to, "listen to our elders!"

I want to take this opportunity to acknowledge our seniors of Belmont Village Burbank, and thank each and every one of you for your achievements that you have made, and continue to make. Additionally, on behalf of our team, we thank you for your wisdom and guidance here at the community. It is truly an honor to be a part of your "family," each and every day.

Have a wonderful month everyone!

Mary Jane

*"Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy." - Senator John Hoeven*





# Happy Birthday



## August Resident Birthdays

- 1 Eileen Whelan
- 3 Bill Hughes
- 3 Anita Wilmarth
- 4 Mildred Evans
- 5 Betty Davidson
- 7 Susan Sluyter
- 13 Betty Hudson
- 14 Elva Lewis
- 17 Mary Bertain
- 20 Dick Swan
- 25 Maurine Gold
- 25 Violet Staller
- 26 Doris Kirk
- 27 Edward Costanzo
- 29 Joanna Jocelyn

RESIDENT BIRTHDAY  
LUNCHEON  
FRIDAY, AUGUST 19,  
11:30am, TOWN HALL

## Employee Birthdays

- 2 Brinna Skillingstad
- 8 Maxwell Crook
- 9 Alicia Lomiteng
- 20 Wilma Sueatos
- 25 Jacqueline Marquez
- 28 Marilyn Fernandez
- 29 Cristina Alvarez

## Our New Residents!

We wish to extend a warm welcome to our new residents joining the Belmont Village of Burbank family! We are so grateful to have you be part of the community!

- Elizabeth Beverly
- Edward Costanzo
- Mamie Giacomazza
- Kermit Hartley
- Barbara Lappin
- Jack Lappin
- Josephine Marinelli
- Barbara Masters
- Gloria Putnam



Welcome, Elizabeth!

# Happy Anniversary

### One Year

- Lucy Barajikian 8/31/2015
- Donald Erfman 8/31/2015
- Arlene Hoffman 8/19/2015
- Erwin Hoffman 8/19/2015
- John McGroarty 8/29/2015
- Jean Trotter 8/22/2015

### Two Years

- Jeannette Barton 8/1/2014

### Three Years

- Eileen Whelan 8/15/2013

### Five Years

- Sarah McNamara 8/16/2011

### Six Years

- Carolyn Barker 8/28/2010
- Forrest Barker 8/28/2010
- Hildegard Schiffmann 8/10/2010

### Fourteen Years

- Dorothy McDonald 8/20/2002



Terrific work, Marisa!

## Employee of the Month

We are thrilled to congratulate and recognize our Employee of the Month for August: Marisa Payne! As Activities Assistant in our Neighborhood, Marisa has helped oversee and implement countless new activities and projects for the residents. She is not only exceptionally creative, but exudes a genuine love and commitment to the residents that is both inspiring and impressive. Always smiling and always willing to help--thank you, Marisa!





## National Night Out: Luau Party!

Belmont Village of Burbank is proud to take part in National Night Out. This community-building event, occurring once a year, aims to strengthen the relationship between police and the community while also boosting neighborly camaraderie. This year, we've chosen a traditional Hawaiian Luau as our theme! Join us for a delicious Polynesian meal prepared by Chef Juan and stick around for the entertainment and dessert!

August 2nd

4pm - 6pm Dinner

6:30pm - 7:30pm Entertainment



Our weekly Wine and Cheese Happy Hour remains a resident favorite. Join us Thursdays at 3:30pm for live entertainment and bring your dancing shoes...just in case!

## New Resident Tea Party

Every month, Belmont Village of Burbank recognizes and celebrates the newest members of the community with our very own tea party! In a wonderful mixing and matching of new and longstanding residents, friendships are started and strengthened through leisure conversation while residents enjoy delicious, handmade hors d'oeuvres and an assortment of teas.



Last Tuesday of the Month

at 2:00pm

in Josephine's Kitchen

## Painting With Purpose

Led by Roseann, one of our terrific Activities Assistants--and a former high school art teacher,--"Painting with Purpose" is an opportunity for residents and their loved ones to create beautiful art for a beautiful cause: every painting created will be auctioned off at a later date with proceeds benefiting Alzheimer's awareness. Wine and hors d'oeuvres will be provided, but space is limited! For more information, including cost to participate, contact Jeff.

August 11th, 18th and 25th

6:00pm

in Town Hall

## Transportation

### MONDAY

8:30 a.m. - noon

Personal Appointments

1:30 p.m. Local Banks

2:30 p.m. Ralphs and CVS

### TUESDAY/THURSDAY

Dr. Appointment Days

8:30 a.m. - 4 p.m. (Schedule with concierge at least 48 hours prior to appointment.)

### WEDNESDAY

Bank Visits at 9 a.m.

Outing Day

### FRIDAY

Doctor/Hair Appointments

### SATURDAY

10:30 a.m. Neighborhood Scenic Drive

1 p.m. Ralphs, CVS and Walgreens

### SUNDAY

8:30 a.m. - 12:30 p.m.

Places of Worship

1:00 p.m. Scenic Drive.

**Please sign up with Concierge.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">B</span> Scrabble Slam 1:00 <span style="color: red;">MT</span> <b>Movie Club with Merle</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> Current Events <span style="color: green;">🌿</span> 1:00 <span style="color: blue;">TH</span> <b>Podiatrist Visits</b> 2:30 <span style="color: green;">GR</span> Five-Minute Mysteries 4:00 <span style="color: red;">JK</span> <b>Hawaiian Luau Feast</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> <b>Bible Study with Rev. Purdy</b> <span style="color: green;">🌿</span> 11:00 <b>Lunch Outing - Coral Café</b> 2:30 <span style="color: blue;">TH</span> Food Chat with Chef Juan 4:30 <span style="color: blue;">TH</span> <b>New Resident Family Orientation</b> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> <b>You Be The Judge</b> <span style="color: green;">🌿</span> 2:00 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 3:30 <span style="color: green;">GR</span> <b>Wine and Cheese Happy Hour with Mark Rosen</b> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> Hymn Sing with Rev. Purdy <span style="color: green;">🌿</span> 1:00 <span style="color: blue;">TH</span> <b>Beading Class</b> <span style="color: green;">🌿</span> 2:00 <span style="color: blue;">TH</span> <b>Beading Class</b> <span style="color: green;">🌿</span> 3:00 <span style="color: green;">GR</span> <b>Shabbat Service with Rabbi Kornfeld</b> 4:00 <span style="color: blue;">TH</span> <b>New Resident Orientation</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 11:00 <span style="color: green;">GR</span> <b>Trivia with Fritz</b> <span style="color: green;">🌿</span> 1:00 Local Shopping 1:30 <span style="color: blue;">TH</span> <b>Pattern Bingo</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> <b>Foreign Language Class with Oscar</b> 7:00 <span style="color: red;">MT</span> Movie of the Night
7	8	9	10	11	12	13
8:30 <span style="color: green;">GR</span> Communion in the Great Room 8:30 Transportation to Local Churches 9:15 Walking Club★ 10:30 <span style="color: green;">GR</span> <b>Church Service provided by South Hills Church</b> 1:00 <b>Scenic Drive</b> 3:00 Dog Visit with Sweetie Belle★ 3:30 <span style="color: green;">B</span> Trivial Pursuit: Genius Edition <span style="color: green;">🌿</span> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">B</span> Apples to Apples Game 1:00 <span style="color: red;">MT</span> <b>Musical Theatre Club</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> Current Events with Mary Jane <span style="color: green;">🌿</span> 2:30 <span style="color: green;">B</span> Jeopardy with Jeff 3:30 <span style="color: green;">B</span> <b>Activities Chat</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:00 <b>Lunch Outing - Hennessey's Tavern</b> 10:30 <span style="color: blue;">TH</span> <b>Bible Study with Rev. Purdy</b> <span style="color: green;">🌿</span> 2:30 <span style="color: blue;">TH</span> Food Chat with Chef Juan 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> <b>You Be The Judge</b> <span style="color: green;">🌿</span> 2:00 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 3:30 <span style="color: green;">GR</span> <b>Wine and Cheese Happy Hour with Sylvia Mora</b> 6:00 <span style="color: blue;">TH</span> <b>Painting with Purpose</b> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> Hymn Sing with Rev. Purdy <span style="color: green;">🌿</span> 1:00 <span style="color: blue;">TH</span> <b>Beading Class</b> <span style="color: green;">🌿</span> 2:00 <span style="color: blue;">TH</span> <b>Beading Class</b> <span style="color: green;">🌿</span> 2:30 <span style="color: green;">GR</span> <b>Shabbat Service with Rabbi Bieber</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 11:00 <span style="color: green;">GR</span> <b>Trivia with Fritz</b> <span style="color: green;">🌿</span> 1:00 Local Shopping 1:30 <span style="color: blue;">TH</span> <b>Pattern Bingo</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> <b>Foreign Language Class with Oscar</b> 7:00 <span style="color: red;">MT</span> Movie of the Night
14	15	16	17	18	19	20
8:30 Transportation to Local Churches 8:30 <span style="color: green;">GR</span> Communion in the Great Room 9:15 Walking Club★ 1:00 <b>Scenic Drive</b> 3:30 <span style="color: green;">GR</span> <b>Musical Entertainment featuring Mike and Mandy</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">B</span> Scrabble Slam 1:00 <span style="color: red;">MT</span> <b>Movie Club with Merle</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> Current Events <span style="color: green;">🌿</span> 1:30 <span style="color: blue;">TH</span> <b>Resident Council Meeting</b> <span style="color: green;">🌿</span> 2:30 <span style="color: green;">GR</span> Five-Minute Mysteries 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> <b>Bible Study with Rev. Purdy</b> <span style="color: green;">🌿</span> 11:00 <b>Lunch Outing - Olive Garden</b> 2:30 <span style="color: blue;">TH</span> Food Chat with Chef Juan 3:30 <span style="color: blue;">TH</span> <b>Adventures with Doug: Fern Canyon</b> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> <b>You Be The Judge</b> <span style="color: green;">🌿</span> 2:00 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 3:30 <span style="color: green;">GR</span> <b>Wine and Cheese Happy Hour with Mark Cole</b> 6:00 <span style="color: blue;">TH</span> <b>Painting with Purpose</b> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> Hymn Sing with Rev. Purdy <span style="color: green;">🌿</span> 11:30 <span style="color: blue;">TH</span> <b>Birthday Luncheon</b> 3:00 <span style="color: green;">GR</span> <b>Shabbat Service with Rabbi Bieber</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 11:00 <span style="color: green;">GR</span> <b>Trivia with Fritz</b> <span style="color: green;">🌿</span> 1:00 Local Shopping 1:30 <span style="color: blue;">TH</span> <b>Pattern Bingo</b> <span style="color: green;">🌿</span> 3:30 <span style="color: green;">GR</span> <b>Afternoon Entertainment featuring Matthew Stoneman</b> 7:00 <span style="color: red;">MT</span> Movie of the Night
21	22	23	24	25	26	27
8:30 Transportation to Local Churches 8:30 <span style="color: green;">GR</span> Communion in the Great Room 9:15 Walking Club★ 1:00 <b>Scenic Drive</b> 3:00 Dog Visit with Sweetie Belle★ 3:30 <span style="color: blue;">TH</span> <b>Foreign Language Class with Oscar</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">B</span> 20 Questions Game 1:00 <span style="color: red;">MT</span> <b>Musical Theatre Club</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> Current Events with Mary Jane <span style="color: green;">🌿</span> 2:30 <span style="color: green;">B</span> Jeopardy with Jeff 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> <b>Bible Study with Rev. Purdy</b> <span style="color: green;">🌿</span> 1:00 <b>Movie Outing - "Pete's Dragon"</b> 2:30 <span style="color: blue;">TH</span> Food Chat with Chef Juan 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> <b>You Be The Judge</b> <span style="color: green;">🌿</span> 2:00 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 3:30 <span style="color: green;">GR</span> <b>Wine and Cheese Happy Hour with Michael Quest</b> 6:00 <span style="color: blue;">TH</span> <b>Painting with Purpose</b> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">GR</span> Hymn Sing with Rev. Purdy <span style="color: green;">🌿</span> 1:00 <span style="color: blue;">TH</span> <b>Beading Class</b> <span style="color: green;">🌿</span> 2:00 <span style="color: blue;">TH</span> <b>Beading Class</b> <span style="color: green;">🌿</span> 3:00 <span style="color: green;">GR</span> <b>Shabbat Service with Rabbi Kornfeld</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 11:00 <span style="color: green;">GR</span> <b>Trivia with Fritz</b> <span style="color: green;">🌿</span> 1:00 Local Shopping 1:30 <span style="color: blue;">TH</span> <b>Pattern Bingo</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> <b>Seth Becker, Music Historian Program</b> <span style="color: green;">🌿</span> 7:00 <span style="color: red;">MT</span> Movie of the Night
28	29	30	31			
8:30 <span style="color: green;">GR</span> Communion in the Great Room 8:30 Transportation to Local Churches 9:15 Walking Club★ 1:00 <b>Scenic Drive</b> 3:30 <span style="color: green;">GR</span> <b>Musical Entertainment featuring "Down Home Time"</b> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: green;">B</span> Scrabble Slam 1:00 <span style="color: red;">MT</span> <b>Musical Theatre Club</b> <span style="color: green;">🌿</span> 3:30 <span style="color: blue;">TH</span> Blackjack in Town Hall <span style="color: green;">🌿</span> 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> Current Events <span style="color: green;">🌿</span> 2:00 <span style="color: red;">JK</span> <b>New Resident Welcome Tea</b> <span style="color: green;">🌿</span> 3:30 <span style="color: green;">B</span> Trivial Pursuit: Genius Edition <span style="color: green;">🌿</span> 6:30 <span style="color: green;">B</span> Bingo in the Bistro 7:00 <span style="color: red;">MT</span> Movie of the Night	9:15 Walking Club★ 9:30 <span style="color: blue;">TH</span> Fitness Class <span style="color: green;">🌿</span> 10:30 <span style="color: blue;">TH</span> <b>Bible Study with Rev. Purdy</b> <span style="color: green;">🌿</span> 12:30 <b>Outing - La Brea Tar Pits</b> 2:30 <span style="color: blue;">TH</span> Food Chat with Chef Juan 7:00 <span style="color: red;">MT</span> Movie of the Night			





Circle of  
**Friends & Neighborhood**



Musical therapy was a huge success!



Thank you SO much to the family of Dorothy Lew for supplying such beautiful flowers to the community. It was so very generous!



Fun in the sun at Balboa Park!

**Circle of Friends News...**

Circle of Friends has been enjoying the warm weather of summer with trips to Balboa Park for a picnic lunch and to Long Beach for a meal on the patio of Bubba Gump Shrimp. There's plenty of beautiful sunshine right here at Belmont though, and the residents have been experiencing that firsthand with an increase in outdoor activities like current events on our comfortable patios! Circle of Friends was able to pay a stirring visit to the Museum of Tolerance where they viewed firsthand the many powerful exhibits on display. Arts and crafts are as popular as ever with the Circle of Friends, come to the third floor and see for yourself--the hand-painted calendar is particularly amazing!

**Neighborhood News...**

Goodbye July, hello August!  
Last month, residents were introduced to Kelsey Walker, a musical therapist. She led a group session on her guitar with specially selected music from their young adult years in order to stimulate cognitive function, coordinate motor skills and evoke emotions and memories. She was positively received and will therefore continue on a monthly basis.

This month, we will begin a "Supper Club" where once a week the Activities Assistant, Marisa Payne, will host a private dinner with a small group of residents in an effort to encourage conversation, promote camaraderie and improve self-esteem.

Following our lunch at Joy Feast, a local Chinese restaurant, and visit to Lake Balboa last

month, we will have another lunch outing on the first Saturday and park outing on the third Monday of this month. Please contact us if you have suggestions for future outings!



Looking great, Chuck and Crystal!



An impromptu dance party in the Neighborhood? Why not?!



## From DRCS Tammy Cooper

**What is influenza (flu)?** The flu is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. The best way to prevent the flu is by getting a flu **vaccine** each year and washing your hands.

### Signs and symptoms of flu.

People who have the flu often feel some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headaches, fatigue, and sometimes vomiting and diarrhea, though this is more common in children.

**How flu spreads.** Experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets land in mouths or noses of other people. Less often, a person might also get flu by touching a surface. You may be able to pass on the flu to someone else before you know you are sick or while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after**. Some people, especially young children and people with weakened immune

systems, might be able to infect others for an even longer time.

**How serious is the flu?** It is unpredictable, varying widely from one season. Factors of influence: what flu viruses are spreading, how much flu vaccine is available and the number who take advantage of it, when vaccine is available, and how well the flu vaccine is matched to flu viruses. Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions.



## Movie Club With Merle

During Movie Club with Merle, Merle Goldberg, film expert with professional experience writing, producing and directing, screens critically acclaimed films for the residents. What's more, she follows every viewing with a fascinating, in-depth discussion on background information related to the film itself and the filmmaking process involved.

1st & 3rd Mondays at 1:00pm  
in the Movie Theater

## Resident Spotlight



Terry Campbell has a passion for writing and journalism that is made all the more impressive by the fact that she has no formal training. She had the wonderful, creative idea to put her love of writing to use in a way that benefits the whole community. Every two weeks, Terry takes the time to interview a resident of Belmont Village of Burbank and proceeds to write a follow-up piece on them using what she's gathered. The end result is a beautifully written article expounding on one of our residents so we get to know them even better! Look for Terry's recurring articles, titled "Let's Get Acquainted With..." on display in our lobby!





# Belmont Village Scene



Dress like a Beach Ball Day



Clifton's Cafeteria was wonderful!



Very focused during Scrabble Slam



Spanish class was muy bien!



Another terrific Birthday Luncheon



Seeing "The Secret Life of Pets"

**BELMONT** *Village*

SENIOR LIVING  
BURBANK

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Burbank, CA 91501

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## Belmont Village Communities

CALIFORNIA: Burbank, Encino,  
Hollywood, Rancho Palos Verdes,  
Westwood, Thousand Oaks, San Jose,  
Sunnyvale, San Diego, Cardiff by the Sea

ARIZONA: Scottsdale

CHICAGOLAND: Buffalo Grove,  
Geneva Road, Oak Park, Glenview

SOUTHERN US: Memphis, Nashville,  
Louisville, Atlanta—Buckhead and Johns Creek,  
Dallas, Austin, Houston—West University and  
Hunters Creek