



Belmont Village at Cardiff by the Sea Village NEWS

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

August 2016

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Sadie's Corner



Hot town, summer in the city! I used to love that song by The Lovin' Spoonful. It always reminded me of long, hot summer days that ended well after dark in my old neighborhood. These days I opt for air conditioning! Some of the highlights for us include our annual employee picnic on Friday, August 5th. We are having a mechanical bull and a dunk tank! We hope to help the team cool down and have a little fun at work. Our annual **Resident Family Luau** is Thursday, August 11th, from 4:30-6:30pm. This is a BIG event at Belmont Village and the dancers always need audience participation. So, make sure you stretch before you come to dinner that night! Please make your reservations at the front desk.

A friendly reminder about **transportation safety**. Please make sure that you wait until the driver gives you the go ahead to board the bus. A staff member (driver) must be at the base of the bus stairs when residents are getting on and off for everyone's safety. Secondly, please remember to keep your seat belt fastened

until the bus is parked and turned off. Lastly, please be careful when the lift is down toward the back of the bus. The edges stick out of the lift and we do not want anyone to trip.

Do you have to wait for your table in Josephine's Kitchen at dinner? Try coming with your entire party, or try coming in a bit later. At **5:45pm** the dining room opens up considerably as the first wave of residents finish. We are thinking as creatively as possible and are open to suggestions. Thank you for your flexibility.

It's back to school time! Are your grandkids returning to school this fall? August 30th is the first day for many of our local kids here in San Diego. Ask them to send you their best "selfie" via email to sharness@belmontvillage.com and I'll print them for a board in the Great Room. We love back to school pictures and it will be fun to get a contest going – which grandchild belongs to which grandparent at Belmont Village.





Happy Hours

8/4 Robert Hardaway
8/11 LUAU
8/18 Blue Zone Group
8/25 MusicStation

Salon Hours

9 a.m.–4 p.m., Tuesday through
Friday, Located on 3rd Floor.
Please schedule directly with the
Salon. (760) 632-4667.

Monthly Support

Optometry/Podiatry

By appointment only via our
nurses (WC, 2nd Floor).

Podiatrist In-House

Third Thursday,
10 a.m. Assisted and
Independent Living (CR, L2)
1:30 p.m. Neighborhood

Audiologist

Last Thursday,
2 p.m. (CR, L2)

Parkinson's Support

First Wednesday,
1 p.m. (TH)

Caregiver Support Group

1st & 3rd Monday
1:30 p.m (CR, L2)

Things to Remember

Doctor Drives

Tuesdays (North)
Thursdays (South)

*15-mile radius (each way)

*48-hour advance notice

Dry Cleaning

Pickup/Drop-Off:

8 a.m. Mondays and Thursdays

Church Runs

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

August Outings

Wed., Aug. 3rd at 11:30 am:
Baseball Game

Bring me some peanuts and
Cracker Jacks! Come watch the
Padres vs. the Brewers.



Thurs., Aug 4th at 9:45 am:
Donuts and Drive

Join us for the best donut you will
ever have! VG Donuts has been a
staple of Encinitas since 1969.
After we grab a donut, sit back and
relax on a scenic ride along
the coast.

Wed., Aug. 10th at 10:30 am:
Mission and Lunch

We will be heading to Mission San
Diego for a tour then have lunch
in Old Town San Diego.

Fri., Aug. 12th at 10:00 am:
Barona Casino

Try your hand at the Blackjack
table or the slots!

Sun., Aug. 14th at 1:00 pm:
Concert

Coastal Communities Concert
Band presents "Broadway Hits."

Wed., Aug. 17th at 4:30 pm:
Dinner with Robert

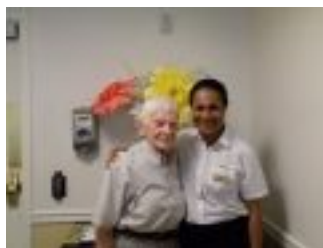
Back by popular demand-- Firenze
Trattoria in Encinitas. They are
known for their delicious Italian
dishes.

Wed., Aug. 24th at 10:30 am:
Lunch

After receiving residents' requests
and rave reviews, we will be going
to China Max in Mira Mesa.

Wed., Aug. 30th TBD:
Movie Outing

Movie will be chosen closer to the
date. Suggestions welcome!



Mereani with resident
John G.

Employee of the Month

A round of applause to Activities Assistant
Mereani for all of her wonderful work she does
for the residents. Mereani was born and raised
in Fiji and comes from a very close family.
However, she now happily calls San Diego
home with her clever, caring, and loving
husband Shaun. When she is not at work she
loves hiking, camping, barbecuing, and bonfires
with her friends. Mereani feels so blessed to
work with our residents in the Neighborhood.
She has learned so much from them, with their
experience, success, and wisdom!



Back to School...Already?

by Therese F.

Most of us recall a time when the summer recess lasted until after the Labor Day holiday. However, in the 20th century, state governments began to standardize the number of days students should be in school and longer school years became mandated. As a result the start date began moving into August, interrupting summer fun and family vacation time.

Therefore, as the dog days of summer ensue, we look back at some of our residents' school days. **Jack H.** recalls helping his dad with the morning dairy farm chores and milk deliveries. He would then hasten off to his classroom at Colfax High School in Washington, where he was almost always tardy, but his teachers never admonished him since being a helpful farm hand is a far cry from truancy!

Anita A. and **Bobbie S.** are San Diego natives, each earning a degree from San Diego State. Anita majored in Economics and claims she never used her degree in the workplace. One might argue that her education came in handy as she and her husband built their own home from the ground up! **Bobbie S.** was a drama major and she enjoyed learning every aspect of theater from stage production to performing. **Bonnie S.** is a graduate of a small college

in Jackson, Tennessee called Lambeth College. She double majored in art and math. After graduating, **Bonnie** was hired at a textile company and utilized her accounting skills. She was so talented at her trade that she became the assistant to the boss! **Norma N.** recalls the kick off to the school year was always following Labor Day, and she should know, **Norma** spent 19 years teaching! Today, students in every classroom utilize the internet as a resource for information. **Edson H.**, a graduate of M.I.T., developed fundamental software that powered the world's largest network prior to the internet, which directly influenced internet development. It's easy to see why he was on the Dean's List at M.I.T!

All of our residents at Belmont have incredibly diverse backgrounds in the classroom and in the workplace. Our young people have so much to learn from this generation!



Edson H. is an alumni of Massachusetts Institute of Technology.



The residents beer tasting at Stone Brewery.






The happy couple!



Anita A. your ice cream looks delicious!



The residents enjoying a huge cotton candy dessert at Sammy's Pizza.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 TH Turkey Now and Then <i>Presented by Mark</i> 🌿 7:00 SR Evening Movie</p>	<p>2</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 TH Activity Chat/MBA 🌿 7:00 SR Evening Movie</p>	<p>3</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies 🌿 11:30 Outing: Baseball Game and Lunch- <i>Padres vs. Brewers</i> ✓ 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 3:15 GR SING-A-LONG 7:00 SR Evening Movie</p>	<p>4</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 9:45 VG's Donuts and Drive ✓ 10:15 TH Everybody Balance 🌿 1:30 TH *NEW* Creative Writing Workshop <i>with Author Alan Mindell</i> 🌿 3:00 B Happy Hour: "Blue Zone Group" 7:00 SR Evening Movie</p>	<p>5</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:15 TF BRIDGE 🌿 1:30 Great Room Game Show 🌿 4:00 SR Armchair Astronomy: <i>Emeralds in the Sky</i> 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie</p>	<p>6</p> <p>9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 GR Giant Crossword 🌿 2:30 Shopping ✓ 3:00 GR Sheldon at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie</p>
<p>7</p> <p>9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 Scenic Ride ✓ 3:00 GR Renata at the Piano 7:00 SR Evening Movie</p>	<p>8</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 7:00 SR Evening Movie</p>	<p>9</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 11:30 B Jewelry Bazaar- Jazzy Jewelry ★ 1:15 TH BINGO 3:00 Welcome Social: Meet the New Residents 🌿 7:00 SR Evening Movie</p>	<p>10</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 Mission San Diego and Lunch ✓ 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 3:15 GR SING-A-LONG 7:00 SR Evening Movie</p>	<p>11</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 B Lei Making ★ 4:30 JK Luau "Hula Dancing and Dinner" ★ 7:00 SR Evening Movie</p>	<p>12</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:00 Outing: Barona Casino ✓ 10:30 P Aqua Aerobics 1:15 TF BRIDGE 🌿 1:30 Great Room Game Show 🌿 3:00 Around the World with Mary "Hawaii" 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie</p>	<p>13</p> <p>9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 2:30 GR Giant Crossword 🌿 3:00 GR Meredythe at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie</p>
<p>14</p> <p>9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 Coastal Communities Concert Band "Broadway" ✓ 3:00 GR Rosemarie at the Piano 7:00 SR Evening Movie</p>	<p>15</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 TH Art for All Ages: All Skill Levels Welcome! 🌿 7:00 SR Evening Movie</p>	<p>16</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 SR Osher Presentation w/Discussion Led by Robert 🌿 6:30 B Magic Show with Matthew King ★ 7:00 SR Evening Movie</p>	<p>17</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies 🌿 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 2:00 TH Residents' Meeting 🌿 3:15 GR SING-A-LONG 4:30 Outing: Dinner with Robert ✓ 7:00 SR Evening Movie</p>	<p>18</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 P Free Swim at the Pool ★ 3:00 B Happy Hour: "Blue Zone Group" 7:00 SR Evening Movie</p>	<p>19</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:15 TF BRIDGE 🌿 1:30 Great Room Game Show 🌿 2:00 GR Helen Woodward Animal Visits 3:00 JK Chat with the Chef 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie</p>	<p>20</p> <p>9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 2:30 GR Giant Crossword 🌿 3:15 TH The History Lady 🌿 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie</p>
<p>21</p> <p>9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 TH Ceramics Class 🌿 3:00 Scenic Ride ✓ 7:00 SR Evening Movie</p>	<p>22</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 TH Guided Autobiographies with Katrina 🌿 7:00 SR Evening Movie</p>	<p>23</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 SR Hooray For Hollywood 🌿 7:00 SR Evening Movie</p>	<p>24</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 Outing: Lunch at China Max ✓ 2:00 GR Scrabble 🌿 2:00 GR Diane at the Piano 3:00 Beach Walk ✓ 3:15 GR SING-A-LONG 7:00 SR Evening Movie</p>	<p>25</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH Creative Writing Workshop with Author Alan Mindell 🌿 3:00 B Happy Hour: "MusicStation" 7:00 SR Evening Movie</p>	<p>26</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 11:15 JK Birthday Lunch ★ 1:15 TF BRIDGE 🌿 1:30 Great Room Game Show 🌿 3:00 TH Around the World with Mary "Greece" 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie</p>	<p>27</p> <p>9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 2:30 GR Giant Crossword 🌿 3:00 GR Vincent at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie</p>
<p>28</p> <p>9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 TH Jewelry Class 🌿 2:00 Scenic Ride ✓ 3:00 GR Robert Parker at the Piano 7:00 SR Evening Movie</p>	<p>29</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 B Sadie's Coffee Klatch 🌿 7:00 SR Evening Movie</p>	<p>30</p> <p>9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 C Book Club Chat 🌿 7:00 SR Evening Movie</p>	<p>31</p> <p>9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 1:00 Outing: TBD Movie Outing 2:00 GR Scrabble 🌿 2:00 GR Diane at the Piano 3:15 GR SING-A-LONG 6:30 B Peter Seltser Performs 7:00 SR Evening Movie</p>	<p>August</p> 		



August Celebrations



Resident Birthdays

1st	Roseanne S.
3rd	Lucille S.
4th	Barbara G.
4th	Thelma K.
5th	Jerry C.
5th	Sonia M.
7th	Peter L.
10th	Ivy B.
17th	Mitch P.

Staff Birthdays

7th	Joey
8th	Ofelia
12th	Lydia
19th	Evangelina
21st	Joanna
25th	Daniel
25th	Sandra
26th	Nanci
29th	Suzette
30th	Maricruz

Employee Anniversaries

5 yrs.	Sara
5 yrs.	Josefelia
3 yrs.	Steve
3 yrs.	Maricruz
2 yrs.	Maria
1 yr.	Gina
1 yr.	Jarrett
1 yr.	Nancy
1 yr.	Melissa



Come by and welcome Mark!

Meet the New Driver

Mark is the youngest of ten children. He grew up and was educated in the San Francisco Bay area. He has visited countries and taught English in North America, Asia, Europe, and Africa. After marrying, he settled in the California gold rush town of Columbia in the Sierra Foothills. He has a daughter and son. Mark moved to San Diego County in 2014 and works part time as an English teacher in Oceanside. In his free time he enjoys mountain biking, motorcycling, snowboarding, cooking, and reading.

Nurse's Note

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 to the next. 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.



Neighborhood News



Neighborhood residents at Balboa Park.

It has been a mild summer for us here thus far in Southern California. The month of August typically marks the hottest days of summer. Residents suffering from Dementia can often times have difficulty expressing that they are thirsty and would like something to drink. It is important that caregivers know risk factors and the common early signs of dehydration.

A few common risks factors:

- Swallowing disorders.
- Residents who wander or are physically highly active.
- Taking 5 or more medications.

Tips to help prevent dehydration:

- Know the warning signs - Fatigue, unbalanced or leaning gait, dark urine, dry mouth.
- Encourage small drinks throughout the day as opposed to large amounts all at once.
- Eating a proper diet – fruits and veggies.

Circle of Friends

It has been months in the making, but we finally have lift off! With the success of our growing program, the expansion of the highly anticipated 3rd group in Circle of Friends allows for more intimate encounters in providing activities at the just right level. With this expansion, please help me welcome our 2 new Activity Assistants. Joining the team with a Bachelor of Arts Degree and hoping to incorporate that in to activities, Christiana H, shows high enthusiasm when working with seniors and has a passion for serving others, as you may have observed her previously while working as a Private PAL for our residents. Another familiar face you will see leading the COF, is Zayra C. – who as a server, has taken your orders or brought you a cup of coffee at some point in Josephine’s Kitchen. With the promotion Zayra, who is finishing up with her Associates Degree this fall, wishes to ultimately obtain a degree in Gerontology.



Circle of Friends riding the coaster!

Creative Writing Workshop

The idea behind the workshop is to encourage each participant to start writing, no matter what the category. It is geared so participants will construct a scene(s) in the process.

Suggestions include:

- Try to create drama as soon as possible, and maintain it throughout the scene.
- Try to begin as far into the scene as possible.
- The writer can go back in time and forward in time during the same scene.
- Try to use the same point of view or the same character’s point of view throughout the scene.
- Can write in first or in third person.

Whatever is chosen to write, it’s supposed to be fun.

A little bit about the facilitator:

Alan Mindell has been teaching writing for the last couple of years. His workshops have drawn full crowds. His two novels, *The Closer* and *The B Team*, were both listed on Amazon bestselling charts. He speaks regularly throughout San Diego County, and makes it a practice to write every day.

The Village Scene



Beautiful flowers, **Lucee W!**



Tom R. and **Joan M.**, how'd you do at the casino?



Relaxing afternoon with **Betty C.**, **Robert**, and **Susan**.



Barbara M. and **Bonnie S.** enjoying Happy Hour.



Norma N. and **Gloria C.** enjoying a glass of wine!



Jean B. and **Jim L.** are all smiles!

BELMONT *Village*

SENIOR LIVING
CARDIFF BY THE SEA

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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