



Belmont Village of Encino Village NEWS

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

August 2016

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Leaving a Legacy

August is What Will Be Your Legacy Month. Have you ever thought about what kind of legacy you will leave? You probably have already made a bigger impact in the lives of your loved ones than you realize. Here are some ways you can continue to build a legacy that future generations will appreciate and cherish.

Knowledge, skills and hobbies. Consider teaching a family member or friend something you're passionate about, whether it's sewing, gardening, woodworking or bird-watching. Whenever they participate in that same activity, they will remember you introducing them to it and the time spent together.

Recipes. Food brings people together, and every family has traditional favorites. Write down the recipes you're known for so your loved ones will have them for years to come and think of you when enjoying them.

A positive attitude. Everybody faces challenges in life, but you

can set a good example by embracing change and always looking for a silver lining. Treat every day as a gift, and let others see you enjoy both big and small blessings.

Love and kindness. Perhaps the biggest legacy you can leave behind is showing others how much you care. Volunteering at a charity, giving comforting hugs or simply being a good friend are all ways to leave a legacy of love.

August Namesakes

The eighth month was named for Emperor Augustus, who founded the Roman Empire in 27 B.C., but he wasn't the only famous Augustan.

- Auguste Rodin was a 19th-century French sculptor known for lifelike works such as "The Thinker" and "The Kiss."
- In 1858, German astronomer and mathematician August Möbius discovered a one-sided, three-dimensional puzzle that would become known as the Möbius strip.
- Author, playwright and patron of the arts Lady Augusta Gregory was an influential member of the late-1800s Irish literary movement.



Resident Birthdays for the Month of August!

Dr. George Katz	Aug. 3
Barbara Westenhagen	Aug. 10
Melvin Peisakoff	Aug. 11
Lillian Liebross	Aug. 15
Holly Howell	Aug. 16
Cindy Bender	Aug. 18
Frances Halpern	Aug. 20
Elsie Lichtbach	Aug. 24
Douglas Cole	Aug. 29

The birthday lunch celebration is scheduled for **Friday, August 26, at 11:30 a.m.** in Josephine's Kitchen. RSVP at the concierge desk for you and a guest by **Monday, August 22.**

Employee Birthdays for the Month of August!

Yanira Cassiano	Aug. 2
Lidia Lanza	Aug. 3
Lidia Vallego	Aug. 3
Barbara Mendez	Aug. 8
Stephany Ponce	Aug. 9
Martha Gonzalez	Aug. 11
Hilary Ebenstein	Aug. 11
Champagne Hardwick	Aug. 15
Sandrine Tchaptcha	Aug. 17
Graciela Becerra	Aug. 18
Rosa Reynoso	Aug. 28
Maribel Gallegos	Aug. 30
Olga Rincon Salas	Aug. 31



Senior Fitness Test!
Join us on Friday, August 12,
In Town Hall
at 1 pm

As we test and give results for and tips for your fitness goals!



Resident Council Meeting!

Wednesday, August 3
In Town Hall
At 1:30 pm

Discuss new ideas and better ways of helping us serve you!



Beatriz Lopez

Congratulations to Our Employee of the Month - Beatriz!

"She works very hard, and her fellow employees and the residents respect that about her," says Human Resources Coordinator Jerry Ann Patrick.

"The PAL's become a part of their daily lives, and Beatriz is one of those people who EVERYONE is glad to see."

Congratulations on the nomination, Beatriz, and keep up the great work!



COF and Neighborhood News

Hello Everyone,

Here are the upcoming outings for **Circle of Friends** this month of August 2016. August 3rd at the Museum of Tolerance. August 10th LA Dodgers VS Philadelphia Phillies at the Dodgers stadium, 7:30PM Game. August 17th lunch outing at Shiraz Restaurant.

August 24th at Madame Tussaud's Hollywood. August 31st Movie at Arc light Cinema "Little Men."

For the **Neighborhood**, we are going to take trips to Venice Beach on August 7th, Griffith Park on August 14th, Rodeo Drive on August 21st, China Town on August 28th.

I am continuing my writing about the meaning of the behaviors of the disoriented older adult from last month.

I want you to think of the time when you started a job in a new company. One first has to learn the physical layout: where the bathrooms are, your work area, the coffee pot, and so forth. Then one explores the people and their relationships: who your colleagues are, the boss; who is friendly, who is not. As you gather information, you begin to feel more comfortable. Disoriented older adults also experience this need to make sense of their environment and the people around them.

When a disoriented elderly is at

home, then it is easy to think, "Oh, my mother is in a familiar place; she won't have this problem," but, actually, if the person is reliving experience from another time or retreating to a time and place where she felt useful, or is relieving pain of being old and useless or resolving an unfinished issue from long ago, then the here and now does not fit with what is going on in her mind's eye. The difference between the environments, strangers being people who do not fit into the personal reality. Older adults strive to make sense of strange and sometimes unbearable reality and to find a place that feels comfortable, where relationships and people are familiar. Older adults also seek harmony and balance, but fulfilling these needs becomes more complicated because eyesight, hearing, mobility and memory fail. How does one find harmony amidst the cacophony of an institutional life?

How does one find balance if one cannot stand up? How does one incorporate beauty into life that is concerned primarily with deficit? One does not. Disoriented Older adults retreat from the ugliness or dissonance and instead relieve moments of harmony from the past.

To be continued....

- Adam

COF Having a Blast With Crafts!



Tip the cap!



Danielle in homemade costume!

New Residents!

Gloria Shatner
Malka Golowinski
Victor Berlant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:30 TH Beyond the Book 1:00 2T Poker 1:00 2P Bridge 1:30 TH Trivia 2:30 TH Fitness Class 6:30 TH At the Movies	10:15 GR Kings in the Corner 12:00 GR Outing TBA 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 6:30 TH At the Movies	10:30 TH Beyond the Book 1:00 2P Bridge 1:30 TH Resident Council Meeting 1:30 CL Computer Lab 2:30 GR Fitness Class 6:30 TH At the Movies 6:45 GR Scrabble	10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	9:30 TH Exercise with Tony 10:30 GR Kings in the Corner 10:30 TH Current Events 1:00 2T Poker 1:15 TH Chat w/Chef 1:30 B Scrabble 4:30 TH Shabbat Service 6:30 TH At the Movies 6:45 GR Kings in the Corner	9:30 TH Silk Scarf Painting 9:30 TH Fitness Class 10:00 GR Scenic Drive 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 6:30 TH At the Movies
7	8	9	10	11	12	13
10:30 GR Board Games 1:00 GR Shopping Run 1:00 TH Movie Club w/Merle 3:30 GR Afternoon Concert 6:30 TH At the Movies	10:30 TH Beyond the Book 1:00 2T Poker 1:00 2P Bridge 1:30 TH Trivia 2:30 TH Fitness Class 6:30 TH At the Movies	10:15 GR Kings in the Corner 12:00 GR Outing TBA 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 6:30 TH At the Movies	10:30 TH Beyond the Book 1:00 2P Bridge 1:30 CL Computer Lab 2:30 GR Fitness Class 3:30 GR Guess That Phrase (GR) 6:30 TH At the Movies 6:45 GR Scrabble	10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	9:30 TH Exercise with Tony 10:30 GR Kings in the Corner 1:00 2T Poker 1:30 B Scrabble 4:30 TH Shabbat Service 6:30 TH At the Movies 6:45 GR Kings in the Corner	9:30 TH Fitness Class 10:00 GR Scenic Drive 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 6:30 TH At the Movies
14	15	16	17	18	19	20
10:30 GR Board Games 1:00 TH Movie Club w/Merle 1:00 GR Shopping Run 3:30 GR Afternoon Concert 6:30 TH At the Movies	10:30 TH Beyond the Book 1:00 2T Poker 1:00 2P Bridge 1:30 TH Trivia 2:30 TH Fitness Class 6:30 TH At the Movies	10:15 GR Kings in the Corner 12:00 GR Outing TBA 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 6:30 TH At the Movies	10:30 TH Beyond the Book 12:00 TH Jewelry Making 1:00 2P Bridge 1:30 CL Computer Lab 2:30 GR Fitness Class 6:30 TH At the Movies 6:45 GR Scrabble	10:30 TH Wii Bowling 11:00 TH Wii Bowling 1:00 2P Bridge 1:30 TH Mind Benders 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	9:30 TH Exercise with Tony 10:30 GR Kings in the Corner 1:00 2T Poker 1:15 TH Current Events 1:30 B Scrabble 4:30 TH Shabbat Service 6:30 TH At the Movies 6:45 GR Kings in the Corner	9:30 TH Fitness Class 9:30 TH Silk Scarf Painting 10:00 GR Scenic Drive 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 6:30 TH At the Movies
21	22	23	24	25	26	27
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28	29	30	31			
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Short Story Group

Mondays and Wednesdays
10:30 a.m.
Town Hall
"On Writing"

Belmont's Card Players

Games Begin at 1 p.m.
Bridge (3rd Floor)
Monday–Thursday
Poker (3rd Floor)
Friday–Monday

At the Movies

Have a movie you want to see?
Request it at the Concierge desk
Nightly
6:30 p.m.
Town Hall

Meeting With the Chef

Friday, August 5
1:15 pm
Town Hall

Resident Council Meeting

Wednesday, August 3
1:30 pm
Town Hall

Broadway Music History W/Merle Goldberg

Saturdays,
1:30 p.m.
Town Hall

Live Entertainment

Every Thursday & Sunday
3:30 p.m.
Great Room



Labor Day BBQ!

You're invited Monday,
September 5th

From 11 am to 1 pm
In Josephine's Kitchen

Adults: \$17

Kids: \$12

Join us for a delicious lunch
with good food and live
entertainment!



Richard Friedman Labor Day Performance!

After you've enjoyed a burger
and hot dog, stick around
Monday, September 5
In the Great Room
At 3:30 pm

As we hear music from one of
Belmont Village's favorite
entertainers Richard Friedman



Nurse's Notes



Hello All,

I found this needed a lot of editing and revising. It wasn't a badly written article, but it pops up way, way over in my newsletter. So to save you time, I pasted and copied my edited version below from *Illustratus*. Hopefully it's not too late for some of you.

August Nurse Article:

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.



Mario Guerrero

Transportation Schedule

- **Medical Appointments**

Must be scheduled on Tuesdays, Wednesdays and Thursdays.

- **Open Transportation**

Can be used on days when medical appointments are not specified, and drivers are available.

- **Shopping Schedule**

(Sign Up With Concierge.)

1 p.m. on Fridays and Sundays.

Meet in the GR.

- **Scenic Drive 9:45 a.m. on Saturdays.**

Meet in the GR. Outings are scheduled on a weekly basis.

- **Outings**

Outings every Tuesday.

Departure will vary based on destination.



Employee Picnic!



Pin the tie on the Executive Director!



Getting closer Almira!



Adam on the snow-cone machine.



Elizabeth sporting her new glasses!



Our employee picnic!



Kerwin aiming for a bullseye!

BELMONT *Village*
SENIOR LIVING
ENCINO

15451 Ventura Blvd.
Sherman Oaks, CA 91403

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www.belmontvillage.com

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