



Belmont Village at Geneva Road Village NEWS

  545 Belmont Lane • Carol Stream, IL 60188 • Phone 630-510-1515 • Fax 630-510-0633

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

August 2016

Management Team

Jeanne P. Hansen

Executive Director

(630) 510-2519

jhansen@belmontvillage.com

Nicole Motycka, RN

Director of Resident Services

(630) 510-2523

mmotycka@belmontvillage.com

Janay Hecker

Director of Activities and

Memory Programs

(630) 510-2510

jhecker@belmontvillage.com

Karen McArdle

Activity Program Coordinator

(630) 510-2509

kmcardle@belmontvillage.com

Marty Peters

Building Engineer

(630) 510-2513

Maria Winkelhake

Community Relations

(630) 510-2522

mwinkelhake@belmontvillage.com

Julie Wilson

Community Relations

(630) 510 - 2521

jwilson@belmontvillage.com

Porfirio Roman

Chef Manager

(630) 510-2512

proman@belmontvillage.com

Mary Anne Villafuerte

Human Resource Generalist

(630) 510-2520

mvillafuerte@belmontvillage.com

A Note From Jeanne's Journal

If all goes according to schedule, when you read this article I will have just returned from a relaxing Minnesota vacation with my family and friends. This trip will have represented our 27th annual summer trek north to my husband's hometown. Our annual adventure began when my husband and three of his grade school friends thought it would be a good idea for us to all get together once a year in their hometown. Without a doubt, this has become our most cherished family tradition.

While in Minnesota, I will have spent most of my time enjoying the beautiful outdoors. Floating on an inner-tube in the middle of the lake or enjoying a relaxing pontoon ride will be just a few of the ways I will stay cool. I will have eaten entirely too much and stayed up way too late at the campfire each night. I will have played golf, gone on hikes and enjoyed a little bit of shopping. I will have listened to fish stories that became more embellished as the week went on.

And I will have loved every single minute of these treasured times together.

The first time our daughter

came to the lake she was only 3 weeks old. Our son was 2 months old when he made his inaugural trip to Minnesota. This year, we had the honor of bringing our 3 month old granddaughter, Brynn, on our family vacation. My husband and his three friend's families have grown as well and as you can imagine, Brynn was joined by the company of many other grandchildren.

The resort where we stay is not in good condition. In fact, it is in need of tremendous repair. The roof leaks, the well water is a little questionable and the screens don't do much to prevent the bugs from entering the cabins. We don't mind one bit about the lacking accommodations because we are just happy to all be together. It's hard to find a resort that can accommodate all of our families in one location. It's just been our tradition and we love that we have shared this with our children and friends for so many years.

I hope you are enjoying your summer. Spending time with family and friends, making memories is absolutely one of my favorite summertime pleasures!





Resident Birthdays

- 8/2 Pat Batastini
- 8/5 Bette Harmon turns 100
- 8/11 Marlene VanBoven
- 8/15 Bob Wilson
- 8/22 Richard Vande Kieft
- 8/23 Harriet Wahr
- 8/26 Douglas Clark
- 8/26 Therese Midha
- 8/29 Katie Heichele
- 8/29 Arlene Schwartz

BIRTHDAY LUNCHEON

This month's Birthday Lunch is held on Friday, August 26th, at 11:30, in the Bistro.



Employee Birthdays

- 8/3 Entela Bylykbashi
- 8/4 Olivia Kocian
- 8/7 Rebecca Curiale
- 8/8 Mary Jean Alberto
- 8/8 Chetna Talati
- 8/14 Anastacia Vibora
- 8/16 Myla Umbao
- 8/17 Jennifer Bischoff
- 8/19 Jade Toledo
- 8/21 Alma Ross
- 8/25 Porfi Roman
- 8/31 Irene Montana

Employee Anniversaries

- 7 Years Sheryl Turner
- 4 Years Kamila Kowalczyk
- 3 Years Maria Winkelhake
- 3 Years Dorret Webb
- 2 Years Ashley Long
- 1 Year Rommer Lloren
- 1 Year Jill Majka
- 1 Year Halina Skorupski

Save the Date



Hawaiian Luau

Sunday, August 28,

Royale Polynesian Performs

2:30 p.m. - 3:30 p.m.

Appetizers and Tropical Punch will be served during the performances.

Neighborhood Luau

1st floor Performance

2:30 p.m. - 2:50 p.m.

2nd floor Performance

3:00 p.m. - 3:20 p.m.

"Keep Connected"

National Assisted Living Week
September 11-17

The National Center for Assisted Living (NACL) 2016 theme, "Keep Connected" recognizes the opportunities technology can offer to enhance the care and overall experience in assisted living communities. All Grandchildren of Belmont residents are encouraged to enter an essay (via email) explaining why it is important for you to stay connected to your Grandparent(s). **Email entry by September 4th to Grand.Parents@mygait.com.** Please include your name and grandparents' name in the email. Questions can be directed to Karen, (630) 510-2509 or kmcardle@belmontvillage.com. Please join us when we present the essays at our Grandparents Day Reception, Sunday, September 11.

EMPLOYEE OF THE MONTH

Jeremy works as a cook in Josephine's Kitchen. We salute Jeremy for his incredible team work and customer service efforts. Jeremy works hard to ensure that the residents' needs are always being met. He loves to visit with residents in the dining room and he LOVES to make residents happy. His goal is always to ensure that the residents are 100% pleased with their meal. Jeremy also works hard to ensure that his fellow team members have what they need to do their job well. Congratulations, Jeremy!



Jeremy Bidne



Life Enrichment Corner

Brain Boost for Book Lovers

People often say the book is better than the movie. Scientists who study brain function agree. Research shows processing information by reading gives you more of a mental workout than simply watching it unfold on a screen. Reading activates your imagination and insight.

National Book Lovers Day
August 9th

Barnes and Noble Bookstore
Coffee & Books

BELMONT OLYMPICS

Olympic Exercise Forum
August 15 - 19

Town Hall 9:30 am

Swimming, Canoeing, Weightlifting, Boxing, Track and Field. Gold, Silver and Bronze medals will be awarded in each event. Award certificates will be presented to residents who participate in all five events.

Join us Wednesday August 17 for a Wine and Cheese party in Rio!



Laugh Lines: Modern Technology

A man came home from work and barely made it through the door before dropping from exhaustion.

His wife said, "You look beat. You must have had a rough day. What happened to make you so tired?"

"Honey, it was awful," he said. "Our computer system was down the whole day and we all had to do our own thinking."

Email Technology

1st and 3rd Monday
2:30 pm
Library



Senior Citizens Day

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." With those words, President Ronald Reagan proclaimed August 21, 1988, the first National Senior Citizens Day, now an annual celebration.

Our Belmont Senior Citizens Proudest Accomplishment Wall
Beginning August 7th- 31st

August SHOPPING

1,8,15,22,29 Jewel
6,13,20,27 Walgreens
6,13,20 Dollar Store
17 CVS Pharmacy
31 Target

Please refer to your calendar and daily announcements for the exact times for shopping trips. **RSVP with Concierge or by calling (1-630) 510-1515.**

August OUTINGS

8/3 Augustino's Lunch
8/9 Barnes and Noble
8/10 Cantigny Picnic
8/27 Dairy Queen Drive
8/31 Farmers Market

RSVP FOR OUTINGS

Residents can RSVP for outings by using the OUTING INTEREST form attached to your newsletter. Or please call Karen at (1-630) 510-2509.

August PROGRAMS

1 Email Sign-up
2 Block Party 1-East
9 Block Party 1-North
11 Men's Breakfast
15 - 19 Olympic Forum
16 Block Party 3-East
17 Rio Wine & Cheese
21 Accomplishment Wall
23 Block Party 3-North
25 Grady on Accordion
28 Hawaiian Luau
30 Block Party 3-West



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO *Sudoku 🌿 10:15 LO Think Tank Answer Guide 🌿 10:30 TH Relaxed Flex & Fit 1:30 TH Relaxed Zumba Class 🌿 2:30 L *Email Technology 🌿 6:00 GR Domino Game	9:30 TH Muscle Fitness 🌿 10:00 3N Pinochle Card Club 🌿 10:30 TH Worship Service 1:30 TH Seated Yoga Stretch 🌿 2:30 1E Block Party 🏠 6:00 GR Card Game Night	Augustino's Lunch 9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:30 L *Short Story w/Judy 🌿 1:30 B Fresh Floral Expressions 🌿 1:30 TH Drama Club Rehearsal 🌿 2:30 JK Wine and Cheese 6:00 B Penny Bingo 7:00 L BV Bible Study	9:30 TH Muscle Fitness 🌿 10:00 TH *Jazzercise 🌿 10:30 LO *This Week in History 🌿 1:30 TH Core & Balance 🌿 2:30 L Hawaiian Names Website 🌿 6:00 LO Penny Left-Center-Right	8:00 *Weekend Think Tank Booklet available at Concierge Desk 🌿 9:30 TH Flex & Fit 🌿 10:30 TH Tai Chi with Instructor 🌿 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 6:00 GR Patrick Woods on Piano	9:00 O Shopping - Walgreens ✓ 10:30 TH Exercise Fitness Program 1:00 O Scenic Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 3:00 O Shopping: Dollar Store ✓ 6:00 LO Penny Left-Center-Right
7	8	9	10	11	12	13
8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:00 O Afternoon Scenic Drive ✓ 2:00 TH Bingo with YMSL Volunteers 6:00 GR Spill and Spell Game	9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO *Sudoku 🌿 10:15 LO Think Tank Answer Guide 🌿 10:30 TH Relaxed Flex & Fit 2:30 LO Jeopardy 🌿 6:00 GR Domino Game	National Book Reading Day! Barnes and Noble Bookstore Outing! 9:30 TH Muscle Fitness 🌿 10:30 TH Worship Service 1:30 TH Seated Yoga Stretch 🌿 2:30 1N Block Party 🏠 6:00 GR Card Game Night	Cantigny Picnic 9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:30 B Fresh Floral Expressions 🌿 1:30 TH Drama Club Rehearsal 🌿 1:30 L *Short Story w/Judy 🌿 2:30 JK Wine and Cheese 6:00 B Penny Bingo 7:00 L BV Bible Study	8:00 TH Men's Breakfast 🏠 9:30 TH Muscle Fitness 🌿 10:00 TH *Jazzercise 🌿 10:30 TH Therapy Talk w/Paxxon 🌿 1:30 TH Core & Balance 🌿 2:00 TH Moment in Time w/Tim 🌿 6:00 LO Penny Left-Center-Right	8:00 *Weekend Think Tank Booklet available at Concierge Desk 🌿 9:30 TH Flex & Fit 🌿 10:30 TH Relaxed Flex & Fit 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 6:00 LO Dominos	9:00 O Shopping - Walgreens ✓ 10:30 TH Exercise Fitness Program 1:00 O Scenic Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 3:00 O Shopping: Dollar Store ✓ 6:00 LO Penny Left-Center-Right
14	15	16	17	18	19	20
8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:00 O Afternoon Scenic Drive ✓ 2:00 L Spectrios Low Vision Support Group 🏠 2:00 TH Family Feud Game and Ice Cream Sundaes 🏠 6:00 GR Spill and Spell Game	BELMONT OLYMPICS! 9:00 O SHOPPING: Jewel ✓ 9:30 TH Olympic Exercise Forum 🌿 10:00 LO *Sudoku 🌿 10:15 LO Think Tank Answer Guide 🌿 10:30 TH Relaxed Flex & Fit 1:30 TH Relaxed Zumba Class 🌿 2:30 L Email Technology 🌿 6:00 GR Hymn Singers	BELMONT OLYMPICS! 9:30 TH Olympic Exercise Forum 🌿 10:00 3N Pinochle Card Club 🌿 10:30 TH Worship Service 1:30 TH Seated Yoga Stretch 🌿 2:30 3E Block Party 🏠 6:00 GR Card Game Night	BELMONT OLYMPICS! 9:30 TH Olympic Exercise Forum 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:30 TH Drama Club Rehearsal 🌿 1:30 B Fresh Floral Expressions 🌿 1:30 L *Short Story w/Judy 🌿 2:30 JK WINE AND CHEESE IN RIO! 6:00 B Penny Bingo 7:00 L BV Bible Study	BELMONT OLYMPICS! 9:30 TH Olympic Exercise Forum 🌿 10:00 TH *Jazzercise 🌿 10:30 LO *This Week in History 🌿 1:30 TH Core & Balance 🌿 2:30 TH Hawaiian Names Website 🌿 6:00 LO Games with YMSL Volunteers	BELMONT OLYMPICS! 8:00 *Olympic Weekend Think Tank Booklet available at Concierge Desk 🌿 9:30 TH Olympic Exercise Forum 🌿 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 6:00 LO Dominos	9:00 O Shopping - Walgreens ✓ 9:00 L Resident and Family Support Group 🏠 10:00 L Communion Service with Deacon Ken 🏠 10:30 TH Exercise Fitness Program 1:00 O Scenic Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 3:00 O Shopping: Dollar Store ✓ 6:00 LO Penny Left-Center-Right
21	22	23	24	25	26	27
NATIONAL SENIOR CITIZENS DAY! 8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:00 O Afternoon Scenic Drive ✓ 2:00 TH Bingo with Kamil 3:00 TH Sentimental Reflections Video Magazine 6:00 GR Spill and Spell Game	9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO *Sudoku 🌿 10:15 LO Think Tank Answer Guide 🌿 10:30 TH Relaxed Flex & Fit 2:30 LO Scrabble Game 🌿 6:00 GR Domino Game	9:30 TH Muscle Fitness 🌿 10:00 3N Pinochle Card Club 🌿 10:30 TH Worship Service 1:30 TH Seated Yoga Stretch 🌿 2:30 3N Block Party 🏠 6:00 GR Card Game Night	9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 11:15 B New Residents' Orientation Luncheon 🌿 1:30 B Fresh Floral Expressions 🌿 1:30 L *Short Story w/Judy 🌿 1:30 TH Drama Club Rehearsal 🌿 2:30 JK Wine and Cheese 6:00 B Penny Bingo 7:00 L BV Bible Study	9:30 TH Muscle Fitness 🌿 10:00 TH *Jazzercise 🌿 10:30 LO *This Week in History 🌿 10:30 TH Grady's Accordion 1:30 TH Core & Balance 🌿 2:30 GP Lawn Bocce Ball 🌿 6:00 LO Penny Left-Center-Right	8:00 *Weekend Think Tank Booklet available at Concierge Desk 🌿 9:30 TH Flex & Fit 🌿 10:30 TH Relaxed Flex & Fit 11:00 L Communion 11:30 B Birthday Luncheon 🌿 1:30 L Parkinson's Exercise 1:30 TH Drumming Circle 🌿 2:30 TH Volleyball Competition 6:00 LO Dominos	Dairy Queen Drive 9:00 O Shopping - Walgreens ✓ 10:30 TH Exercise Fitness Program 1:00 O Dairy Queen Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 3:00 O Shopping: Dollar Store ✓ 6:00 LO Penny Left-Center-Right
28	29	30	31			
HAWAIIAN LUAU! 8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:00 O Afternoon Scenic Drive ✓ 2:30 JK Royale Polynesian Revue ★ 6:00 GR Spill and Spell Game	9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO *Sudoku 🌿 10:15 LO Think Tank Answer Guide 🌿 10:30 TH Relaxed Flex & Fit 1:30 B *Bon Appétit w/Chef 🏠 2:00 B Chat with the Chef 2:30 TH Resident Council Meeting 🏠 6:00 GR Domino Game	9:30 TH Muscle Fitness 🌿 10:00 3N Pinochle Card Club 🌿 10:30 TH Worship Service 1:30 TH Seated Yoga Stretch 🌿 2:30 3W Block Party 6:00 GR Card Game Night	Winfield Farmers' Market 9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:30 TH Drama Club Rehearsal 🌿 1:30 L *Short Story w/Judy 🌿 1:30 B Fresh Floral Expressions 🌿 2:30 JK Wine and Cheese 6:00 B Penny Bingo 7:00 L BV Bible Study			
						COMING IN SEPTEMBER Grandparents Day September 11 Assisted Living Week September 11-17



SUPPORT GROUPS AT BELMONT VILLAGE

Low Vision Support Group

Sunday, August 14, at 2 p.m.

Weekly Parkinson's Group

Every Wednesday at 10 a.m.

Every Friday at 1:30 p.m.

Family and Resident Support

Facilitators Dr. Ann Letourneau and Mr. Jack Berkemeyer, MA, LCPC from Central DuPage Pastoral Counseling Center.

August 20 at 9 a.m.



Ecumenical Worship Service

Tuesdays, 10:30 a.m., Town Hall

Communion Services - Library

Fridays, 11 a.m.

Saturday, August 20, 10 a.m.,

with Deacon Ken

Belmont Village Bible Study

Wednesdays, 7 p.m., Library

Sunday Morning Church Trips

Pleasant Hill: Departure 9 a.m.

First Presbyterian:

Departure 9:20 a.m.

St. Mark's: Departure 9:40 a.m.

Wheaton College Church:

Departure 10:15 a.m.



August 29 at 2:30 p.m.

NEIGHBORHOOD FAMILIES SAVE THE DATE

We will be hosting our annual Neighborhood Family Picnic (for both first and second floor) on:

SATURDAY, AUGUST 20TH

12:00PM

\$10 for adults, \$5 for children

Please **RSVP** by Monday 8/15 by calling the concierge desk, or you may send an email to Janay Hecker at: Jhecker@belmontvillage.com

We will be serving delicious food and having some FUN!

Please come and join your loved one for a meal and meet some other family members.



Lovely lunch at Cantigny Park. Sam, Barbara and Jeannine with Enrichment Leader Entela



Antonia with Monty



Rosemary with her PAL Jessica, enjoying the weather



Beautiful Rizzo family



Health & Wellness

Physical Activity for Older Adults

Many people decrease their exercise as they age but continuing to exercise has definite benefits for older people. Being fit is important to everyone. Flexibility and stretching, which help provide a full range of motion for muscles and joints, can help you function better. Everyday tasks that are difficult, such as getting up, walking, tying shoelaces or reaching to a shelf may become easier. When you stay flexible, you also keep a more natural walking pattern and decrease your chance of falling. Most flexibility that is seemingly lost through aging is caused not only by aging but also by inactivity or lack of movement. Aerobic exercise strengthens the heart and reduces the risk of coronary artery disease. It can also increase the amount of sleep you get at night and may reduce the time it takes to fall asleep.

Strengthening exercises can help you maintain your muscle, strengthen bones, and protect knees and other joints. These exercises may include, resistance training, such as lifting weights, and weight bearing such as walking, jogging or dancing.

Your Physical activity does not

have to be strenuous. Older adults can gain significant health benefits with a moderate amount of physical activity. This can be done in longer sessions of moderately intense activities such as walking or in shorter sessions of more vigorous activities such as fast walking or stair walking. You can benefit from physical activity even if you think of yourself as elderly or you already old age conditions such as osteoarthritis or heart disease. Being more active may improve your quality of life and can prevent or delay disability.

It is advisable to talk to your doctor before starting a fitness program. You may have health problems that limit what you can do.

At Belmont Village we have a Physical Fitness Program available for all residents with consents from their doctor. The program is coordinated by a personal trainer.

Physical Fitness Programs at Belmont Village

- Relaxed Flex & Fit Classes
- Parkinson's Fitness
- Flex & Fit Classes
- Core & Balance
- Muscle Fitness
- Seated Yoga
- Volleyball
- Jazzercise

Check your calendar for days and times of classes.

Resident Services

Laboratory Services

The services are offered by appointment. Please see Nicole Motycka for more information.

Ask the Pharmacist

Pete Toke, PharmD, FASCP
Third Friday of the month
at 2 p.m. in the library.

Podiatry Services

Dr. Robin Pastore, D.P.M.
Dr. Elizabeth Pacocha

Audiologist

Dr. Sheri Billings, Aud F-AAA
from the Hearing Doctors.
Fourth Monday of the month
at 9 a.m. in the library.

Wheelchair Clinic

Third Monday of every month at
11 a.m.

Appointments for services can
be made by calling the
Concierge (630) 510 - 1515.



Paxxon Therapy Hours

Monday - Friday
9 a.m. - 5 p.m.

THERAPY TALK TOPIC

Dementia and Cognitive
Changes

August 11 @ 10:30 am

Tip of the Month

"Stay hydrated-drink plenty of
fluids during the warm summer
months!"

The Belmont Scene



Rosalie enjoying the July 4th BBQ!



Dancer-cise performs New York, New York, followed by Drama Club performing an adapted version of "On the Town" set in New York City.



Darlene and two friends at Cosley!



Charlotte sharing her Cubs cap!



A beautiful day at the Butterfly Farm!



Mark and Ray at the men's table!

BELMONT *Village*
SENIOR LIVING
GENEVA ROAD

545 Belmont Lane
Carol Stream, IL 60188

SC Lic. 47845
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