



Belmont Village of Glenview Village NEWS

2200 Golf Road • Glenview, IL 60025 • Phone 847-657-7100 • Fax 847-657-7171

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

August 2016

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Michele's Note

"Then followed that beautiful season...Summer...Filled was the air with a dreamy and magical light; and the landscape lay as if new, created in all the freshness of childhood." - Henry Wadsworth Longfellow.

Generally, I am on vacation for the first week of August with my daughters. We have traveled all over the country, and we always take a beach vacation at some point during the year. Whether it be in Florida, Maryland, California, North Carolina or Cape Cod, we love the ocean and our beach vacations. We have never missed a beach vacation since the girls were born. Like everyone, I always look forward to our vacations and the time we spend together as a family. I am so fortunate for my time with my daughters.

This year is different as we are preparing to send Jenna off to college. Now, we did have an amazing vacation in the spring, so we cannot complain. But I just could not manage another trip this summer (although I still may fit in a few days somewhere local in August). The summer is flying by, and there are few weekends left before we have to drive her to school.

Instead of traveling, we are

having fun shopping and planning for college. That is more fun for me than Jenna since I love to shop and she doesn't, but it is wonderful to see how excited she is about college. Everything for me is tinged with a bit of sadness. How many more trips will we all be able to take together as summers become filled with work, internships and travels with friends? What will happen if she settles away from Chicago after graduation? And...who will I watch Game of Thrones with next year?

I want to slow down time. I want to take back our encouragement to go to school far away from home. I want to know that she will always live near me. I can't imagine what it will be like next year when she is gone and how much I will miss her every day. It is a very bittersweet time.

Enjoy the rest of summer. I wish you days filled with sunshine, joy, love and laughter!

"When I look back now, that summer seemed to last forever; and if I had the choice...yeah, I'd always be there. Those were the best days of my life."





Resident Birthdays

- 1 Eugene Porter
- 6 Virginia Brekke
- 9 Ann Taketoshi
- 11 Dorian Kratowicz
- 12 Maurine Dooley
- 18 Stephen Whitehead
- 19 Marian Schulte
- 21 Joseph Hollander
- 22 Arlene Sunkel
- 25 Wendy Drayer
- 27 Louis Hunter

Employee Birthdays

- 2 Heylim Artza, AA
- 3 Diane Jones, PAL
- 10 Offella Nahabedian, Serv
- 16 Rini Jose, PAL
- 22 Nadia Nissan, Server
- 25 Germanie Chery, LVN-LPN
- 27 Maja Labeledz, LVN-LPN
- 28 Oscar Gatbunton, Driver
- 30 Alexandria Santiago, PAL
- 30 Elsa Marquez, PAL

Employee Anniversaries

- 14 years Betty Devereaux
- 13 years Sandra Wilson
- 11 years Sylvia Guerrero
- 4 years Urbano Aponte
- 1 year Diane Jones
- Trinette White
- Susan Wolen
- Mary Ann Hopkins
- Gloria Miller
- Librada Daug
- Josephine Garcia

Circle of
Friends & Neighborhood



Making butterflies



Making centerpieces



EMPLOYEE OF THE MONTH

Rosalinda Velazquez, Dining Room Server

July 2016 Employee of the Month

Rosy has been with Belmont Village of Glenview since 2002. She is a great member to the Belmont Village family. Rosy always has a smile on her face and truly cares about her residents, their families and other staff members.

She will continue to be an essential part of our Belmont Village Team and we can always count on her.





Chicago Botanic Garden Music

Tuesday, August 2nd

Jim Kendros is a composer, lecturer, music historian and author.

Tuesday, August 9th

Hunter Chase studied the carillon as an undergraduate at the University of Chicago.

Tuesday, August 16th

Leah Shoshannah is a folk rock singer-songwriter and guitarist from Chicago.

Tuesday, August 23rd

Harpist Michael Maganuco and guitarist Alex Sokol share the musical blends of traditional jazz, Brazilian, classical, and popular contemporary.

Tuesday, August 30th

The Chicago Bassoon Quartet ensemble is comprised of bassoonists Beth Heller, Lynette Pralle, Dianne Ryan, and Sue Nigro—who also plays contrabassoon.

A Walk to End Alzheimer's®

Please join us for our annual Alzheimer's Association Walk to End Alzheimer's®.

Saturday, September 17th, 2016, at Gallery Park on Patriot Blvd and Navy Blvd, Glenview, IL 60026.

Join our team by logging onto <http://act.alz.org> to sign up. Don't forget to register with the Belmont Village Glenview team.



Annual Luau

Come join us for a delicious Hawaiian Feast and entertainment by the Royal Polynesian Revue
 Thursday, August 4th
 Dinner: 4:30-7:00pm
 Entertainment: 6:00 pm



Whole Brain Fitness

Whole Brain Fitness (WBF) is a new and exciting program that is being implemented into the calendar. We will meet in the Great Room on Tuesday mornings at 10:00am.



Out & About

- 1 Shop Target
- 2 Chicago Botanic Garden
- 3 Charles Troy Presents...
- 6 Shop Walgreens
- 7 Scenic Drive
- 8 Shop Mariano's
- 9 Chicago Botanic Garden
- 12 Movie Outing (TBD)
- 13 Shop Walgreens
- 14 Scenic Drive
- 15 Shop Walmart
- 16 Chicago Botanic Garden
- 20 Shop Walgreens
- 21 Scenic Drive
- 22 Shop Target
- 23 Chicago Botanic Garden
- 24 Lunch Outing (TBD)
- 27 Shop Walgreens
- 28 Scenic Drive
- 29 Shop Mariano's
- 29 Movie Outing (TBD)
- 30 Chicago Botanic Garden

- Please refer to your daily announcements for the exact times of each outing.
- Sign up with the concierge in advance; there may be charges associated with outings.
- Outings with walking may require a private PAL, at an additional charge.

REMINDER: Please make sure you notify the concierge at least 48 hours before any appointments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Bridge</p> <ul style="list-style-type: none"> Tuesday and Thursday 2:00pm in the Parlor <p>Dominoes</p> <ul style="list-style-type: none"> Tuesday 3:30pm in the Parlor 	<p>1</p> <p>9:45 TH Sit & Be Fit 10:00 GR Current events 10:15 TH Balance Class 10:45 O Shopping ● 10:45 L Meditation Moment 2:00 GR Memory Booster 3:00 CL Corks and Canvas 7:00 B Olympic TV Coverage</p>	<p>2</p> <p>9:15 O Chicago Botanic Garden Music ● 9:45 TH Sit & Be Fit 10:00 GR WBF exercises 10:15 TH Flexibility 12:00 B New Resident Lunch 2:00 TH 642 Things to Write About 3:00 CL Computer Classes 7:00 TH Netflix Documentary</p>	<p>3</p> <p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp 10:45 L This Week in History 12:30 O Charles Troy Presents ... "Bernstein, Comden & Green's Two 'Town' Triumphs ● 1:00 TH Parkinson's Exercise Class 1:45 GR Would You Rather 2:30 GR Wine & Cheese with Dennis Colby ★ 7:00 TH Movie & Popcorn</p>	<p>4</p> <p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body 10:45 L Book Club 1:30 TH Hot Topics 2:00 CL Poetry 3:00 TH Kickboxing 6:00 PA Luau ♥</p>	<p>5</p> <p>Summer Olympic Opening Ceremony</p> <p>9:45 TH Sit & Be Fit 10:15 TH Yoga 10:15 CL Art Class (Drawing) 1:30 PA Planting Group 3:00 GR Word Games 4:00 L Shabbat Service 7:00 TH Movie and Popcorn</p>	<p>6</p> <p>10:00 TH Chair Exercise 10:30 O Shop Walgreens ● 11:00 P Card Ministry 1:30 TH Bingo 3:00 GR Brain Games 7:00 GR Trivia Contest</p>
<p>7</p> <p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 2:30 TH Matinee Movie 7:00 GR Scrabble</p>	<p>8</p> <p>9:45 TH Sit & Be Fit 10:00 GR Current events 10:15 TH Balance Class 10:45 L Meditation Moment 10:45 O Shopping ● 1:00 TH Pottery 2:00 GR Memory Booster 3:00 CL Jewelry Making 7:00 B Olympic TV Coverage</p>	<p>9</p> <p>9:15 O Chicago Botanic Garden Music ● 9:45 TH Sit & Be Fit 10:00 GR WBF exercises 10:15 TH Flexibility 2:00 B Botanic Garden Horticulture Therapy 3:00 TH Fitz it 3:00 CL Computer Classes 7:00 TH Netflix Documentary</p>	<p>10</p> <p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp 10:45 L This Week in History 1:00 TH Parkinson's Exercise Class 1:45 GR You Be The Judge 2:30 GR Wine & Cheese with Paul Goodman ★ 7:00 TH Movie & Popcorn</p>	<p>11</p> <p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body 10:45 L Book Club 11:00 O Ladies' Club Lunch Outing ● 1:30 TH Hot Topics 3:00 TH Dance Exercise 6:30 L St. Isaac's Prayer & Communion 7:00 GR Bingo</p>	<p>12</p> <p>9:45 TH Sit & Be Fit 10:15 TH Tai Chi 1:00 O Movie Outing ● 1:30 TH Drama Club 3:00 GR Word Games 4:00 L Shabbat Service 7:00 TH Movie and Popcorn</p>	<p>13</p> <p>10:00 TH Body for Life 10:30 O Shop Walgreens ● 1:30 TH Bingo 3:00 GR Brain Games 7:00 GR Trivia Contest</p>
<p>14</p> <p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 2:30 TH Matinee Movie 7:00 GR Rummy cube</p>	<p>15</p> <p>9:45 TH Sit & Be Fit 10:00 GR Current events 10:15 TH Balance Class 10:45 O Shopping ● 10:45 L Meditation Moment 1:00 TH Wii-hab 2:00 GR Memory Booster 3:00 CL Art Appreciation 7:00 B Olympic TV Coverage</p>	<p>16</p> <p>9:15 O Chicago Botanic Garden Music ● 9:45 TH Sit & Be Fit 10:00 GR WBF exercises 10:15 TH Flexibility 2:00 TH Bill Helmuth Travels 3:00 CL Computer Classes 3:00 L Men's Club ♥ 7:00 TH Netflix Documentary</p>	<p>17</p> <p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp 10:45 L This Week in History 1:00 TH Parkinson's Exercise Class 1:45 GR Word Mining 2:30 GR Wine & Cheese with Edizon Dayao ★ 7:00 TH Movie & Popcorn</p>	<p>18</p> <p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body 10:45 L Book Club 1:00 O Ice Cream Parlor Outing ● 1:30 TH Hot Topics 3:00 TH Ballet 7:00 GR Bingo</p>	<p>19</p> <p>9:45 TH Sit & Be Fit 10:15 CL Art Class (Drawing) 10:15 TH Yoga 11:00 O Men's Club (ROMEO) Lunch Outing ● 1:30 PA Planting Group 2:00 B Chat with Chef 2:00 TH Drumming Circle 3:00 GR Word Games 4:00 L Shabbat Service 7:00 TH Movie and Popcorn</p>	<p>20</p> <p>10:00 TH Chair Exercise 10:30 O Shop Walgreens ● 11:00 P Card Ministry 1:30 TH Bingo 3:00 GR Brain Games 7:00 GR Trivia Contest</p>
<p>21</p> <p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 2:30 TH Matinee Movie 7:00 GR Boggle</p>	<p>22</p> <p>9:45 TH Sit & Be Fit 10:00 GR Current events 10:15 TH Balance Class 10:45 O Shopping ● 10:45 L Meditation Moment 1:00 TH Pottery 2:00 GR Memory Booster 7:00 B Olympic TV Coverage</p>	<p>23</p> <p>9:15 O Chicago Botanic Garden Music ● 9:45 TH Sit & Be Fit 10:00 GR WBF exercises 10:15 TH Flexibility 3:00 TH Chronology 3:00 CL Computer Classes 7:00 TH Netflix Documentary</p>	<p>24</p> <p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp 10:45 L This Week in History 11:00 O Lunch Outing ● 1:00 TH Parkinson's Exercise Class 1:45 GR Crossword Puzzle 2:30 GR Wine & Cheese with Bernie Glim ★ 7:00 TH Movie & Popcorn</p>	<p>25</p> <p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body 10:45 L Book Club 1:30 TH Hot Topics 3:00 TH Hooping 6:30 L St. Isaac's Prayer & Communion 7:00 GR Bingo</p>	<p>26</p> <p>9:45 TH Sit & Be Fit 10:15 TH Tai Chi 12:00 JK Resident Birthday Lunch ♥ 1:30 TH Drama Club 3:00 GR Word Games 4:00 L Shabbat Service 7:00 TH Movie and Popcorn</p>	<p>27</p> <p>10:00 TH Body for life 10:30 O Shop Walgreens ● 1:30 TH Bingo 3:00 GR Brain Games 7:00 GR Trivia Contest</p>
<p>28</p> <p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 2:30 TH Matinee Movie 7:00 GR Chronology</p>	<p>29</p> <p>9:45 TH Sit & Be Fit 10:00 GR Current events 10:15 TH Balance Class 10:45 L Meditation Moment 10:45 O Shopping ● 2:00 GR Memory Booster 3:00 CL Craft Corner 7:00 B Olympic TV Coverage</p>	<p>30</p> <p>9:15 O Chicago Botanic Garden Music ● 9:45 TH Sit & Be Fit 10:00 GR WBF exercises 10:00 TH Therapy In-Service 1:00 TH Dancing with Louie 2:00 TH Resident Council 3:15 L Ladies' Cocktails ♥ 7:00 TH Netflix Documentary</p>	<p>31</p> <p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp 10:45 L This Week in History 1:00 TH Parkinson's Exercise Class 2:30 GR Wine & Cheese with Chris Colletti ★ 7:00 TH Movie & Popcorn</p>			



Spiritual Corner

Family Bible Hour

Sundays at 9:45 a.m.
in the Library

St. Isaac Jogues

Thursday, August 11th (Prayer
and Communion Service) and
Thursday, August 25th (Prayer
and Communion) at 6:30 p.m.,
in the Library.

Shabbat Service

Fridays at 4 p.m., in the Library,
with Paula Drues

Communion Weekly After Wine and Cheese (by request)

Transportation to religious
services is available on the
weekends or by request during
the week. Private PALs may be
needed for services; contact the
Front Desk.

Resident Council

All residents are encouraged to
attend the Belmont Village
Resident Council Meeting in the
Town Hall.

Tuesday, August 30th, at 2 p.m.



"This Month In History"

AUGUST

1790: The first U.S. Census is
completed and records a population
of 4 million people in America.

1909: A penny for your thoughts!
The Lincoln 1-cent coin is issued
and goes into circulation.

1914: The Panama Canal officially
opens. The 50-mile-long waterway
is a vital shipping shortcut,
connecting the Atlantic and
Pacific oceans.

1924: "Little Orphan Annie,"
a daily comic strip by Harold
Gray, debuts.

1930: Clarence Birdseye is granted
a patent for his quick-freeze
method of packaging frozen foods.

1942: Walt Disney's animated
film "Bambi" premieres in
New York City.

1954: The first issue of Sports
Illustrated is published.

1963: On the steps of the Lincoln
Memorial, Martin Luther King Jr.
delivers his stirring "I Have a
Dream" speech to thousands of
civil rights supporters in
Washington, D.C.

1974: French aerialist Philippe Petit
gains fame for his high-wire walk
between the twin towers of New
York City's World Trade Center.

1992: The largest shopping mall in
the country, the Mall of America,
opens in Bloomington, Minn.

2000: Contestant Richard Hatch
wins the \$1 million prize on the
first season finale of the reality TV
competition "Survivor."

2008: American swimmer Michael
Phelps splashes into the history
books, winning a record eight gold
medals at the Summer Olympics
in Beijing.



Parkinson's Exercise Class

*We're Sharing the Health with a
FREE, ongoing Exercise Class:*

Class meets at 1 p.m.

Every Wednesday

Belmont Village Assisted Living
2200 Golf Rd.

Glenview, IL 60025

Recent research has shown that
exercise can have a positive effect
on Parkinson's disease. Learn
more about the overall benefits of
physical activity as you participate
in Belmont Village's
complimentary class.

Welcome New Residents

*If you see a new face,
Don't be shy,
Wave your hand
and give a big hi!*

Please welcome our newest

residents:

Wendy

Margie

Fern

Annette

Joyce

Mary Ann

Ken

Invite them to sit with you at a
meal, join you for an activity, or
just sit down and chat!



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 have 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. The Sit and Be Fit Exercise group also meet Monday through Friday at the Town Hall. We also have several exercise equipment available at the Center for Life Enhancement for the residents to use when supervised by a personal trainer.



Therapy Tip of the Month

“Wearing proper footwear improves walking pattern and reduces risk for falls!”

Therapy In-Service Dementia and Cognitive Changes

August In-Service Date:

Tuesday, August 30th

August In-Service Time:

10:15am

Location: Town Hall



Remember When: Drive-In Movies

Premiering in 1933, drive-in movie theaters grew in popularity, hitting their peak in the 1950s and capitalizing on America’s love for the automobile. From families with pajama-clad children to couples on a date night, carloads of folks took in big-screen features from the comfort of their own vehicles—both in them and on top of them. Since admission was often charged per person, some patrons took to hiding passengers in their car trunks.

Belmont Village Happenings



Belmont Village of Oak Park Choir



Architecture Boat Tour



Architecture Boat Tour



Architecture Boat Tour



Chicago History Museum



BELMONT *Village*
SENIOR LIVING
GLENVIEW

2200 Golf Road
Glenview, IL 60025

SC Lic. 52084
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