



Belmont Village of Hollywood Hills Village NEWS

2051 N. Highland Avenue • Los Angeles, CA 90068 • Phone 323-874-7711 • Fax 323-874-4123

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

August 2016

Our Community Team

Patricia Murphy

Executive Director

(323) 874-7711, Ext. 102

pmurphy@belmontvillage.com

Vida Gonzales

Director of Resident Care

(323) 874-7711, Ext. 109

vgonzales@belmontvillage.com

John Phillips

Building Engineer

(323) 874-7711, Ext. 105

jphillips@belmontvillage.com

John Melanson

Chef Manager

(323) 874-7711, Ext. 106

jmelanson@belmontvillage.com

Hailee Hanna

Memory Program Coord.

(323) 874-7711, Ext. 150

hhanna@belmontvillage.com

Jeremy Faulkner

Activity Program Coord.

(323) 874-7711, Ext. 104

jfaulkner@belmontvillage.com

Susan Wilson

Human Resources Coord.

(323) 874-7711, Ext. 103

swilson@belmontvillage.com

Nadia Cantuña

Community Relations

(323) 874-7711, Ext. 110

ncantuna@belmontvillage.com

David Melgar

Community Relations

(323) 874-7711, Ext. 107

dmelgar@belmontvillage.com



Greetings, residents and families.

Finally, I am able to report progress on our renovation projects. We were able to begin construction on our 2nd and 3rd floors in July, YIPPEE! As I have mentioned in previous months, Phase One of the renovation will be the enclosure of north/west side of our second floor (where the Administration office is currently located) to create a second Memory Neighborhood. We anticipate the move of our Administration Office from the second floor to the third floor (where our Theater used to be located), and a move of the Sales Office from the second floor to the ground floor (where our Billiard Room used to be located) by mid-August. The contractors remain confident that Phase 1 will be completed by mid-September. As planned, we expect they will begin preparing the ground floor area so they can start the Phase Two renovation. Phase Two will be the enclosure of the ground floor external patio that is on the Camrose/Highland corner of our community (off the Great room). In this new area we will be

creating a theater, computer area, an extension of our bistro, a double-sided fireplace, and returning our billiard table. The contractors remain optimistic that this work will be completed by the end of this year. I will continue to send out an Internal Memo to all residents as we progress through the renovation process. Our apologies in advance for any noise or inconvenience the process might cause. The results will be well worth it.

I hope residents and families will join me in welcoming a number of new staff members who started with us in July. We hired two new LVN nurses (Felicia Benavidez, Oxanna Rekonvald), four new dining room servers (Karla Linair, Lucy Solis, Brian Ticas, Issa Castillo), three new PALs (Rose Donatin, Brittany Heard, Wendell Sacramento) and one Activities Assistant (Philip Ham). If you have not had an opportunity to meet these wonderful people, please let us know and we will arrange an introduction.

Continued on page 7....





Happy Birthday

Residents

- 8/8 Greg McClintock
- 8/8 Noreen Scheuble
- 8/12 Minerva Fraser
- 8/12 Luella Schulkey
- 8/13 Lawrence Moore
- 8/15 James Guichard
- 8/26 Addie Apanasewicz
- 8/29 Frances Dye
- 8/30 Natalie Kaplan

Employees

- 8/10 Patthama Pandey
- 8/13 Yvette Joffe
- 8/16 Carmencita Estacio
- 8/19 Maria Lewis
- 8/28 Shawn Reeves
- 8/28 Mary Lea Gomez

Resident Party

August Birthday Celebration!

Friday, August 26th,
11 am-1 pm

*Special Menu and one free guest
for the birthday residents!*

*In Josephine's Kitchen,
RSVP with the Concierge!*

Alan Ascher will be performing.



August Entertainment

Thursdays at 3:30 p.m.

- 8/4 Steve Waddington
- 8/11 Brad & Susie Q
- 8/18 Bryan & Gilmore
- 8/25 Irby Gascon

Sundays at 3:30 p.m.

- 8/7 Kevin Lawrence
- 8/14 Wendy & Rik
- 8/21 Marvin Robinson
- 8/28 Tatjana



August Outings

- 8/3 Lunch-Duke's Malibu
- 8/10 Lunch-Fisherman's Wharf
- 8/17 LA Downtown Tour & Lunch-Clifton's
- 8/24 Ronald Reagan Library Vatican Splendors Exhibit
- 8/31 Lunch-Maggiano's at The Grove

Josephine's Hours:

Breakfast 7-9 a.m.

Lunch 11 a.m.-1 p.m.

Dinner 4:30-7 p.m.

For Guests:

Breakfast-\$10

Lunch/Dinner-\$12

Guest Meal Tickets

available at the front desk.



Beauty Salon

Located on the 2nd floor

Wednesdays 10-12

Thursdays 10-4

To make an appointment,
call (323) 874-7711.



VANDA BECKFORD

HOUSEKEEPING

Employee of the Month-JULY 2016

Thank you for your hard work and dedication
to our residents, families and co-workers!
You're the Best!

TEAM PLAYER AWARD- JULY 2016

HERSON FERMIN, thanks for being a team player and always putting
the needs of our residents, families and co-workers first!
Keep up the good work!



Save the Date



Senior FIT Test

Monday, Aug. 22 @ 10:30
in the Town Hall

Creative Writing Workshop w/Yvonne

Wednesdays, Aug. 3 & 17 @ 10:30
in the Town Hall

Glass Art & Jewelry Class w/Kristin

Wednesday, Aug. 10 @ 10:30
in the Town Hall

Art History Lecture w/Sharon

Monday, Aug. 15 @ 6:00
in the Town Hall

Armchair Traveler w/Merle

Monday, Aug. 22 @ 3:30
in the Town Hall

Healthy Learning Lecture

Thursday, Aug. 25 @ 10:30
in the Town Hall

Podiatry Service

Tuesday, July 12

Make an appointment with
the nurse in the wellness center!

Resident Council

Monthly Meeting

Friday, August 19 @ 1:30
in the Town Hall

President: Dr. Rick Ratcliffe



Join us for our Annual Luau Dinner

Sunday, August 21st
4:30-7:00

in Josephine's Kitchen

Featuring the Fabulous **NA HOALOHA O POLYNESIA** **DANCERS**

performing at 6:00
in the Courtyard

RSVP by August 13th
at the concierge or
call 323-874-7711



Our Scheduled Transportation

Sundays-Shopping/Outings
Mondays-Doctors' Appts.
Tuesdays-Doctors' Appts.
Wed.-Doctors' Appts./Outings
Thurs.-Doctors' Appts./Outings
Fridays-Doctors' Appts.
Saturdays-Shopping

FOR RESERVATIONS:

Call the Concierge
at (323) 874-7711.

APPOINTMENTS MUST BE BOOKED ONE WEEK IN ADVANCE

& must be in a 10-mile radius

IF WE ARE FULLY BOOKED AND THE APPT. IS LESS THAN ONE WEEK IN ADVANCE

YOU MUST:

- 1) RESCHEDULE THE APPT.
- OR 2) PAY FOR A TAXI

Appointments must be
between the hours of
9 a.m. and 3 p.m.

Please have the following info:

- name of the doctor
- address
- phone number
- date/time of appointment

Our drivers' phone numbers:

Oscar: (323) 839-3591

Blanca: (323) 810-3477

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>August</h1>	1	2	3	4	5 Butterfly Boutique-bistro	6	
	9:30 TH Balance Exercise Class 🌿 10:00 3F Bridge Lessons w/Harold 🌿 10:30 GR MBA Activity Chat 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:00 GR 20/Questions 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Short Story Group w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 TH Chair Dancing Workout w/Sloan 🌿 3:30 GR Blurt! 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Creative Writing Workshop w/Yvonne 🌿 11:00 Lunch Outing to Duke's in Malibu 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 6:00 GR Music Appreciation w/Seth 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Vocabulary Game 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:00 3F Bridge Club 🌿 2:30 B Bingo 3:30 GR Happy Hour w/Steve Waddington 7:00 TH Movie	9:30 TH Balance Exercise Class 🌿 10:30 TH Current Events Discussion w/Greg & Joe 🌿 1:30 GR Advanced Poker 🌿 3:00 GR Geography Game 🌿 7:00 TH Movie	10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie	
	7	8	9	10	11	12	
	10:00 GR LA Times Sunday Newspaper 1:30 GR Think Tank 🌿 2:30 B Bingo 3:30 GR Entertainment w/Kevin Lawrence 6:15 TH Movie Club w/Merle 🌿	9:30 TH Balance Exercise Class 🌿 10:00 3F Bridge Lessons w/Harold 🌿 10:30 CL MyGait Computer Questions 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:00 GR 20/Questions 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Musical Theatre w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 TH Chair Dancing Workout w/Sloan 🌿 3:30 GR Jeopardy w/Jeremy 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Glass Art Class w/Kristin 🌿 11:00 Lunch Outing to Fisherman's Wharf in Channel Islands 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Vocabulary Game 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:00 3F Bridge Club 🌿 2:30 TH Chat with the Chef 🌿 3:30 GR Happy Hour w/Brad & Susi Q 7:00 TH Movie	9:30 TH Balance Exercise Class 🌿 1:30 GR Biographies w/Allan 🌿 2:30 B Poker 🌿 3:30 TH Shabbat Service w/Rabbi Josh 🌿 7:00 TH Movie	10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie
	14	15	16	17	18	19 Oujaba Wholesale-bistro	20
10:00 GR LA Times Sunday Newspaper 10:30 TH Songs for the Soul-Nondenominational Worship Service 🌿 1:30 TH Silk Painting w/Rhea 🌿 2:30 B Bingo 3:30 GR Entertainment w/Wendy & Rik 6:15 TH Movie Club w/Merle 🌿	9:30 TH Balance Exercise Class 🌿 10:00 3F Bridge Lessons w/Harold 🌿 10:30 CL MyGait Computer Questions? 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:00 GR 20/Questions 🌿 6:00 TH Art History Lecture w/Sharon 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Short Story Group w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 TH Chair Dancing Workout w/Sloan 🌿 3:30 GR Blurt! 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Creative Writing Workshop w/Yvonne 🌿 11:30 Van Tour of LA & Lunch Outing to Clifton's Downtown LA 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 6:00 GR Music Appreciation w/Seth 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Vocabulary Game 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:00 3F Bridge Club 🌿 2:30 B Bingo 3:30 GR Happy Hour w/Bryan & Gilmore 7:00 TH Movie	9:30 TH Balance Exercise Class 🌿 10:30 TH Current Events w/Greg & Joe 🌿 1:30 TH Resident Council Meeting 2:30 GR Advanced Poker 🌿 3:30 GR Geography Game 🌿 7:00 TH Movie	10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie	
21	22	23	24	25	26	27	
10:00 GR LA Times Sunday Newspaper 1:30 GR Think Tank 🌿 2:30 B Bingo 3:30 GR Entertainment w/Marv Robinson 4:30 JK Our Annual Luau Dinner 6:00 CT The Hula Dance Show!	9:30 TH Balance Exercise Class 🌿 10:00 3F Bridge Lessons w/Harold 🌿 10:30 TH Senior Fit Test 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:00 GR 20/Questions 🌿 3:30 TH Armchair Traveler w/Merle 🌿 6:45 TH Movie Cklub w/Merle 🌿	9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Musical Theatre w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 TH Chair Dancing Workout w/Sloan 🌿 3:30 GR Jeopardy w/Jeremy 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 GR Think Tank 🌿 12:30 Outing to the Ronald Reagan Library & Museum 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Healthy Learning Lecture 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:00 3F Bridge Club 🌿 2:30 B Bingo 3:30 GR Happy Hour w/Irby Gascon 7:00 TH Movie	9:30 TH Balance Exercise Class 🌿 11:00 JK July Birthday Celebration 1:30 GR Biographies w/Allan 🌿 2:30 L Shabbat Service w/Rabbi Kor 🌿 3:30 GR Advanced Poker 🌿 7:00 TH Movie	10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie	
28	29	30	31	MONTHLY LECTURES W/MERLE SHORT STORY GROUP AUG. 2 & 16 @ 10:30 MUSICAL THEATRE AUG. 9 & 23 @ 10:30 MOVIE CLUB EVERY SUNDAY @ 6:15 ARMCHAIR TRAVELER AUG. 22 @ 3:30		MONTHLY LECTURES MUSIC APPRECIATION W/SETH AUG. 3 & 17 @ 6:00 BIOGRAPHIES W/ALLAN AUG. 12 & 26 @ 1:30 ART HISTORY W/SHARON AUG. 15 @ 6:00 HEALTHY LEARNING W/MARK AUG. 25 @ 10:30	ALL DATES SUBJECT TO CHANGE PLEASE CHECK THE DAILY SCHEDULE LOCATED IN JOSEPHINE'S KITCHEN OR THE CONCIERGE
10:00 GR LA Times Sunday Newspaper 1:30 GR Tank Think 🌿 2:30 B Bingo 3:30 GR Entertainment w/Tatjana 6:15 TH Movie Club w/Merle 🌿	9:30 TH Balance Exercise Class 🌿 10:00 3F Bridge Lessons w/Harold 🌿 10:30 CL MyGait Computer Questions 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:00 GR 20/Questions 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 GR Think Tank 🌿 1:30 TH Chair Dancing Workout w/Sloan 🌿 2:00 3F Bridge Club 🌿 2:30 B Bingo 3:30 GR Blurt! 🌿 7:00 TH Movie	9:30 TH Sit & Be Fit Exercise 🌿 11:30 Lunch Outing to Maggiano's 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 7:00 TH Movie				



Joan



Bernice



Florence



Irving



RESIDENT SPOTLIGHT

"Jack is Back"

A Poem by Alma Berkus

At first glance, Whom do we see? We see a gentleman with beautiful grey hair. The gentleman, who is always extending a helping hand to everyone around the dining room, to find a table with an empty chair so warm and welcome.

Yes, you guessed it! Jack is back, how lucky we are!

*Join our Creative Writing Class
on Wed., August 3 & 18 @ 10:30*

Circle of Friends & Neighborhood

TOGETHER WE WALK
TO END ALZHEIMER'S



Alzheimer's Association this year and we are amped up and ready to make this year the best year yet! This year we are going to create a team that we open up to all staff, residents and family members, the more participation the better. As we develop the team and fundraising events we will be sure to be in contact, stay tuned!

Well, Goodbye July and Hello August!

Typically, August is a rushed month where we start to get in last minute vacations, get ready for school to start, as well as start preparing for the change in season as we gear up for the fall months. In preparation for the fall, as a community, we are going to start gearing up for the 2016 Walk to End Alzheimer's in Los Angeles at LA Live on November 12, 2016.



Belmont Village Hollywood is an official sponsor for the



Health News

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 the flu cough, sneeze or talk. These droplets land in mouths or noses of other people. Less often, a person might also get the 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

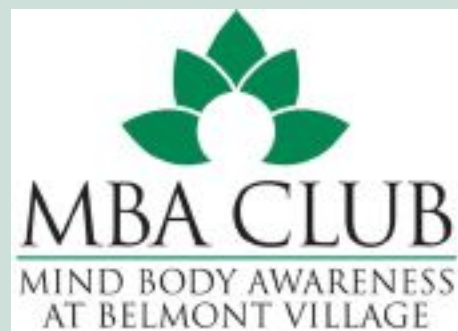
from one season. Factors of influence: what flu viruses are spreading, how much flu vaccine is available and the number who take advantage of it, when vaccine is available, and how well the flu vaccine is matched to flu viruses. Certain people are at greater risk for serious complications if they get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



Continue from page 1 ...

As I mention each month, I would like to welcome our new residents who moved to our community in July/August. We hope that you enjoy living here with us, and that as you settle in you will join in the various activities and resident meetings that take place each month. We hope that you will note the dates assigned to our regular monthly Resident Council, Chef's Chat and Resident Activity meetings. We greatly appreciate your ideas and feedback, and all residents are welcome to attend these important meetings. If you are not able to attend the meetings but want to contribute, please forward your ideas to Jeremy Faulkner and/or our Concierge team.

Happy August everyone!
Patricia.



MBA Therapeutic Programming for Assisted Living Residents

MBA stands for mind/body/awareness and is designed to take a holistic approach to wellness & ability.

The therapeutic program goals:

- 1) To maintain or improve higher level of functioning in the six domains: Physical Stimulation, Mental Stimulation, Creativity, Spirituality, Nutrition/Dietary and Health Education/Clinical
- 2) To provide learning opportunities that are *JUST RIGHT CHALLENGE*-person centered
- 3) To enhance sense of purpose and meaning

The MBA Activities are designated with the MBA symbol in the monthly newsletter & the daily schedule. Join in today and try doing at least 5 MBA programs weekly!

4th of July BBQ, 2016!



Judy & Margaret



Eleanor



Frances & Ollie



Cynthia & Lorraine



Ruth



Estelle & her Family

BELMONT *Village*

SENIOR LIVING
HOLLYWOOD

2051 N. Highland Avenue
Los Angeles, CA 90068

RCFE Lic. 197603515
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