



# Belmont Village of Oak Park Village NEWS

1035 Madison Street • Oak Park, IL 60302 • Phone 708-848-7200 • Fax 708-848-7204

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

August 2016

## Belmont Village of Oak Park Community Management Team

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To reach any of our community staff, please call our main number: (708) 848-7200.

## Director's Corner

### Fair Fun

Animals of every variety, fresh funnel cakes, crafts and carnival rides—these are just a few of the reasons thousands of people head to county and state fairs this time of year. More than 3,000 fairs are held annually in North America.

The idea began in the early 1800s, when a wealthy Massachusetts farmer showed off his sheep in a town square. In 1841, New York became the site of the first state fair. More than 10,000 people gathered in Syracuse to hear speeches, see animal exhibits and cheer on a plowing contest.

In earlier days, these annual gatherings allowed isolated farm families a chance to socialize after bringing in their crops, as well as learn better farming methods.

Today, competition, education and celebration continue to be at the heart of every fair. The gatherings serve as arenas for livestock, recipe and craft contests, while education and technology exhibits provide both fairgoers and farmers with new ideas. Groups such as 4-H and the National FFA Organization offer

guidance and promote farming to younger generations.

Entertainment comes in all forms. Midways usually feature game booths and amusement rides for thrill-seekers. Stage shows and live music concerts are also common.

And then there's the food: corn dogs, elephant ears and cotton candy, just to name a few. Today, the most buzzworthy fair food concoctions often feature something on a stick, deep-fried or both!



Mike Amici, Executive Director





## Resident Birthdays

### August

4th	Gloria A #101
4th	Catherine N #231
5th	Helen M #307
8th	Jeanne O #628
10th	Rollie S #222
12th	George H #325
13th	Viola P #201
14th	Nilza K #418
16th	Ray O #329
18th	Jeanne B #604
20th	Bob M #328
20th	Lorraine R #324
23rd	Jeanette H #230
23rd	Anne-Marie S #224

## Employee Birthdays

### August

1st	Rollin Smith
5th	Cortessa Ricks
5th	Shirley Phillips
8th	Mike Amici
9th	Shandia Withchard
12th	Amanda Husick
12th	Patricia Burgess
12th	Joan Thompkins
16th	Larry Alvarez
24th	Andullar Bando
26th	Eula May Christmas
29th	Shayla Walker

## Employee Anniversaries

Jennifer Collins	3 Years
Art Tillman	4 Years
Annette Gordon	4 Years
Rollin Smith	4 Years
Humberto Romo	9 Years

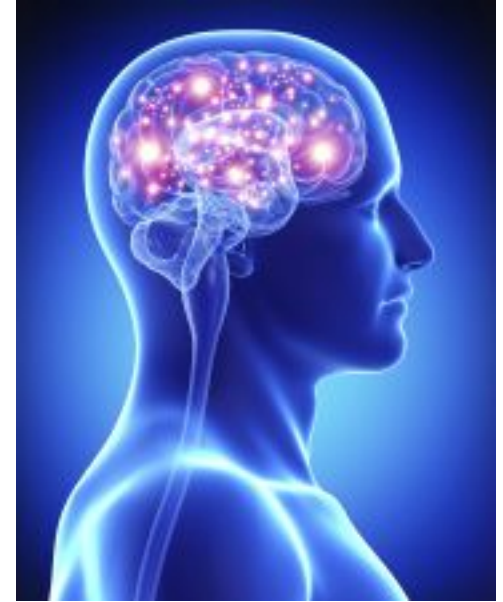
## Logic Problem

Morgan got a new job as a secretary for a large company. Her first task is to organize the company's files into four categories: customer orders, personnel records, financial statements, and supply requisitions. There is a colored folder for each category, and each is stored in a different drawer in a vertical file cabinet. Can you use the clues below to help Morgan sort the files?

1. The green folders are filed below customer orders and above personnel records.
2. The bottom drawer doesn't contain red folders.
3. Personnel records are not stored in yellow folders.
4. Financial statements are filed above supply requisitions and below the blue folders.

*(Answer: The top drawer has customer orders in blue folders; the*

*second drawer has financial statements in green folders; the third drawer has personnel records in red folders; the bottom drawer has supply requisitions in yellow folders.)*



## 'Hat' Is One

How many words can you come up with using the letters in "heat wave"?



August Employee of the Month, Derrick Hamilton

Derrick is a full-time member of the Josephine's Kitchen team and has worked for Belmont for five years. Derrick often works in the back of the house, so he is not always seen, but he plays an important role in the functionality of the kitchen and dining room. Prior to coming to Belmont, Derrick spent time as a teacher, teaching a wide range of ages, including youth classes. One of the things Derrick enjoys most about working with Belmont is the RESIDENTS! When he is not at Belmont, Derrick enjoys baking, exercising, leading youth programs and golfing.





### 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 muscles, 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 consent from their doctor. The program is coordinated by a personal trainer. The Sit and Be Fit Exercise group also meets Monday through Friday at the Town Hall. We also have several pieces of exercise equipment available at the Center for Life Enhancement for the residents to use when supervised by a personal trainer.



## Transportation Schedule

Sign up early for outings! Space in our van is limited; make sure you see the concierge so you don't get left behind!

### **Sunday**

Church Transportation  
Errands  
Scenic Excursion

### **Monday and Friday**

Jewel/Walgreens/Walmart  
9 a.m.  
Lunch Outings and Trips

### **Tuesday, Wednesday and Thursday**

Doctor, Dentist, Etc.  
Appointments  
8 a.m.–3:30 p.m.

### **Saturday**

Scenic Excursion  
(Except Where Otherwise Noted in Calendar AND Weather Permitting)  
Errands

**We will honor as many transportation requests as possible.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August</b>	<p>1</p> <p>9:00 <span>O</span> Walgreens/Walmart            9:30 <span>TH</span> Sit and Be Fit  <b>10:00 <span>TH</span> Brain Games</b>             1:45 <span>GR</span> Terry's Social Hour  <b>2:30 <span>TH</span> Book Club</b>             2:45 <span>4</span> Tai Chi with Louie            3:30 <span>TH</span> Chorus Rehearsal            6:30 <span>GR</span> Bingo with Natalie</p>	<p>2</p> <p>9:30 <span>TH</span> Fitness with Lana  <b>10:00 <span>TH</span> Crossword Challenge</b>             10:45 <span>TH</span> Mass/Communion            1:30 <span>CFLE</span> Parkinson's Class            1:45 <span>GR</span> Card/Board Games            2:30 <span>GR</span> Laughter Corner  <b>2:45 <span>GR</span> Current Events</b>             3:30 <span>GR</span> Sing-Along w/ Johnny            6:30 <span>GR</span> Bingo Games!</p>	<p>3</p> <p>9:30 <span>TH</span> Balance Class            10:00 <span>B</span> Jewelry Class w/ Tatyana            10:15 <span>GR</span> Word Puzzles  <b>1:15 <span>TH</span> Book Club</b>             1:30 <span>CFLE</span> CHF Exercise            2:15 <span>GR</span> Wine and Cheese Social            3:00 <span>CR</span> Computer Class  <b>3:30 <span>TR</span> History You Never Knew</b>             6:45 <span>B</span> Midweek Movie &amp; Popcorn</p>	<p>4</p> <p>9:30 <span>TH</span> Boot Camp            10:00 <span>B</span> Art Class w/ Beth  <b>10:15 <span>B</span> Trivia Challenge</b>             11:00 <span>TH</span> Communion Service            1:30 <span>CFLE</span> Parkinson's Class            1:45 <span>GR</span> New Resident Meet/Greet            2:00 <span>TH</span> Useless Information Chat  <b>2:15 <span>B</span> Whole Brain Fitness</b>             3:15 <span>TH</span> Travelogue Video            6:30 <span>GR</span> Bingo Games!</p>	<p>5</p> <p>9:00 <span>O</span> Jewel/Walgreens            9:30 <span>TH</span> Sit and Be Fit            10:00 <span>TH</span> Senior Health Program            11:00 <span>O</span> Lunch Outing: TBA            1:15 <span>GR</span> Special Letter Bingo  <b>2:00 <span>TH</span> Book Club</b>             3:00 <span>TH</span> Variety Show w/ Jason            7:00 <span>B</span> Carol Burnett/I Love Lucy</p>	<p>6</p> <p>9:30 <span>B</span> Coffee &amp; Chitchat            10:15 <span>TH</span> Yoga w/ Judy            1:30 <span>O</span> Scenic Drive            1:30 <span>TH</span> Laughter Club w/ Cathy            2:00 <span>GR</span> Fun Table Games            3:30 <span>GR</span> LCR Dice Game            6:30 <span>GR</span> Bingo Games!</p>
<p>7</p> <p>8:00 Church Transportation            9:30 <span>B</span> Catholic Mass Televised Live            10:15 <span>TH</span> Communion Service            10:30 <span>GR</span> Resident Card Making            1:15 <span>GR</span> Artistic Coloring Session            1:30 <span>TH</span> Richard's Movie Matinee            2:00 <span>TR</span> Bridge Club            3:30 <span>GR</span> Table Games            7:15 <span>GR</span> Fun Trivia</p>	<p>8</p> <p>9:00 <span>O</span> Walgreens/Walmart            9:30 <span>TH</span> Sit and Be Fit            10:00 <span>TH</span> Chat with Rabbi Mirelman            1:30 <span>TH</span> Resident Council Mtg.  <b>2:30 <span>TH</span> Book Club</b>             3:30 <span>TH</span> Chorus Rehearsal            6:30 <span>GR</span> Bingo with Natalie</p>	<p>9</p> <p>9:30 <span>TH</span> Boot Camp  <b>10:00 <span>TH</span> Crossword Challenge</b>             10:45 <span>TH</span> Mass/Communion            1:30 <span>CFLE</span> Parkinson's Class            1:30 <span>TH</span> History Presentation w/ Tim            2:30 <span>GR</span> Laughter Corner  <b>2:45 <span>GR</span> Current Events</b>             6:30 <span>GR</span> Bingo Games!</p>	<p>10</p> <p>9:30 <span>TH</span> Balance Class            10:00 <span>TH</span> Travel Presentation w/ Ernie            10:15 <span>GR</span> Word Puzzles  <b>1:15 <span>TH</span> Book Club</b>             1:30 <span>CFLE</span> CHF Exercise            2:15 <span>GR</span> Wine and Cheese Social            3:00 <span>CR</span> Computer Class  <b>3:30 <span>TR</span> History You Never Knew</b>             6:45 <span>B</span> Midweek Movie &amp; Popcorn</p>	<p>11</p> <p>9:30 <span>TH</span> Boot Camp            10:00 <span>B</span> Art Class w/ Beth  <b>10:15 <span>B</span> Trivia Challenge</b>             11:00 <span>TH</span> Communion Service            1:30 <span>B</span> Making Sandwiches for Shelter            1:30 <span>CFLE</span> Parkinson's Class            2:00 <span>TH</span> Useless Information Chat  <b>2:15 <span>B</span> Whole Brain Fitness</b>             3:15 <span>TH</span> Travelogue Video            6:30 <span>GR</span> Bingo Games!</p>	<p>12</p> <p>8:00 <span>O</span> Lake Geneva Mailboat Tour            9:00 <span>O</span> Jewel/Walgreens            9:30 <span>TH</span> Sit and Be Fit  <b>10:00 <span>B</span> You Be The Judge</b>             10:30 <span>TH</span> Drum Circle with Chris            1:15 <span>GR</span> Special Letter Bingo  <b>2:00 <span>TH</span> Book Club</b>             3:00 <span>TH</span> Variety Show w/ Jason            7:00 <span>B</span> Carol Burnett/I Love Lucy</p>	<p>13</p> <p>9:30 <span>B</span> Coffee &amp; Chitchat            10:00 <span>B</span> Crocheting w/ Tatyana            1:30 <span>O</span> Scenic Drive            2:00 <span>GR</span> Fun Table Games            3:30 <span>GR</span> LCR Dice Game            6:30 <span>GR</span> Bingo Games!</p>
<p>14</p> <p>8:00 Church Transportation            9:30 <span>B</span> Catholic Mass Televised Live            10:15 <span>TH</span> Communion Service            10:30 <span>GR</span> Resident Card Making            1:15 <span>GR</span> Artistic Coloring Session            2:00 <span>TR</span> Bridge Club            3:30 <span>GR</span> Table Games            3:30 <span>GR</span> Italian Music with Joyce            7:15 <span>GR</span> Fun Trivia</p>	<p>15</p> <p>9:00 <span>O</span> Walgreens/Walmart            9:30 <span>TH</span> Sit and Be Fit            10:00 <span>TH</span> Chat/Devotions w/ Rev. Martin            1:30 <span>TH</span> Travel Presentation w/ Bill  <b>2:30 <span>TH</span> Book Club</b>             3:30 <span>TH</span> Chorus Rehearsal            6:30 <span>GR</span> Bingo with Natalie</p>	<p>16</p> <p>9:30 <span>TH</span> Fitness with Lana  <b>10:00 <span>TH</span> Crossword Challenge</b>             10:45 <span>TH</span> Mass/Communion            1:30 <span>CFLE</span> Parkinson's Class            1:45 <span>GR</span> Card/Board Games            2:30 <span>GR</span> Laughter Corner  <b>2:45 <span>GR</span> Current Events</b>             3:30 <span>GR</span> Sing-Along with Johnny            6:30 <span>GR</span> Bingo Games!</p>	<p>17</p> <p>9:30 <span>TH</span> Balance Class            10:00 <span>B</span> Jewelry Class w/ Tatyana            10:15 <span>GR</span> Word Puzzles            12:15 <span>O</span> Tour of Cheney Mansion  <b>1:15 <span>TH</span> Book Club</b>             1:30 <span>CFLE</span> CHF Exercise            2:15 <span>GR</span> Wine and Cheese Social            3:00 <span>CR</span> Computer Class  <b>3:30 <span>TR</span> History You Never Knew</b>             6:45 <span>B</span> Midweek Movie &amp; Popcorn</p>	<p>18</p> <p>9:30 <span>TH</span> Boot Camp            10:00 <span>B</span> Art Class w/ Beth  <b>10:15 <span>B</span> Trivia Challenge</b>             11:00 <span>TH</span> Communion Service            1:30 <span>CFLE</span> Parkinson's Class            1:30 <span>GR</span> Belmont Talent Show            2:00 <span>TH</span> Useless Information Chat  <b>2:15 <span>B</span> Whole Brain Fitness</b>             3:15 <span>TH</span> Travelogue Video            6:30 <span>GR</span> Bingo Games!</p>	<p>19</p> <p>9:00 <span>GR</span> Trinity HS Volunteer Day            9:00 <span>O</span> Jewel/Walgreens            9:30 <span>TH</span> Sit and Be Fit            10:00 <span>TH</span> Zumba Fun Fitness  <b>10:15 <span>GR</span> You Be The Judge</b>             1:15 <span>GR</span> Special Letter Bingo  <b>2:00 <span>TH</span> Book Club</b>             3:00 <span>TH</span> Variety Show w/ Jason            7:00 <span>B</span> Carol Burnett/I Love Lucy</p>	<p>20</p> <p>9:30 <span>B</span> Coffee &amp; Chitchat            10:15 <span>TH</span> Yoga w/ Judy            1:30 <span>O</span> Scenic Drive            2:00 <span>GR</span> Fun Table Games            3:30 <span>GR</span> LCR Dice Game            6:30 <span>GR</span> Bingo Games!</p>
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# Resident Council

**President:**  
Natalie Clark  
**Vice President:**  
Richard Larson

All residents are encouraged to attend the meetings and to participate in welcoming newcomers to our community! These meetings are a forum for residents to discuss concerns about Belmont Village and have an opportunity to ask questions of the administration.

This month's meeting will be held on Monday, August 8th, at 1:30 p.m. in Town Hall.



## NFL

"Belmont Village is honored to be a Designated Assisted Living Provider of the NFL Player Care Plan."



## "This Month In History" AUGUST

**1846:** An act of Congress establishes the Smithsonian Institution. The museum and research complex was named for British scientist James Smithson, who bequeathed his \$500,000 estate to the U.S.

**1902:** Theodore Roosevelt becomes the first U.S. president to make a public appearance riding in a car.

**1909:** The Indianapolis Motor Speedway holds its first race. The track is home to the annual Indy 500, called the "Greatest Spectacle in Racing."

**1926:** At the age of 19, American Gertrude Ederle becomes the first woman to swim the 21 miles of the English Channel.

**1932:** Famed pilot Amelia Earhart flies from Los Angeles to Newark, N.J., making her the first woman to fly solo from coast to coast.

**1959:** President Dwight D. Eisenhower signs an executive order proclaiming Hawaii the 50th state of the union.

**1961:** Singer Patsy Cline records the ballad "Crazy" in Nashville.

**1969:** More than 500,000 people attend the three-day Woodstock Music and Art Fair at a farm near Bethel, N.Y. The Who, Jimi Hendrix and the Grateful Dead were among the festival's famous acts.

**1996:** Sprinter Michael Johnson breaks the world record in the men's 200-meter and wins a gold medal at the Summer Olympic Games in Atlanta.

**2009:** The U.S. Senate confirms Sonia Sotomayor as the nation's first Hispanic Supreme Court justice.

## Welcome New Residents

Father Cross	#506
Jeanne B.	#604
Josette F.	#504

Please join us every first Thursday of the month at 1:45 p.m. in the Great Room or Bistro to meet the new faces of Belmont! You can meet those who moved in over the past few weeks and take a moment to introduce yourself!



Our amazing therapy team, Paxxon Healthcare Services, leads a presentation for us every month. The topics are educational and health related and are always fun! The presentations are every last Wednesday of the month at 10 am in Town Hall.

This month's topic: Dementia and Cognitive Changes

Tip of the month:

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





## FASHION SHOW!!!!



Kathleen waves to the crowd.



Ross is cool as a cat on the catwalk.



Jennifer and Eric, struttin' their stuff.



Anne Marie is having a blast!

We raised over \$1200 for the Alzheimer's Association doing a fashion show and fundraiser. THANK YOU to everyone who participated!!!



### Center for Life Enhancement Hours

Monday-Friday  
8 a.m.-4 p.m.



### Golden Years Salon

Sign up at the Concierge desk to make an appointment. Open on Tuesdays, Wednesdays and Thursdays.



### Josephine's Kitchen

*Breakfast*

7-9 am

*Lunch*

11-1 pm

*Dinner*

4:30-7 pm





# Belmont Village Scene



Crocheting mats for the shelter.



July 4th w/ a Naval Chief and ROTC.



We've got some beautiful smiles!



Table games, anyone???



Laverna had an OLD friend stop by!



The Chorus performed at Glenview!

**BELMONT** *Village*  
SENIOR LIVING  
OAK PARK

1035 Madison Street  
Oak Park, IL 60302

SC Lic. 47837  
[www.belmontvillage.com](http://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