



Belmont Village of Rancho Palos Verdes Village NEWS

5701 Crestridge Road • Rancho Palos Verdes, CA 90275 • Phone 310-377-9977 • Fax 310-377-4499

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

August 2016

Our Team

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Management Team

Kimberly M., Nerissa, Judi, Anthony, Anna, Terese, Kim S., David, Rene

Judi's Notes:

As summer draws to a close, learn about the fresh veggies in your produce department. Don't go home with another mushy cucumber or scrawny ear of corn.

Here's what to look for:

Climbing the bean stalk. Green beans should be bright and firm with no soft spots or wrinkles. Avoid tough skin and yellowing.

Beans should be easily felt through the pod.

An earful. Corn is best served the day you buy it. Look for tightly wrapped, bright-green husks.

Kernels should be small, shiny, firm and tightly packed.

Not in a pickle. Look for firm cucumbers with colors from light to dark green. Avoid soft spots and wrinkles. The best ones are no more than 6 inches long.

Eggplants should be shiny with green stems and without wrinkles.

Flesh should give a bit when gently pressed with no hard spots.

Heading back to school may be the most wonderful time of the year as far as parents are concerned, but for children, it's the beginning of the end. Rituals and routines return, while personal freedom is replaced with classroom confinement.

Parents can find a variety of ways,

however, to ease the transition from summer's sluggish way to academia's accelerated pace. With planning the preparation, shifting gears from slow to go can be easy on both adults and kids. The first lesson is to close the book on summer. Prior to the first day of classes, hold a family night complete with a cookout, picnic or sit-down dinner, followed by an hour or two spent reflecting on all the different events that took place during summer break. Give each member a chance to share his or her memories through photos or souvenirs. Second, return to "normal" household schedules that may have fallen by the wayside over the long vacation. Set specific wake up and bed times and reassign chores.

Also, reduce the amount of television viewing in exchange for learning activities. The next step is to physically get ready. One week before classes start, visit the school and meet the teacher(s), if possible. Review supply lists and dress code guidelines, then go shopping as a family. Enlisting everyone's help can provide a sense of responsibility. Lastly, provide positive reinforcement and encouragement to the children. That way, the adults won't be the only ones excited about going back to school.



Happy Birthday



August Resident Birthdays

Bill Woods	August 1st
Mary Toups	August 4th
Vicki Makita	August 8th
Mae Keith	August 9th
Rose Marino	August 28th
Fumiko Takahashi	August 29th
Sophie Whyte	August 30th

August Employee Birthdays!

Melissa Guerro	August 1st
Teresa Sands	August 8th
Gloria Perez	August 9th
Maria Ochoa	August 10th
Andressa Carlos	August 19th
Gail Reyes	August 20th
Dina Naanos	August 20th
Coreisy Barrera	August 23rd
Larlyn Tejada	August 24th
Marianne Propst	August 28th



Loving the summer weather!

Luau Family Appreciation



Bring your Hawaiian attire and swim suits!

We would like to show our appreciation to all our residents and families this summer by inviting you all to our annual Luau Event.

Saturday, August 6th, at 11:00 a.m., in the Courtyard

- Enjoy "Smokey on the Uke"
- Chair Massages & Piña Coladas
- Hula Dancers
- Swimming Pool



Rose & Chenita Enjoying the Music!



Kicking off the Summer with Root Beer Floats!



Employee of the Month!

Please join us in congratulating Christell as this month's EOM. Christell helps out in all areas of the RPV community. She continuously impresses us by her capacity to help out with Private PAL services, Assisted Living services and Dementia services. Christell is compassionate, very skilled and attentive; she's always willing to help out and is a pleasure to work with. It's people like Christell that make Belmont of Village of Rancho Palos Verdes #1!



Marianne Christell D. Prado



Automobile Driving Museum Outing

"The Automobile Driving Museum exists to preserve automotive history, interpret the historical significance, educate guests and provide them with the opportunity to take a ride in one of the museum's historic collector vehicles." The Automobile Driving Museum is one of Southern California's premier destinations for car enthusiasts! The ADM has a collection of 130 classic, antique and vintage automobiles on display. Join us on **Tuesday, August 23rd, at 1 p.m.** Please sign up at the front desk
Admission - \$8



Technology Class

Tech Savvy Girls Scouts will be volunteering their time to teach a technology class to residents. The class will include learning to use the computers at Belmont, creating and using emails, and learning how to use smart phones and tablets. Bring your devices (i.e., iPhones) on **Monday, August 22nd, at 1:30 p.m.**, in the Town Hall.



IMAX 3D Movie at the California Science Center - "A Beautiful Planet"

"A Beautiful Planet 3D is a breathtaking portrait of Earth from space, providing a unique perspective and increased understanding of our planet and galaxy as never seen before. Made in cooperation with the National Aeronautics and Space Administration (NASA), the film features stunning footage of our magnificent blue planet captured by the astronauts aboard the International Space Station (ISS)." Please join us in watching the spectacular film on **Tuesday, August 30th, at 1:00 p.m.** Admission is \$6.25 + Tax



John Gebhard at the Ports O' Call!



This Month's Outing

Peninsula Drop-Offs
Wednesday, August 10th, at 11:00 a.m.

Lunch Outing - Blue Water Grill
Thursday, August 18th, at 11:00 a.m.

Automobile Driving Museum
Tuesday, August 23rd, at 1:00 p.m.

Peninsula Drop-Offs
Wednesday, August 24th, at 11:00 a.m.

IMAX Movie at the California Science Center
"A Beautiful Planet"
Tuesday, August 30th, at 1:00 p.m.

Dinner Outing - Giorgio's
Wednesday, August 31st, at 4:00 p.m.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Poker 1:30 TH Knitting & Crochet 🌿 2:30 TH Activity Chat & MBA Meeting 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 12:00 JK Birthday Cake Celebration 2:00 JK Marketplace 2:30 TH Current Events 🌿 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Brain & Body Yoga 🌿 10:30 TH Sit & Be Fit Exercise 🌿 1:30 TH Art Class 🌿 3:00 TH Documentary 🌿 6:30 TH Evening Movie or News	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Italian Class 🌿 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Music to Remember 6:30 TH Evening Movie	9:30 TH Brain & Body Yoga 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 11:00 PT Lua W/ Ent. by Hula Dancers and Ukelele Performance by Robert Miles★ 1:00 PT Massages & Pina Colodas★ 3:30 GR High Tea W/ Joyce Garro 6:30 TH Evening Movie
7	8	9	10	11	12	13
9:30 TH Nondenominational Christian Communion Service 🌿 10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Kickboxing Balance Exercise 🌿 11:00 TH Poker 1:30 TH Resident Council 🌿 3:00 TH Mobility, Memory & Mindfulness 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 11:00 TH French Class 🌿 1:15 GR Singing Class 🌿 2:00 JK Marketplace 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Brain & Body Yoga 🌿 11:00 TH Music & Poetry 🌿 11:00 Peninsula Drop-Off 2:30 TH Beading Class 🌿 3:00 TH Documentary 🌿 6:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Spanish Class 🌿 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Carla Dominguez 6:30 TH Evening Movie	9:30 TH Sit & Be Fit 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 GR Musical Trivia 🌿 3:30 GR High Tea W/ Mark Stephens 6:30 TH Evening Movie
14	15	16	17	18	19	20
10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo 3:30 GR Champagne & Entertainment by Stan 6:30 TH Evening Movie or News	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Poker 1:15 TH Drum Circle 🌿 3:00 TH Mind, Mobility & Mindfulness 🌿 3:30 3B Discussion Group on Aging 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit Exercise 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 2:00 JK Marketplace 2:30 TH Current Events 🌿 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Brain & Body Yoga 🌿 1:30 TH Art Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 Lunch Outing to Blue Water Grill 1:30 TH Table Tennis 🌿 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Two for the Show 6:30 TH Evening Movie	9:30 TH Brain & Body Yoga 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 3:30 GR High Tea W/ Dan Platus 6:30 TH Evening Movie
21	22	23	24	25	26	27
9:30 TH Nondenominational Christian Communion Service 🌿 10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo 6:30 TH Night at the Movies W/ Theo Sigel 🌿 6:30 TH Evening Movie or News	9:30 TH Kickboxing Balance Exercise 🌿 11:00 TH Poker 1:30 TH Technology Class 🌿 3:00 TH Mind, Mobility & Mindfulness 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:00 Automobile Driving Museum Outing 🌿 1:15 GR Singing Class 🌿 2:00 JK Marketplace 3:30 TH Bingo 6:30 TH Evening Movie or News	Butterfly Boutique 9:30 TH Brain & Body Yoga 🌿 11:00 Peninsula Drop-Off 11:00 TH Music & Poetry 🌿 2:00 PT Meet & Greet Social 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Spanish Class 🌿 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Thrill of the Arts Music Group 6:30 TH Evening Movie	9:30 TH Sit & Be Fit 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:30 TH Women's History Class 🌿 2:30 TH Table Tennis 🌿 3:30 GR High Tea W/ Tom Horvath 6:30 TH Evening Movie
28	29	30	31			
10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo 4:30 JK Formal Meal W/ Entertainment by Jose Chong 6:30 TH Evening Movie or News	9:30 TH Tai Chi 🌿 11:00 TH Poker 1:30 TH Knitting & Crochet 🌿 3:00 TH Mind, Mobility & Mindfulness 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:00 IMAX 3D Movie at CA Science Center - "A Beautiful Planet" 2:00 JK Marketplace 3:30 TH Bingo 6:30 TH Evening Movie or News	9:30 TH Brain & Body Yoga 🌿 1:30 TH Art Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 4:00 Dinner Outing to Giorgio's 6:30 TH Evening Movie or News			



Circle of
**Friends &
Neighborhood**



Wanda meeting one of the therapy dogs!



Marianne & the Enrichment Group creating giveaways for an event



Anna & Joycel



Neighborhood News!

The Alzheimer's walk is approaching us very soon. Please help support us by join the Walk to End Alzheimer's walk on Saturday, October 29, 2016, in Long Beach. Families, friends and staff are all invited.

Also, staff may participate in "Casual for a Cause" to raise funds for the Alzheimer's Association. \$2 to wear jeans on Fridays.

Please see Anna Liza our Memory Program Coordinator for details.

Circle of Friends News!

Circle of Friends residents will be making lots of projects this coming month! From making gift baskets to welcome new residents; crochet hats that will be donated to the local Hospital for the children; and writing letters to our serviceman and veterans to show our appreciation for their hard work. Stop by our Circle of Friends this summer and join us as we make gifts for our community.

Circle of Friends will have a picnic at Korean Friendship Bell and we love for family and friends to also come and join us. Please contact Anna Liza if you would like to RSVP.

Circle of Friends August Outings

Tuesday, August 2
Picnic at the Korean Friendship Bell

Tuesday, August 9
Torrance Museum Outing

Tuesday, August 16
Movie Outing at AMC Theaters TBA

Tuesday, August 23
Ice Cream Social & Scenic Drive to Redondo Beach

Tuesday, August 30
Lunch Outing



Nerissa's Notes:

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 many flu vaccines are available and the number who take advantage of it, when the 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.

Flu shots will be available for residents & staff in September.



Peggy walking the runway at the Infinity Fashion Show!



Chenita also working the runway!

Welcome New Residents

Meet & Greet

Welcome, new residents! We are so happy you are here. If there is anything we can do to make your transition here any easier, please let us know.

New Residents:

- Arthur Nichols

- Don & Kathleen Vernon

We would like to invite you to our Meet & Greet Social on Wednesday, August 24th, at 2:00 p.m., in the Patio



Cheers from Ray & Harold!

4th of July Festivities!



Jean, Shirley & Siam!



Thank you servers for our BBQ!



Dixie Dazzlers giving us a show!



Wanda & her family for 4th of July



Fumi and Terry!



Joyce dancing to some classic tunes

BELMONT *Village*

SENIOR LIVING
RANCHO PALOS VERDES

5701 Crestridge Road
Rancho Palos Verdes, CA 90275

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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