



Belmont Village at Sabre Springs Village NEWS

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

August 2016

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Lori's Corner



Welcome **Gloria Goldstein!**

When I was growing up in the Pacific Northwest the month of August was marked by no rain and beautiful sunny weather. Back then, school started right after Labor Day, so August literally meant the end of summer. Now that I'm more "mature," August reminds me that we're rapidly approaching the end of *the year* and I'd better do something summer-like.

San Diego has 70 miles of coastline and beaches that vary from expansive sandy shores to rocky cliffs. Or how about bird watching? San Diego County has more than 500 species that have been sighted here, more than any other place in the continental United States. It's such a treat to hear birds chirping in the morning or catching the hummingbird fly by at 25 miles an hour. (Did you know a

hummingbird can fly and dive as fast as 60 miles an hour?)

San Diego now enjoys 14 hours of daylight, which gives us all plenty of time to enjoy our summer in whatever way we wish. We are amongst the lucky few who can call San Diego home. So whatever you like to do on a summer day, now is the time to do it because before we know it the end of *the year* will be here.



Bobbie & Erva cruise on the Coronado Ferry.



Trevor out for sunshine & shopping at the Coronado Ferry Landing.



August Birthdays

Residents

2	Eugene C.
6	Evelyn Qu.
6	Nancy R.
9	Connie N.
12	Helen S.
13	Pat. Cu.
16	Wally H.
16	Walter M.
17	Neil Mc.
18	Natalie D.
19	Agnes W.
22	Karen H.
25	Helen Co.
27	Erva H.
28	Joan Y.
29	Ellen Ko.
31	Toni M.

Employees

5	Brenda O.
7	Melba G.
10	Virginia B.
10	Elena T.
12	Joyce S.
16	Rodalia D.
21	Rocky R.
24	Lourdes C.
25	Annabelle P.

Employee Anniversaries

4	Chris S. - 7 Years
4	Joni S. - 7 Years
10	Janebee A. - 6 Years
10	Elizabeth G. - 6 Years
21	Francisco P. - 4 Years
25	Harriet S. - 8 years
28	Jessica P. - 4 Years

News From Beth Romeo, R.N.

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.



July EOM: ShIELA Q.

This month Belmont honors **ShIELA**, long time Nurse, for her amazing composure and knowledge. Born in the Philippines, she grew up having a lot of fun with friends and cousins swimming in the river! Her hobbies nowadays include reading, traveling, hiking, and going to the mall.

ShIELA has been working in the health care field for over 8 years and has goals to manage a team of nurses one day. Her favorite part of the job is taking care of the seniors to ensure their health and happiness. Congrats, ShIELA!



Thanks for the Memories



Ilah Jo with her daughter, **Marian**, for a bite at Belmont

Born and raised in the Ozarks, **Ilah Jo Ely** lived in a small town off the beaten path in Missouri. The mountainous area could be dangerous, as she recalls once being bitten by a copperhead snake. Her cousin had actually stepped on the snake, but it bit poor Ilah Jo. Fortunately she lived to tell the tale.

In 1941 Ilah Jo married her husband, Robert. They soon relocated to his hometown, San Diego. Here, he served as a San Diego Fire Department chief. Working lots of hours, Chief Ely was quite dedicated to his work, while Ilah Jo worked at the home caring for their daughters, Sharon and Marian.

By the time their children were in high school, Ilah Jo returned to school to study education and earn her teaching credential. She laughs when remembering no one

was really interested in attending her graduation until they knew that President Kennedy was giving the commencement address!

After college she served as a reading specialist at Horton Elementary School. Students who needed extra practice met with Mrs. Ely for 1-on-1 reading lessons. She had a theory that students with good balance had an easier time learning. So she would take her students out to the playground to exercise their balance on the sandbox border and read. Most of all, she enjoyed seeing her students improve.

In the 1960s Ilah Jo was quite active in civil rights involvement, supporting the integration efforts of schools in San Diego. Protesters would block road ways, but when they saw Mrs. Ely they would allow her to pass.

After retirement and her children grew up, she and Robert decided to travel the world. She explored China, Russia, Europe, and Paris. She and Robert cruised through the Panama Canal and sailed through the Caribbean. Ilah Jo has travelled to many parts of the world, but cannot pick a favorite place. She loves them all.

As Ilah looks back on all the memories, she states how lucky she was to have met her husband and live in San Diego for over 70 years! Thanks for the memories, Ilah Jo!

Transportation



- Mon. 9:30 a.m. NBH Outing
1 p.m. AL/IL Drive
- Tues. 8:30 a.m.–3:30 p.m.
Doctors' Appointments
- Wed. AL/IL Large Outing
- Thur. 8:30 a.m.–3:30 p.m.
Doctors' Appointments
Noon COF Outing
- Fri. 9:30 a.m. AL/IL
Treasure Hunt
1 p.m. Walk Outing
1:30 p.m. Errands
- Sat. 9:30 a.m. NBH Outing
12:30 p.m. Errands
2:30 p.m. AL/IL
Scenic Drive
- Sun. 8 a.m. Church Runs
1:15 p.m. AL/IL
Scenic Drive

August Errands Schedule

- 5 Carmel Mountain
- 6 Poway
- 12 Poway
- 13 Rancho Bernardo
- 19 Rancho Bernardo
- 20 Carmel Mountain
- 26 Carmel Mountain
- 27 Poway

Advisory Committee

- Natalie Denton
- Edie Siegfried
- Jay Neal
- Pat Connell
- Jim Roush
- Helen Shotts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>celebrate SUMMER!</p> 	<p>Immunization Awareness Month 1</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>10:40 TH Staying Well Games</p> <p>1:30 Mystery Ride</p> <p>2:30 CR Welcome Committee Meeting</p> <p>7:00 TH Bingo</p>	<p>Peter O'Toole's Birthday 1933 2</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Theraband</p> <p>10:00 SP Hearing Clinic</p> <p>1:15 TH Communion</p> <p>2:15 TH Current Events</p> <p>3:30 TH Blackjack</p> <p>7:00 TH Wii Bowling</p>	<p>Tony Bennett's Birthday 1926 3</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>11:15 Barrel Room Restaurant Rancho Bernardo Outing</p> <p>1:00 B Educational Video</p> <p>2:30 TH Balance Class</p> <p>3:30 CR Canasta Card Game</p> <p>7:00 JK Texas Hold 'Em</p>	<p>President Obama's Birthday 4</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Ad. Theraband</p> <p>10:40 TH Staying Well Games</p> <p>1:15 TH Astronomy Class</p> <p>3:00 GR Happy Hour "Blue Zone Band"</p> <p>4:00 CP Computer Class</p> <p>7:00 B Thur. Night Movie</p>	<p>5</p> <p>9:30 TH Resistance Training</p> <p>10:00 TH Boot Camp: Resistance</p> <p>10:30 CR Penny Game</p> <p>1:30 TH When We Were Young</p> <p>1:30 Carmel Mountain Errands</p> <p>2:30 GR Helen Woodward Animal Visit</p> <p>3:30 TH Wii Bowling</p> <p>3:30 PL Wine & Pool Play</p>	<p>Lucille Ball's Birth (1912) 6</p> <p>9:30 TH Chair Yoga</p> <p>10:15 TH Music Therapy</p> <p>12:30 Poway Errands</p> <p>1:00 TH Bingo</p> <p>1:00 GR Love on a Leash</p> <p>2:30 Scenic Drive</p> <p>3:30 GR Trivia</p> <p>7:00 B Saturday Movie Night</p>
<p>Purple Heart Established 1782 7</p> <p>8:00 Church Runs</p> <p>10:00 TH Shadow MT. Church</p> <p>1:30 CR Bridge Club</p> <p>1:30 Scenic Drive</p> <p>2:00 GR Many Strings Duet</p> <p>3:00 TH Bible Study</p> <p>3:15 GR Trivia</p> <p>7:00 B Sunday Movie</p>	<p>Dustin Hoffman's Birthday 1937 8</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>10:40 TH Staying Well Games</p> <p>1:00 Mystery Ride</p> <p>2:30 TH Resident Meeting</p> <p>3:30 TH Password</p> <p>7:00 TH Bingo</p>	<p>President Nixon Resigns 1974 9</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Theraband</p> <p>10:45 TH Chris Burns on Tchaikovsky: Music & His Time</p> <p>1:00 Movie Matinee Outing</p> <p>1:15 TH Communion</p> <p>2:30 TH Braille Institute: "Understanding Vision Loss"</p> <p>3:30 TH Blackjack</p>	<p>President Hoover's Birth (1874) 10</p> <p>9:30 GM Stretch & Flex</p> <p>10:00 GM Ad. Stretch & Flex</p> <p>12:45 Camp Pendleton Marine Corp Mechanized Museum Outing</p> <p>1:00 B Educational Video</p> <p>2:30 TH Balance Class</p> <p>3:30 TH History Matters</p> <p>7:00 JK Texas Hold 'Em</p>	<p>11</p> <p>9:30 GM Theraband-ercise</p> <p>10:00 GM Boot Camp: Ad. Theraband</p> <p>10:40 B Staying Well Games</p> <p>1:45 TH America's Gilded Age "1890s: Unions Strike Back"</p> <p>3:00 GR Happy Hour "Sandy Devito Trio"</p> <p>4:00 CP Computer Class</p> <p>7:00 B Thur. Night Movie</p>	<p>12</p> <p>9:30 Walk at the Beach</p> <p>9:30 TH Resistance Training</p> <p>10:00 TH Boot Camp: Resistance</p> <p>10:30 CR Penny Game</p> <p>1:30 Poway Errands</p> <p>2:30 TH Activity/MBA Meeting</p> <p>3:30 TH Wii Bowling</p> <p>3:30 PL Ladies' Wine Club</p>	<p>Annie Oakley's Birth 1860 13</p> <p>9:30 TH Chair Yoga</p> <p>10:30 TH Wii Bowling</p> <p>12:30 Rancho Bernardo Errands</p> <p>1:00 TH Bingo</p> <p>2:30 TH Family Feud</p> <p>3:30 GR Trivia</p> <p>7:00 B Saturday Movie Night</p>
<p>14</p> <p>8:00 Church Runs</p> <p>10:00 TH Shadow MT. Church</p> <p>1:00 TH Jewelry Design</p> <p>1:30 CR Bridge Club</p> <p>1:30 Scenic Drive</p> <p>2:00 GR Paul Nichols on Guitar</p> <p>3:00 TH Bible Study</p> <p>3:15 GR Trivia</p>	<p>Victory in Japan Day 15</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>10:40 TH Staying Well Games</p> <p>1:30 Mystery Ride</p> <p>3:00 GR Music Joy Circle</p> <p>7:00 TH Bingo</p>	<p>Madonna's Birthday 1958 16</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Theraband</p> <p>1:15 TH Communion</p> <p>2:15 JK Food for Thought</p> <p>3:30 TH Blackjack</p> <p>7:00 TH Wii Bowling</p>	<p>17</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>11:00 Ponces Mexican Restaurant Outing</p> <p>1:00 B Educational Video</p> <p>2:30 TH Balance Class</p> <p>3:30 CR Canasta Card Game</p> <p>3:45 TH Protestant Communion Service</p>	<p>18</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Ad. Theraband</p> <p>10:40 TH Staying Well Games</p> <p>1:00 JK Meet the Chef</p> <p>3:00 GR Happy Hour "Tony Dettore"</p> <p>7:00 B Thur. Night Movie</p>	<p>National Aviation Day 19</p> <p>9:30 Walking Club Outing</p> <p>9:30 TH Resistance Training</p> <p>10:00 TH Boot Camp: Resistance</p> <p>10:30 CR Penny Game</p> <p>1:30 Rancho Bernardo Errands</p> <p>1:30 TH Guest Speaker: "Medicare Fraud Prevention"</p> <p>3:30 PL Wine & Pool Play</p> <p>3:30 TH Wii Bowling</p>	<p>20</p> <p>9:30 TH Chair Yoga</p> <p>10:15 TH Music Therapy</p> <p>12:30 Carmel Mountain Errands</p> <p>1:00 TH Bingo</p> <p>1:00 GR Love on a Leash</p> <p>2:00 GR Jewelry Show with Judy: "Fireside Chat and Sales"</p> <p>2:30 Scenic Drive</p> <p>3:30 GR Trivia</p>
<p>21</p> <p>8:00 Church Runs</p> <p>10:00 TH Shadow MT. Church</p> <p>1:30 CR Bridge Club</p> <p>1:30 Scenic Drive</p> <p>2:00 GR Myron on Guitar</p> <p>3:00 TH Bible Study</p> <p>3:15 GR Trivia</p> <p>7:00 B Sunday Movie</p>	<p>Ray Bradbury's Birth 1922 22</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>10:40 TH Staying Well Games</p> <p>1:00 Mystery Ride</p> <p>1:30 MP Marketplace Open</p> <p>3:30 TH Password</p> <p>7:00 TH Bingo</p>	<p>23</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Theraband</p> <p>10:40 TH Icons of America</p> <p>1:15 TH Communion</p> <p>3:30 TH Blackjack</p> <p>7:00 TH Wii Bowling</p>	<p>24</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>11:30 Del Mar Horse Races</p> <p>1:00 B Educational Video</p> <p>2:30 TH Balance Class</p> <p>3:30 CR Canasta Card Game</p> <p>7:00 JK Texas Hold 'Em</p>	<p>Paris Liberated (1944) 25</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Ad. Theraband</p> <p>10:40 TH Staying Well Games</p> <p>1:45 TH America's Gilded Age "Middle Class Ideas"</p> <p>3:00 GR Happy Hour "Cowboy Jack Duo"</p> <p>4:00 CP Computer Class</p> <p>7:00 B Thur. Night Movie</p>	<p>Women's Equality Day 26</p> <p>9:30 TH Resistance Training</p> <p>10:00 Carmel Mountain Errands</p> <p>10:00 TH Boot Camp: Resistance</p> <p>10:30 CR Penny Game</p> <p>12:00 JK Birthday Luncheon</p> <p>1:30 TH Sports Mania</p> <p>3:30 TH Wii Bowling</p> <p>7:00 TH Fri. Night Movie</p>	<p>Pres. Lyndon Johnson's Birth 1908 27</p> <p>9:30 TH Chair Yoga</p> <p>10:15 GR Songs for the Soul</p> <p>12:30 Poway Errands</p> <p>1:00 TH Bingo</p> <p>2:30 Scenic Drive</p> <p>2:30 TH Art Class: "Ceramics"</p> <p>3:30 GR Trivia</p> <p>7:00 B Saturday Movie Night</p>
<p>28</p> <p>8:00 Church Runs</p> <p>10:00 TH Shadow MT. Church</p> <p>1:30 Scenic Drive</p> <p>1:30 CR Bridge Club</p> <p>2:00 GR RoseMarie on Piano</p> <p>3:00 TH Bible Study</p> <p>3:15 GR Trivia</p> <p>7:00 B Sunday Movie</p>	<p>29</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>10:40 TH Staying Well Games</p> <p>1:00 Mystery Ride</p> <p>1:30 TH When We Were Young</p> <p>3:30 TH Password</p> <p>7:00 TH Bingo</p>	<p>30</p> <p>9:30 TH Theraband-ercise</p> <p>10:00 TH Boot Camp: Theraband</p> <p>10:45 TH Current Events</p> <p>1:15 TH Communion</p> <p>2:15 TH Blackjack</p> <p>3:30 TH Koffee Klatch w/ Lori</p> <p>7:00 TH Wii Bowling</p>	<p>31</p> <p>9:30 TH Stretch & Flex</p> <p>10:00 TH Ad. Stretch & Flex</p> <p>11:00 Anthony's Fish Grotto Restaurant Outing</p> <p>1:00 B Educational Video</p> <p>2:30 TH Balance Class</p> <p>3:30 CR Canasta Card Game</p> <p>7:00 JK Texas Hold 'Em</p>	<p>All activities are subject to change based on the daily sheets posted each day around the building.</p>		<p>08.19</p> <p><i>August</i></p> <p>Aviation  Day</p>



Welcome Committee

Chair: Natalie Denton
Warren Hess
Erma Amatore
Pauline Hayes
Pat Connell
Mary Knowles

Resident Council

President Jim Roush
Vice Pres. Edie Siegfried
Secretary Jay Neal

Meet the Chef

Every Third Thursday at
1:00pm



National Nurse's Assistant Week was recent! Our PALS enjoyed a feast in honor of their dedication.



Lunch at Barona Casino



Rocky, he's everywhere!
Including being one of
our Private Caregivers.

Belmont's Private Caregiver Options

Does your loved one need 1-on-1 care due to: return from hospital, change in condition, wander risk, or anxiety issues? If so, for any reason, we urge you not to go through a private agency. We offer it here for reasonable costs.

The benefit: Belmont is accountable and reliable for what they need, and your loved one will already know the care-giver/PAL.

To learn more, contact DRCS Beth Romeo, or Executive Director Lori Kim.

Activities to Consider

Understanding Vision Loss
Tuesday, August 9

Town Hall at 2:30pm
Everything seniors should know about age related eye conditions and free services. Macular Degeneration? Diabetic Retinopathy? Glaucoma? Cataracts? Low Vision?

There are solutions in sight! This seminar from the Braille Institute will address low vision issues, provide practical solutions, and facilitate interactive discussions.

Sports Mania
Friday, August 26
Town Hall at 1:30pm

Do you like great sports moments? Would you love to watch just those moments and talk about seeing it live? Join us for highlights, history, and the excitement as we explore different sports each session.

August Outings



Jump on the bus for the great conversations, many unique places to go, and delightful restaurants to dine.

Wednesday, August 3, at 11:15am

Barrel Room Restaurant

Wednesday, August 10, at 12:45pm

**Camp Pendleton Marine Corp
Mechanized Museum**

Wednesday, August 17, at 11:00am

Ponces Mexican Restaurant

Wednesday, August 24, at 11:30am

Del Mar Horse Races

Wednesday, August 31 at 11:00am

Anthony's Fish Grotto



Circle of Friends



Neil & Mary Beth with the band

One of our Belmont Village families recently attended a class at Alzheimer's San Diego. One phrase from the class stuck with them: "There is dignity in risk." Often when we care for fragile people our goals become very narrow: keep them safe. Excluding all dangers, however, takes a toll on a person's sense of self. "There is dignity in risk" was a reminder for this family that little daily risks help people maintain a sense of dignity. Whether walking to the dining room or riding a wheelchair, maintaining that dignity is part of our COF culture.



Agnes walks around the block.

Neighborhood News



Vivian out for sunshine.

Attention all families! You still have opportunities to sponsor a PAL for Casual for a Cause through the month of August! Please see the concierge to set up some appreciation for your favorite PAL.

This Fall you will be invited to attend a Care Symposium here in Sabre Springs. We have so many care services available here at Belmont Village and we want to give you the information you need to advocate for the people you love. Stay tuned!



Eileen enjoys a filing activity.

Alzheimer's Support Group

First and third Wednesdays of every month at 6:30 p.m. in the Den. Open to the public.

Podiatrist Visits

Second Monday of the month, 1:30 p.m., 3rd Floor Spa.

Dental Screenings

Last Tuesday of the month at 1:30 p.m., 3rd Floor Spa.

Hearing Clinic

First Tuesday of the month at 10:00 a.m., in the 3rd Floor Spa, next to Salon.

New Residents

Dorothy Stahler
Evelyn Quintanilla
Leo Jusseume
Jerry Heveron
Denton Lamoreaux



Alice celebrates a very patriotic 4th with Uncle Sam Francisco.

Belmont Village Scene



Alice & Pat picnic at the beach.



Lu & Natalie gamble at Barona.



Peter & Barbara walk Mission Bay.



Independence Day Party.



Madeline joins Uncle Sam.



Uncle Sam asks **RuthEllen** for a dance

BELMONT *Village*

SENIOR LIVING
SABRE SPRINGS

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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