



# Belmont Village NEWS

Belmont Village of San Jose

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

August 2016

## Meet Our Team

### Keith Payne

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San Jose Management Team (L-R): Peggy, Josue, Nancy, Kimia, Allyson, Jessica, Keith, Christie & Jon

## Keith's Corner

### Hello August!

Hello again!

August is here and hotter days as well, but it sure seems like the summer months are going by fast. Summer vacations are coming to an end, and kids all across America are heading back to school, which means parents all over America are celebrating!

The month of August was originally named Sextilis in Latin, because it was the sixth month in the original ten-month Roman calendar under Romulus in 753 BC, when March was the first month of the year. About 700 BC it became the eighth month when January and February were added to the year before March by King Numa Pompilius, who also gave it 29 days. Julius Caesar added two days when he created the Julian calendar in 45 BC giving it its modern length of 31 days. In 8 BC it was renamed in honor of Augustus, and it has 31 days because Augustus wanted as many days as Julius Caesar's month of July had.

As always, thank you for your continued support of Belmont Village San Jose and our staff, as we truly appreciate the opportunity to serve you and your loved one.

Sincerely, Keith Payne



## Summer Olympics

The Summer Olympic Games in Rio de Janeiro, Brazil, officially start on August 5th, and continue until August 21st, 2016. They will have a record number of countries that are participating in a record number of sports. More than 10,500 athletes from 206 National Olympic Committees are scheduled to take part. With 306 sets of medals, the games will feature 28 Olympic sports. **Let's Go USA!!**

Join us as we celebrate the Summer Olympics at Belmont! Go for the Gold! **From August 1-22** when you attend an exercise class you will receive a gold medal. At the end of the three weeks, the resident with the most medals will win a prize! Let's participate in some fun and games for an Olympic kick-off party on **Fri, August 5th at 3 PM in the 7th floor Bistro**. Gloria Spanier, a San Jose local, will share her story as a Torch Carrier for the Olympics on **Mon, August 8th at 3 PM in Josephine's Kitchen**.



## August Birthday Lunch

Let's celebrate Friday, August 26th, at 11:30 AM

### Resident Birthdays

August 9	Jeannie Martin
August 9	Yasuko Takaki
August 11	Yvonne Steinfeld
August 13	Gerene Bagnatori
August 14	Warren Sweetnam
August 18	Pat Ortiz
August 19	Andrew Jimenez
August 26	Anne Biagini



**Helen S.** and her caregiver Erlita celebrated all the June birthdays!

### Employee Birthdays

August 4	Annette Petty
August 5	Sothea Men
August 8	Clarissa Chavez
August 11	Wilda Carvalho
August 13	Kimia Sedaghat
August 19	Miezl Cuevas
August 26	Melissa Quinonez
August 26	Jessica Sanders



**Irene** was delighted with her special birthday entrée in June.

### Support Group

If you have a loved one in our Memory Programs, you are invited to attend a Support Group Facilitated by Tiffany Mikles. These groups provide a safe place for family members and friends of dementia patients to share feelings, concerns and information

**Wednesday, August 10,  
5:30pm-7:00pm**

**Town Hall - 6th Floor**

*No Reservation Required*

*2nd Wednesday of each month*

### MBA Happy Hour

Let's take the time to relax and enjoy some cocktails and snacks at the monthly Happy Hour!

**Tuesday, August 9th**

**3:00-4:00 PM**

**7th Floor-Terrace**

*Every 2nd Tuesday of the month*

### Welcome Wagon

All new residents will be invited to an orientation and luncheon  
**Thursday, August 4th, at  
11:30 am**

**Josephine's Kitchen**

*Welcome to Belmont Village:*

*Bill Dodsworth, Michael Mauldin,  
Georgene Orr, & Bea Petersen*

### Join the MBA Club

MBA, short for Mind Body Awareness, uses a holistic approach that includes activities & lifestyle choices in four areas of daily activity: mental fitness, physical exercise, nutrition, & spiritual & creative thinking.

Come and learn about the program which offers a fun, interactive way to meet mental & physical fitness goals.

This will be discussed at the Activity Chat on **Monday, August 1st at 2:00 PM**

### Employee of the Month

This month we would like to recognize **Joel Makakoa** for his hard work and dedication as a dishwasher in Josephine's Kitchen. Behind the scenes Joel is efficient and you can rely on him to complete any task at hand.

When Joel is not at Belmont he enjoys reading and watching science fiction movies.

When asked what he likes about working at Belmont he expressed that "everyone is respectful and caring." Congratulations on a job well done, Joel! Josephine's Kitchen would not be the same without you!



Congratulations to Joel Makakoa, Our Employee of the Month for August!



## August Outings

### Movie Theatre Outing

Let's go out to the movies for some buttery popcorn and refreshing drinks

Wednesday, August 3rd  
Movie & time TBD

### Lunch Outing to Mizu Sushi Bar & Grill

Let's enjoy a day out with a specially prepared Japanese Korean fusion meal

Wednesday, August 10th  
11:00 AM Departure

### Dinner at the Cheesecake Factory

Who doesn't like cheesecake? With an extensive food and dessert menu, we can taste anything our hearts desire!

Wednesday, August 17th  
4:00 PM Departure

### Senior Safari Walkabout

Happy Hollow is not just a place for kids! We will join the early morning walk to get some exercise while enjoying the beautiful park

Thursday, August 25th  
9:15 AM Departure

*Free Admission*

### Hakone Estate & Gardens

Together we will experience a tranquil place of peace and harmony at the beautiful Hakone Gardens in Saratoga

Wednesday, August 31st  
1:30 PM Departure

## Mark Your Calendars!

### Activity Chat

Learn about the MBA Club, activities in August & help plan future activities

Monday, August 1st  
Bistro-7th Floor @ 2:00 PM

### Massage Therapy

Silicon Valley Body Renewal is back for another relaxing session

Thursday, August 11th  
9:30 - 11:00 AM

Great Room - 1st Floor  
*Sign up at the front desk*

### Health Presentation

BREATHE California of the Bay Area will make a presentation titled *Clean Indoor Air Pollution*

Monday, August 15th  
Bistro-7th Floor @ 3:00 PM

### Chef Chat

Meet Josue for the monthly chef chat to discuss the menu

Tuesday, August 16th  
Bistro-7th Floor @ 3:00 pm

### Resident Meeting

Share your concerns with the management team, ask questions, and discuss ideas

Friday, August 26th  
Bistro-7th Floor @ 10:00 am

### Hearing Health

Hearwell Audiology will make a presentation on hearing health and complimentary hearing screenings

Monday, August 29th  
Bistro-7th Floor @ 3:00 PM

## Summer BBQ Highlights

Thank you all for a spectacular evening on June 23rd during the Summer BBQ for the family and resident appreciation night!




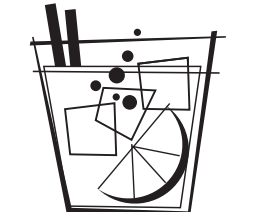

Marion & Delores enjoyed the signature drink of the night, champagne & berries.



The evening was filled with wonderful music by the Magnolia Jazz Band.



Fred & Mary B smiled for the photo during a pleasant evening.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30 <span style="color:red">B</span> Let's Get Fit 🌿 10:00 <span style="color:red">B</span> Seated Exercises 🌿 10:00 <span style="color:blue">O</span> Shopping: CVS & Banks ★ 1:00 <span style="color:red">G</span> Fitness Fun 🌿 2:00 <span style="color:red">B</span> Activity Chat 🌿 3:00 <span style="color:red">B</span> Mind Your Mind 🌿 6:00 <span style="color:green">GR</span> Poker Night 6:15 <span style="color:blue">TH</span> Movie Night	9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:green">JK</span> Sing-Along with Dianne 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">B</span> Healthful Bites 🌿 3:00 <span style="color:red">B</span> Flower Arranging 🌿 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:00 <span style="color:red">B</span> Book Club Meeting 🌿 10:00 <span style="color:blue">O</span> Shopping: Walgreens & Banks 1:00 <span style="color:blue">O</span> Movie Theatre Outing ★ 2:30 <span style="color:red">G</span> Fitness Fun 🌿 6:00 <span style="color:green">GR</span> Blackjack 6:15 <span style="color:red">B</span> Movie Night	9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:blue">O</span> Wellness Walk 🌿 11:30 <span style="color:green">JK</span> New Resident Lunch 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:green">JK</span> Wine & Cheese with Carol Thorson 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:30 <span style="color:red">B</span> Catholic Mass 🌿 1:00 <span style="color:red">B</span> Spanish Class 🌿 1:30 <span style="color:red">G</span> Fitness Fun 🌿 1:45 <span style="color:green">JK</span> Young at Heart Performs 3:00 <span style="color:red">B</span> Olympics Kick Off 🌿 3:00 <span style="color:blue">O</span> Scenic Drive ★ 6:00 <span style="color:green">GR</span> Card Games 6:15 <span style="color:blue">TH</span> Movie Night	10:00 <span style="color:red">B</span> Seated Tai Chi 🌿 10:00 <span style="color:blue">O</span> Shopping: Target ★ 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:30 <span style="color:green">GR</span> Art Therapy 🌿 3:00 <span style="color:green">JK</span> Bev on the Piano 6:00 <span style="color:green">GR</span> Card Games
7	8	9	10	11	12	13
9:30 <span style="color:blue">O</span> Church Outing ★ 10:00 <span style="color:red">B</span> Exercise Video 🌿 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:00 <span style="color:red">B</span> Ceramics Class 🌿 3:00 <span style="color:green">JK</span> Theatrical Program: "Fraudulent Intern" 3:30 <span style="color:red">B</span> Christian Worship Service 🌿 6:00 <span style="color:green">GR</span> Bingo	9:30 <span style="color:red">B</span> Let's Get Fit 🌿 10:00 <span style="color:red">B</span> Seated Exercises 🌿 10:00 <span style="color:blue">O</span> Shopping: CVS & Banks ★ 1:00 <span style="color:red">G</span> Fitness Fun 🌿 1:30 <span style="color:red">B</span> Ceramics Class 🌿 3:00 <span style="color:green">JK</span> Olympic Torch Presentation by Gloria Spanier 🌿 6:00 <span style="color:green">GR</span> Poker Night 6:15 <span style="color:blue">TH</span> Movie Night	9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:green">JK</span> Sing-Along with Dianne 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">B</span> Healthful Bites 🌿 3:00 <span style="color:blue">T</span> MBA Happy Hour 🌿 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:00 <span style="color:blue">O</span> Shopping: Walgreens & Banks 10:00 <span style="color:red">B</span> Book Club Meeting 🌿 11:00 <span style="color:blue">O</span> Lunch at the Cheesecake Factory ★ 2:00 <span style="color:red">B</span> Flower Arranging 🌿 2:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:red">B</span> Crafting Fun 🌿 6:00 <span style="color:green">GR</span> Blackjack 6:15 <span style="color:red">B</span> Movie Night	9:30 <span style="color:green">GR</span> Massage Therapy (9:30-11a) 🌿 9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:blue">O</span> Wellness Walk 🌿 10:30 <span style="color:red">B</span> Catholic Services 🌿 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:green">JK</span> Wine & Cheese with Kimberlye Gold 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:30 <span style="color:red">B</span> Bible Study 🌿 1:00 <span style="color:red">B</span> Spanish Class 🌿 1:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:green">JK</span> Brad Bryant Performs 3:00 <span style="color:blue">O</span> Scenic Drive ★ 6:00 <span style="color:green">GR</span> Card Games 6:15 <span style="color:blue">TH</span> Movie Night	10:00 <span style="color:blue">O</span> Shopping: Kohl's ★ 10:00 <span style="color:red">B</span> Seated Tai Chi 🌿 1:00 Resident Art Show: Renee Stokes (1-3p) on 5th floor 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:30 <span style="color:green">GR</span> Art Therapy 🌿 3:00 <span style="color:green">JK</span> Mark Watson Performs 6:00 <span style="color:green">GR</span> Card Games
14	15	16	17	18	19	20
9:30 <span style="color:blue">O</span> Church Outing ★ 10:00 <span style="color:red">B</span> Exercise Video 🌿 1:00 <span style="color:purple">MP</span> Marketplace Opens 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:00 <span style="color:red">B</span> Ceramics Class 🌿 3:00 <span style="color:green">JK</span> Tiffany Chang on the Piano 6:00 <span style="color:green">GR</span> Bingo	9:30 <span style="color:red">B</span> Let's Get Fit 🌿 10:00 <span style="color:red">B</span> Seated Exercises 🌿 10:00 <span style="color:blue">O</span> Shopping: CVS & Banks ★ 1:00 <span style="color:red">G</span> Fitness Fun 🌿 2:00 <span style="color:red">B</span> Gaming Hour 🌿 3:00 <span style="color:red">B</span> Mind Your Mind 🌿 6:00 <span style="color:green">GR</span> Poker Night 6:15 <span style="color:blue">TH</span> Movie Night	9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:green">JK</span> Sing-Along with Dianne 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">B</span> Healthful Bites 🌿 3:00 <span style="color:red">B</span> Flower Arranging 🌿 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:00 <span style="color:red">B</span> Book Club Meeting 🌿 10:00 <span style="color:blue">O</span> Shopping: Walgreens & Banks 2:00 <span style="color:green">JK</span> Ladies Who Sing Performance 2:30 <span style="color:red">G</span> Fitness Fun 🌿 3:30 <span style="color:green">JK</span> Ken Sosa Performs 4:00 <span style="color:blue">O</span> Dinner at Mizu Sushi Bar & Grill ★ 6:00 <span style="color:green">GR</span> Blackjack 6:15 <span style="color:blue">TH</span> Movie Night	9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:blue">O</span> Wellness Walk 🌿 10:30 <span style="color:red">B</span> Catholic Services 🌿 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:green">JK</span> Wine & Cheese with Eddie Williams 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 1:00 <span style="color:red">B</span> Spanish Class 🌿 1:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:green">JK</span> Paulette ReNee Performs 3:00 <span style="color:blue">O</span> Scenic Drive ★ 6:00 <span style="color:green">GR</span> Card Games 6:15 <span style="color:blue">TH</span> Movie Night	10:00 <span style="color:blue">O</span> Shopping: Marshalls ★ 10:00 <span style="color:red">B</span> Seated Tai Chi 🌿 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:30 <span style="color:green">GR</span> Art Therapy 🌿 3:00 <span style="color:green">GR</span> Furry Friends Visit 6:00 <span style="color:green">GR</span> Card Games
21	22	23	24	25	26	27
9:30 <span style="color:blue">O</span> Church Outing ★ 10:00 <span style="color:red">B</span> Exercise Video 🌿 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:00 <span style="color:red">B</span> Ceramics Class 🌿 3:00 <span style="color:green">JK</span> Jess Bautista Saxophone Performance 6:00 <span style="color:green">GR</span> Bingo	9:30 <span style="color:red">B</span> Let's Get Fit 🌿 10:00 <span style="color:blue">O</span> Shopping: CVS & Banks ★ 10:00 <span style="color:red">B</span> Seated Exercises 🌿 1:00 <span style="color:red">G</span> Fitness Fun 🌿 1:30 <span style="color:red">B</span> Ceramics Class 🌿 3:00 <span style="color:red">B</span> Olympics Closing Ceremonies 🌿 6:00 <span style="color:green">GR</span> Poker Night 6:15 <span style="color:blue">TH</span> Movie Night	9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:green">JK</span> Sing-Along with Dianne 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">B</span> Healthful Bites 🌿 3:00 <span style="color:red">B</span> Chef Chat 🌿 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:00 <span style="color:blue">O</span> Shopping: Walgreens & Banks 10:00 <span style="color:red">B</span> Book Club Meeting 🌿 1:30 <span style="color:red">B</span> Gaming Hour 🌿 2:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:red">B</span> Flower Arranging 🌿 6:00 <span style="color:green">GR</span> Blackjack 6:15 <span style="color:blue">TH</span> Movie Night	9:15 <span style="color:blue">O</span> Senior Safari Walk at Happy Hollow 🌿 9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:blue">O</span> Wellness Walk 🌿 10:30 <span style="color:red">B</span> Catholic Services 🌿 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:green">JK</span> Wine & Cheese with Young at Heart 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:00 <span style="color:red">B</span> Resident Meeting 🌿 11:30 <span style="color:green">JK</span> Birthday Luncheon 1:00 <span style="color:red">B</span> Spanish Class 🌿 1:30 <span style="color:red">G</span> Fitness Fun 🌿 3:00 <span style="color:blue">O</span> Scenic Drive ★ 3:00 <span style="color:red">B</span> Crafting Fun! 🌿 6:00 <span style="color:green">GR</span> Card Games 6:15 <span style="color:blue">TH</span> Movie Night	10:00 <span style="color:blue">O</span> Shopping: Walmart ★ 10:00 <span style="color:red">B</span> Seated Tai Chi 🌿 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:30 <span style="color:green">GR</span> Art Therapy 🌿 3:00 <span style="color:green">JK</span> Mike Osborn Performs 6:00 <span style="color:green">GR</span> Card Games
28	29	30	31			
9:30 <span style="color:blue">O</span> Church Outing ★ 10:00 <span style="color:red">B</span> Exercise Video 🌿 1:30 <span style="color:blue">O</span> Scenic Drive ★ 2:00 <span style="color:red">B</span> Ceramics Class 🌿 3:00 <span style="color:green">JK</span> Bernard Smith on the Piano 6:00 <span style="color:green">GR</span> Bingo	9:30 <span style="color:red">B</span> Let's Get Fit 🌿 10:00 <span style="color:blue">O</span> Shopping: CVS & Banks ★ 10:00 <span style="color:red">B</span> Seated Exercises 🌿 1:00 <span style="color:red">G</span> Fitness Fun 🌿 2:00 <span style="color:red">B</span> Gaming Hour 🌿 3:00 <span style="color:red">B</span> Mind Your Mind 🌿 6:00 <span style="color:green">GR</span> Poker Night 6:15 <span style="color:blue">TH</span> Movie Night	9:30 <span style="color:red">B</span> Belmont Boot Camp 🌿 10:00 <span style="color:green">JK</span> Sing-Along with Dianne 1:15 <span style="color:red">B</span> Bingo 2:30 <span style="color:red">B</span> Healthful Bites 🌿 3:00 <span style="color:red">B</span> Flower Arranging 🌿 6:00 <span style="color:green">GR</span> Card Games	9:30 <span style="color:red">B</span> Let's Get Fit! 🌿 10:00 <span style="color:red">B</span> Book Club Meeting 🌿 10:00 <span style="color:blue">O</span> Shopping: Walgreens & Banks 1:30 <span style="color:blue">O</span> Visit Hakone Estate & Gardens ★ 2:30 <span style="color:red">G</span> Fitness Fun 🌿 6:00 <span style="color:green">GR</span> Blackjack 6:15 <span style="color:blue">TH</span> Movie Night			



## Monitoring Blood Pressure & Exercise

About 1 in 3 adults in the U.S. has high blood pressure, but many don't realize it. It is called a "silent killer," because it usually has no warning signs.

### American Heart Association Recommendations:

- Get the equivalent of at least 2 hours & 30 minutes per week of moderate-intensity physical activity, such as brisk walking.
- To lower your blood pressure or cholesterol, aim for 40 minutes of moderate to vigorous physical activity 3 to 4 times per week.
- Incorporate weekly physical activity for 30 minutes a day 5 days a week.
- Physical activity should be performed in episodes of at least 10 minutes and it should be spread throughout the week.
- Include flexibility and stretching exercises and muscle strengthening activity at least 2 days each week.

### Health Complications if HTN is untreated:

- Heart attack, Congestive Heart Failure, Stroke, Kidney Damage, Vision Loss, Memory Loss, Fluid in lungs, or Angina.



Join us as we honor our resident artist Renee Stokes in this exclusive art show featuring many art pieces that hold special memories for her and her family.

## Resident in the Spotlight

Renee Stokes grew up in France and aspired to be an artist, like her father. She utilized her unique talents during grade school and kept on painting. Renee came to America after meeting her husband during WWII. She went to school to become a teacher, but made time to paint in her free time. She used watercolors but created many oil paintings. All of her photos hold special meaning as she painted family destinations, landscapes, flowers, & all of her pets! Come and see her amazing artwork on **Sat, Aug 13 from 1-3 PM on the 5th floor**

## Neighborhood News

The Neighborhood residents are enjoying their time with all the exciting activities they get to participate in such as flower arranging, painting, and spending some time in the sun with this great summer weather. In the Neighborhood we are stimulating our minds with music therapy from JoAnn and listening to the sweet sounds of Steven Gary. We are staying physically active with Bianca from RehabCare when we do our morning workout. Here in the Neighborhood we are enjoying our time wisely and keeping ourselves active.



## Circle of Friends

The Circle of Friends residents are diving into new activities this summer. They are attending a weekly ceramics class where they are able to express themselves through creativity. They enjoy a workout with weekly dancercise classes to keep the blood circulating. Recently they started Gardening Class, which brings a sense of peace of mind and relaxation every Sunday. The program is expanding their participation in activities, so make sure to look for our daily activities sheet to join in!





## Clinical Corner

### *Key Facts About Influenza & the Flu Vaccine from the Centers for Disease Control and Prevention*

**What is influenza (also called flu)?** The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. *Hand washing is the most effective preventive measure.*

#### **Signs and symptoms of flu:**

- Fever\* or feeling feverish/chills, Cough, Sore throat, Runny or stuffy nose, Muscle or body aches, Headaches, Fatigue (very tired), and Some people may have vomiting and diarrhea, though this is more common in children than adults.
- *It's important to note that not everyone with flu will have a fever.*

**How flu spreads:** Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then

touching their own mouth, eyes or possibly their nose.

**Period of contagiousness:** You may be able to pass on the flu to someone else before you know you are sick, as well as 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** becoming sick. 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?**

- Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:
- What flu viruses are spreading
- How much flu vaccine is available
- When vaccine is available
- How many people get vaccinated, and
- How well the flu vaccine is matched to flu viruses that are causing illness

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 (such as asthma, diabetes, or heart disease).

## Resident Services

### **Fitness Center Hours**

Monday-Friday

9:00 am–4:00 pm

RehabCare: 408-241-3064

### **Beauty Shop Hours With Rachel**

Tuesday: 10 am–1 pm

Wednesday: 9 am–2 pm

Friday: 9 am–2 pm

Full-Service Salon

Including cuts (for men and women), color, shampoo, set, permanents and manicures.

## Transportation

*Please schedule transportation at the concierge desk. Transportation is on a first-come, first-served basis.*

*Tuesdays and Thursdays are designated doctor days.*



Good news! Our new driver Karina will be taking residents on all outings and appointments!

## Complimentary Valet Parking

### **Hours: 9:00am-5:30pm**

Please take advantage of our new valet parking and enjoy your visit!

# Belmont Village Scene



Wes & Sal soaking up some sun on the new patio furniture.



Marge, Yvonne, Bev, & Lorraine are keeping up with technology using NOOK e-readers for the Book Club.



In July we welcomed new friends Yvonne, Bea, Georgene, & Michael to Belmont.



Celebrating two special gentlemen on Father's Day, Bob & Vincent.



Charlotte crafting a Hawaiian yarn lei using a straw, yarn, and ribbon.



Yasuko shared her beautiful conceptual artwork in July.

**BELMONT** *Village*  
SENIOR LIVING  
SAN JOSE

500 S. Winchester Boulevard  
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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