



Belmont Village at Scottsdale Village NEWS

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

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Tim's Corner Dealing With Stress :)

How's your stress level? Is it an understatement to say that learning to manage stress and cope with whatever life throws at us is a challenge? A long time ago, I heard two different examples that were helpful. They resonated with me. See if they do for you what they did for me.

A lecturer raised a glass of water and asked a tricky question, "How heavy is this?" Most attempted to guess the actual weight. The teacher said, "The absolute weight doesn't matter...it depends on how long you try and hold it." I can easily hold it for a minute. If I hold it for one hour, I might have a sore arm. But if I try and hold it for a day, I might have a major medical issue. *In each case, it's the same weight but the longer I hold it, the 'heavier' it becomes.* I'm sure you get the point: dealing with stress is no different. The longer we hang onto stress, the heavier it becomes. And before long, it eats us alive and we find ourselves headed down an emotionally destructive path. Stress is like the glass of water. We have to put it down and rest for a while before

picking it up again. Once re-charged and refreshed, we carry on.

The late Peter Marshall once wrote about a sign he encountered while driving through the lovely Scottish highlands. He rounded a bend and came across a sign that declared: 'Beware of Falling Rocks'. He concluded that sign was not 'healthy', as it should have read: 'Beware of *Fallen* Rocks'. Peter highlighted the huge difference between 'falling' and 'fallen'. *Too many of us waste emotional energy looking for 'falling' rocks (i.e., worrying about what might happen) versus dealing positively with those vicissitudes that actually come into our lives.* As kids, all of us heard that worry can be destructive but as adults, too often we allow it to consume and paralyze us.

The message: try not to hang onto that heavy 'glass of water' and resist worrying about what 'rocks' might fall out of the sky! Although it is easier said than done, don't you agree that it is sound advice? As the dog days of summer are upon us, it's a good time to take a breather, set aside worry and de-stress. A great way to help in that endeavor is to plug-in to the wonderful activity offerings this month.

Hope you have a happy and healthy August!



Resident Birthdays

- 03 Verna L.
- 09 Janice C.
- 09 Art G.
- 10 Myra B.
- 12 Jeanne S.
- 20 Bernie K.
- 20 Barbara S.
- 27 Al G.
- 29 Bernie M.
- 29 Mary Ellen R.
- 31 Richard G.

Employee Birthdays

- 07 Lili M. (PAL)
- 07 Emily P. (LPN)
- 10 Jasmine M. (Cook)
- 10 Ibrahim K. (PAL)
- 15 Timothy C. (ED)
- 18 Erin G. (LPN)
- 24 Leslie M. (PAL)

Resident Monthly Birthday Party

Join us for our monthly celebration of all those born in **August**. The birthday luncheon will be **August 26th, Friday, at noon in Josephine's Kitchen**. Please RSVP your guests with the concierge or by calling (480) 945-3600.



Maybelle celebrating her birthday

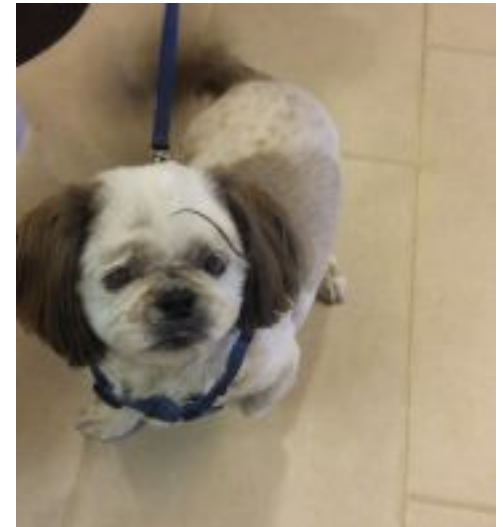
Team Member of the Month



Liz & Verna

Congratulations to Liz, our August employee of the month, and Happy Birthday to Verna this month too! Liz is well-deserving of this award with her caring skills, patience and can-do attitude. Liz, your hard work hasn't gone unnoticed; keep it up!

Pet of the Month



Meet Sami. Sami has had quite a life, and has been by owner Carol's side for over 10 years. Carol and Sami can be seen riding in the elevator every day going out for a walk. Sami loves the elevator because he visits all of his friends during the ride.

August Outings

Wed. 3rd: We are going just across the street to Nick's Italian restaurant; many of our residents have eaten there before Belmont Village Scottsdale was even built!

Wed. 10th: Let's tour Scottsdale's Museum of the West. After we hosted a speaker from the museum here at Belmont, we couldn't wait to set a tour date!

Wed. 17th: We're going just down the street to the nearest Safeway to hit the aisles. It will be a good time to stock up on supplies and snacks.

Wed. 24th: We will go see a movie at Studio movie grill and enjoy a full menu and a great movie. Time will be announced.

Wed. 31st: Going again by popular demand to the Talking Stick Casino for buffet lunch and gambling.



Toyota and his "piggy" sisters, Aloe & Vera, will take advantage of cool grass any time.

Freshly Cut Grass Stimulates Your Brain

The scent of just-cut grass is a familiar one this time of year. Not only is it instantly recognizable, but it can also be powerful. Neuroscientists say a freshly mowed lawn releases chemicals that can affect the parts of the brain that produce happiness and relaxation and may prevent cell damage that can cause age-related memory loss. The researchers have even bottled the aroma into a spray so that people can reap the benefits anytime.



Myra was jumping for joy over the outcome of her project!

Good for a Giggle

Q. What animal has more lives than a cat?

A. A frog. It croaks every night.

Time for a Treat




National Root Beer Float Day is celebrated on Aug. 6. If you haven't had a root beer float since you were a kid, perhaps it's time to partake. Simply put a scoop of vanilla ice cream in a tall glass and add root beer. Tastes like summer! Join us in the Bistro for this yummy treat on Aug. 6th at 2:00 pm



3 Generations working together!

Joy P. (LPN) Sally C. (new Housekeeper) & Zairene C. (server). Joy is the daughter of Sally and Zairene is the granddaughter to Sally. Can you guess which one has been with us the longest? The total tenure between them is 3 years! They have a combined 28 years in our wonderful country. Can you guess which one has been in the states for just 2 years?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar is subject to changes. Please review your daily activity sheets for updates. ~ Wednesday outings may be cancelled due to extreme heat.</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 CL Computer Class 10:00 B Hearing aid checks 1:00 Errands/ Transportation 1:30 CL Bible Study 🌿 3:00 TH Social hour to meet your neighbors★ 6:00 TH Evening Movie</p>	<p>8:30 Dr. Appointment Transportation 9:00 P Water Aerobics with Steven 🌿 9:30 TH Sit & Be Fit 🌿 1:30 3 <i>Mahjong</i> 1:30 TH Reminiscence with Laurie 2:30 HP Large Crossword Puzzle 4:00 GR Apples To Apples 6:00 TH Evening Movie</p>	<p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit & Be Fit 🌿 9:30 B Az MediQuip tune up day 10:00 HP Skip Bo Card Game 10:00 TH Catholic Communion 🌿 11:00 Lunch outing: Nick's Italian 1:00 TH Afternoon Matinee Movie 4:00 TH Book Club Meeting 🌿 6:30 TH Bingo with Lovely Linda</p>	<p>8:30 Dr. Appointment Transportation 9:30 TH Sit & Be Fit 🌿 10:00 LP Pet Therapy with Cindy & Buddy the mini poodle 10:15 TH Jeopardy 🌿 2:00 P Water Aerobics 🌿 3:00 GR Happy Hour with Warren singing★ 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 TH Parkinson's Exercise Class 🌿 1:30 TH Cynthia Peer presents "Italy's masterpieces in art" ★ 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>9:00 Errands/ Transportation 9:30 TH Yoga 🌿 10:00 TH Large Crossword Puzzle 1:30 TH Bingo with resident Frank M. 3:00 GR Afternoon Entertainment with Dave Swain on piano★ 6:00 TH Evening Movie</p>
<p>8:30 Church Transportation 8:45 CL Jewish Prayer Service 🌿 9:30 TH Exercises with Dolores S. 🌿 10:00 TH Newsletter & Activity Review★ 2:00 TH Bingo with Jamie 3:00 P Swim Class 🌿 4:00 CL Jigsaw Puzzles 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 CL Computer Class 1:00 Errands/ Transportation 1:30 CL Bible Study 🌿 2:00 HP Poker with Stan★ 4:00 GR MBA Club Meeting 🌿 6:00 TH Evening Movie</p>	<p>8:30 Dr. Appointment Transportation 9:00 P Water Aerobics with Steven 9:30 TH Sit & Be Fit 🌿 1:00 B Hearing Aid Checks★ 1:30 3 <i>Mahjong</i> 1:30 HP Kings in the Corner 3:30 TH Bluebonnet's Women's Club 6:00 TH Evening Movie</p>	<p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit & Be Fit 🌿 10:00 TH Catholic Communion 🌿 10:00 HP Skip Bo Card Game 1:00 TH Afternoon Matinee Movie 1:30 Outing: Scottsdale Museum of the West 6:30 TH Bingo with Lovely Linda</p>	<p>8:30 Dr. Appointment Transportation 9:30 TH Sit & Be Fit 🌿 10:00 LP Pet Therapy with Cindy & Buddy the mini poodle 10:00 TH Today's Chronicle and activity review 🌿 2:00 P Water Aerobics 🌿 3:00 GR Happy Hour with Les Koel★ 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 TH Parkinson's Exercise Class 🌿 1:30 TH Music Therapy with Sunjoo★ 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>9:00 Errands/ Transportation 9:30 TH Yoga 🌿 10:00 TH Large Crossword Puzzle 1:30 TH Bingo 3:00 GR Afternoon Entertainment with Dee Flemming★ 6:00 TH Evening Movie</p>
<p>8:30 Church Transportation 9:30 TH Exercises with Dolores S. 🌿 2:00 TH Bingo with Jamie 3:00 P Swim Class 🌿 4:00 CL Jigsaw Puzzles 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 CL Computer Class 10:30 TH Artsy Smartsy class 🌿 1:00 Errands/ Transportation 1:30 CL Bible Study 🌿 2:00 HP Poker with Stan★ 3:30 TH Men & Mondays★ 6:00 TH Evening Movie</p>	<p>8:30 Dr. Appointment Transportation 9:00 P Water Aerobics with Steven 9:30 TH Sit & Be Fit 🌿 10:00 GR Jim Gray Music Therapy 1:30 3 <i>Mahjong</i> 1:30 HP Kings in the Corner 3:00 TH Wii Bowling 6:00 TH Evening Movie</p>	<p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit & Be Fit 🌿 9:30 B Az MediQuip tune up day 10:00 TH Catholic Communion 🌿 10:00 HP Skip Bo Card Game 10:00 Outing: Safeway grocery shopping 1:00 TH Afternoon Matinee Movie 6:30 TH Bingo with Lovely Linda</p>	<p>8:30 Dr. Appointment Transportation 9:30 TH Sit & Be Fit 🌿 10:00 TH Scattergories 10:00 LP Pet Therapy with Cindy & Buddy the mini poodle 1:30 TH Spelling Bee 🌿 2:00 P Water Aerobics 🌿 3:00 GR Happy Hour with Hal Martin on Piano★ 4:00 TH Spiritual Activity 🌿 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 TH Parkinson's Exercise Class 🌿 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>9:00 Errands/ Transportation 9:30 TH Yoga 🌿 10:00 TH Large Crossword Puzzle 1:30 TH Bingo 3:00 GR Afternoon Entertainment with MJ Moore★ 6:00 TH Evening Movie</p>
<p>8:30 Church Transportation 8:45 B Jewish Prayer Service 🌿 9:30 TH Exercises with Dolores S. 🌿 2:00 TH Bingo with Jamie 3:00 P Swim Class 🌿 4:00 CL Jigsaw Puzzles 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 CL Computer Class 1:00 Errands/ Transportation 1:30 CL Bible Study 🌿 2:00 HP Poker with Stan★ 6:00 TH Evening Movie</p>	<p>8:30 Dr. Appointment Transportation 9:00 P Water Aerobics with Steven 9:30 TH Sit & Be Fit 🌿 1:30 3 <i>Mahjong</i> 1:30 TH Reminiscence with Laurie 3:00 TH Wii Bowling 6:00 TH Evening Movie</p>	<p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit & Be Fit 🌿 10:00 TH Catholic Communion 🌿 10:00 HP Skip Bo Card Game 11:00 Movie outing TBA 1:00 TH Afternoon Matinee Movie 6:30 TH Bingo with Lovely Linda</p>	<p>8:30 Dr. Appointment Transportation 9:30 TH Sit & Be Fit 🌿 10:00 LP Pet Therapy with Cindy & Buddy the mini poodle 10:15 TH Chef Chat 2:00 P Water Aerobics 🌿 2:30 B Caricature Drawings, a fun keepsake★ 3:00 GR Happy Hour with Anna Chepikova★ 4:00 TH Large Crossword Puzzle 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 TH Parkinson's Exercise Class 🌿 12:00 JK Resident Monthly Birthday Party 1:30 TH Music Therapy with Sunjoo 🌿 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>9:00 Errands/ Transportation 9:30 TH Yoga 🌿 10:00 TH Large Crossword Puzzle 1:30 GR Afternoon Entertainment with April Yeager★ 2:45 TH Bingo 6:00 TH Evening Movie</p>
<p>8:30 Church Transportation 9:30 TH Exercises with Dolores S. 🌿 1:30 CL Storied Lives orientation meeting 2:00 TH Bingo with Jamie 3:00 P Swim Class 🌿 4:00 CL Jigsaw Puzzles 6:00 TH Evening Movie</p>	<p>9:30 TH Sit & Be Fit 🌿 10:00 CL Computer Class 1:00 Errands/ Transportation 1:30 CL Bible Study 🌿 2:00 HP Poker with Stan★ 4:00 GR Welcome Committee Meeting 6:00 TH Evening Movie</p>	<p>8:30 Dr. Appointment Transportation 9:00 P Water Aerobics with Steven 9:30 TH Sit & Be Fit 🌿 1:30 3 <i>Mahjong</i> 1:30 HP Kings in the Corner 3:00 TH Wii Bowling 6:00 TH Book Club Movie</p>	<p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit & Be Fit 🌿 10:00 HP Skip Bo Card Game 10:00 TH Catholic Communion 🌿 11:00 Outing: Talking Stick Casino & Buffet 1:00 TH Afternoon Matinee Movie 6:30 TH Bingo with Lovely Linda</p>	<p>Rick H. </p>	<p>Eileen B. </p>	<p>Bob B. </p>



TRANSPORTATION



Monday

9:30 a.m. Neighborhood Scenic Drive

1-4 p.m. Errands

Tuesday

8:30 a.m.-3:30 p.m.

Doctor's Appointments

Wednesday

Assisted Living Outing Day

Check Calendar

Thursday

8:30 a.m.-3:30 p.m.

Doctor's Appointments

Friday

Circle of Friends Outing Day

Check Calendar

Saturday

9 a.m.-4 p.m. Errands

Sunday

8 a.m.-Noon

Church Transportation



Greta & Joann have become fast friends and share a common interest of crafting, book club and church.

Volunteer Within Our Community

We currently have 17 resident volunteers and the "What can I do to help?" question is rolling off the tongue. There are many opportunities for anyone to help, from calling bingo to baking cookies for our new residents! Contact Sarah Speratos for more information or to sign up at 480-689-1052.

*From the desk of the Activity Coordinator, Sarah Speratos, "I can't say **Thank You** enough to our wonderful residents for all they do. My appreciation also extends to our numerous volunteers from around the valley. Just to name drop, Jamie, Susan, Linda, Maha, Connor, Davis, Kasey, Kelly and to all our pet therapy volunteers; Cindy and Linnea with Buddy & Beau. ~Thank you to each and every one of you for taking the time to make this the best place to call home!~*

From the Desk of Emily Dawson, DRCS, 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 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 by 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.



News Janina Phinao Memory Program Coordinator



Patty & Christina

My name is Christina Fitzgerald and I am the newest Activities Assistant here at Belmont Village! I am originally from New York City and lived there until 2010, when I moved to Scottsdale to be near my family who all relocated here. I graduated from the University of Delaware with a Degree in Mass Communication and also received my Certificate in Sports Marketing from NYU. My career in New York was in entertainment and event planning, and until now, I have worked in resorts in the Valley. I have spent a lot of time volunteering over the years and am happy to now be a part of the Belmont family doing what I truly enjoy. My hobbies include spending time with family and friends, sports, travelling and trying new foods. I look forward to meeting everyone and thank you all for having me!



Bob had the best seat for Happy Hour!



Bill P. "wants YOU to stay cool this August"



Mary & Leanora



We sure know how to spoil our residents! Cathy S. gets her hair done by her PAL, Ramona

Circle of Friends Outings

Due to the summer heat, COF Friday outings in August will be decided closer to the dates.

Village Scene



Happy crowd!



Lois & Grace having fun



Bonnie B.



Billy E.



Marilyn and Mary Marion



Alexandra and her daughter, Ellen.

BELMONT *Village*

SENIOR LIVING
SCOTTSDALE

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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