



Belmont Village of Sunnyvale VillageNEWS

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

August 2016

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Message From Radhika



This month marks a big celebration for Belmont Village Sunnyvale. We will be celebrating our 15 year anniversary on Wednesday, August 24th! To think, we first opened the doors of our beautiful community in 2001. How many families and residents we have encountered is simply amazing. I have been blessed to be a part of this remarkable team for almost three years and in my time here I have come across many individuals that have forever impacted my life.

In honor of our 15 year anniversary we will have a celebration dinner here at the community on Wednesday, August 24th, from 4pm-6pm, in Josephine's Kitchen, as well as a marketing mixer in the courtyard with special guests "Magnolia Jazz Band." They will be providing live music as we mix and mingle under the sunset. If you would like to attend, RSVP with Rowena Camat, Activities Program Coordinator.

Introducing Leslie Kefer, Community Relations

It is with great pleasure I introduce Leslie Kefer, the newest member of our Community Relations team. She will be working alongside Julia Torres and the rest of the management team to help support those residents in the hospital and skilled nursing facilities. She will also be working in the community with our new and current residents.

Leslie is a Northern California native who has been helping seniors for over six years in the non-profit industry. Most recently she was the Development Director at Rebuilding Together Silicon Valley, which completes critical home repairs for low-income homeowners. Leslie was the San Jose Walk to End Alzheimer's Manager and led the event to raising one million dollars in 2014. She really enjoys relationship building, fundraising and volunteer management. Leslie's free time is spent taking care of her canine companion, Gracie.

Please join me in welcoming Leslie to Belmont Village Sunnyvale!

Enjoy the remaining days of summer!

Radhika Singh
Executive Director



August Birthdays



Residents

- Aug 03 Bertha Holland
- Aug 08 Margaret Argenbrigh
- Aug 14 David Grey
- Aug 16 Elaine Moss
- Aug 16 Grace Renz
- Aug 16 Elaine Skinner
- Aug 30 Anne Kohlmanslehner

August Birthdays will be celebrated with a special Birthday Luncheon on Thursday, August 25th, 12 pm, in Josephine's Kitchen.

Employees

- Aug 01 Merlita Sonica
- Aug 02 Jeva Dalmacio
- Aug 04 Dorje Lama
- Aug 21 Edchel Guiriba
- Aug 22 Edminda Guerrero
- Aug 25 Jenifer Hsu
- Aug 27 Rachana Sharma
- Aug 27 Megan Redmond
- Aug 28 Breanna Trejos



ALOHA!

Come celebrate the summer with our annual luau party. There will be great food, entertainment, and memories to last a lifetime.

Friday, August 19th, at 11:00 am
Family & friends are invited to RSVP at the concierge.

Happening in August

Family Educational Series: Communication

Circle of Friends & Neighborhood families are invited to join us on **Thursday, Aug. 18th, at 5:30 pm**, in Town Hall, for our first educational series/support group.

Let's start off these educational sessions discussing how to effectively communicate with your loved one who has dementia. Our guest speaker will be West Fornes, Bereavement Manager, Gentiva.

Dim Sum Fundraising Sale

Join us on **Sunday, August 28th, 11:00am - 2:00pm**, for our first food fundraiser in a series of other food fundraisers. Let's enjoy some amazing food while supporting a great cause! We will be selling a plate of Dim Sum to raise funds for the Alzheimer's Association.



Congratulations to our August Employee of the Month, Helen Kline!

Employee of the Month

Helen Kline (Torres) has been a PAL with our Belmont Village team for the last year and a half. She is always ready to attend to our residents' needs with a great attitude and a big smile on her face.

She lived in Southeast Alaska for 32 years before moving to California. Helen loves people and animals. She is from a large, loving family of 10 sisters and 4 brothers. Her favorite pastime is basketball. We are so grateful to have Helen on the team.

Thank you, Helen, for all you do!



Circle of Friends

By: Kathy Nguyen, MPC

The residents of Circle of Friends have a multitude of exercise programs offered at Belmont Village, but what they love the most is to have the daily opportunities to take a stroll in the lovely Courtyard, which is one of my favorite places at Belmont Village of Sunnyvale. This season is a perfect time for the "Walking Club" to meet outside for a nice walk where the residents can converse, admire the colorful garden, get some fresh air, and feel the warmth of the sun. Even some of their family members would come join them to enjoy the Courtyard. The residents find listening to the water trickling from the fountain piece soothing, sitting in the comfortable chairs outside very relaxing, and observing the local hummingbirds visiting the nectar jars for its sweet contents quite amusing. Do not hesitate to enjoy some time in the Courtyard when you get the chance; it's worth it. Try to stay "cool" in the summertime!



Neighborhood News

The residents in the Neighborhood have been enjoying our monthly baking activities. This summer, they will have the pleasure of making mug cakes. No, you did not read wrong...that is right, we are making "mug" cakes! Our Neighborhood residents will get to develop their creativity, task sequencing abilities, measuring skills; and just as important fostering positive relationships with others while building confidence and having fun. Some of the ingredients involved in making these scrumptious mug cakes are flour, unsweetened cocoa powder, baking powder, sugar, salt, milk, and coconut oil that will all be mixed right in the mugs. These are simple ingredients that can be found right in the kitchen pantry. There are a variety of mug cakes that can be made in just a few minutes. Some delicious recipes are Nutella, chocolate chip cookie dough, pumpkin cake, and strawberries and cream, to name a few. I am sure this is making your mouth water just thinking about it!



Fitness Corner

Blood Pressure Matters and Exercise Helps

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

American Heart Association Recommendations:

- For most healthy people, get the equivalent of at least 150 minutes per week of moderate-intensity physical activity.
- If you need to lower your blood pressure or cholesterol, aim for 40 minutes of moderate to vigorous physical activity 3 to 4 times per week.
- You can incorporate your weekly physical activity with 30 minutes a day on at least 5 days a week.
- Include flexibility and stretching exercises.

Health Complications if HTN is untreated:

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

Contact: Naseem Syed,
Program Director - Rehab Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
	9:30 TH Let's Get Fit with Rehab Care 10:30 TH Coloring for Adults 12:30 TH Arts & Crafts w/ Samantha 1:30 TH Mind Your Mind with Row 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 CL Computer Drop-In with Row 10:30 TH Tai Chi (Seated Session) 12:00 TH Wii 2:00 JK Chef Chat with Romeo 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia	9:00 Shopping: Dollar Tree/CVS & Bank Trips 9:30 TH Let's Get Fit with Rehab Care 10:00 TH Catholic Mass 11:00 TH Marketplace 1:00 TH Bingo 2:00 TH Balance Training 2:30 TH Off the Hook - Crochet Club 3:00 JK Wine & Cheese with Mark Watson 5:30 GR Trivia 5:30 TH Bible Study 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 TH Current Events 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 2:00 TH Mahjong and Rummikub 2:00 CL Computer Drop-In 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia	9:30 CY Garden Club 9:30 TH Let's Get Fit with Rehab Care 10:00 TH Dancing Around the World 11:00 GR Outing: TBD 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 2:30 TH Cultural Explorers 5:30 GR Trivia 6:00 GR Brain Games	9:00 Shopping: Walgreens & Bank Trips 10:00 TH Gift Theater Performance 10:30 Neighborhood Scenic Drive 3:00 TH Special Documentary 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo	
7	8	9	10	11	12	13	
9:30 Church Trips 10:00 GR Morning Devotion 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:30 TH Flower Arranging 12:30 TH Arts & Crafts w/ Samantha 1:30 TH Mind Your Mind with Row 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 CL Computer Drop-In with Row 10:30 TH Tai Chi (Seated Session) 12:00 TH Wii 1:00 TH Activity Chat Meeting with Row 1:30 TH Resident Council Meeting 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia	9:00 Shopping: Rite Aide & Bank Trips 9:30 TH Let's Get Fit with Rehab Care 10:00 TH Communion for Catholics 10:30 TH Investment Club 1:00 TH Bingo 2:00 TH Balance Training 2:30 TH Off the Hook - Crochet Club 3:00 JK Wine & Cheese with Brad Bryant 5:30 TH Bible Study 5:30 GR Trivia 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 TH Current Events 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 2:00 CL Computer Drop-In 2:00 TH Mahjong and Rummikub 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia	9:30 TH Let's Get Fit with Rehab Care 9:30 CY Garden Club 12:00 JK New Resident Lunch 12:00 TH Circle of Friends Activity 1:00 GR Out to the Movies 1:30 TH Balance Training 2:30 TH Cultural Explorers 5:30 GR Trivia 6:00 GR Brain Games	9:00 Shopping: Ross & Bank Trips 10:30 Neighborhood Scenic Drive 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo	
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9:30 Church Trips 10:00 GR Morning Devotion 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:30 TH Coloring for Adults 12:30 TH Arts & Crafts w/ Samantha 1:30 TH Mind Your Mind with Row 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 CL Computer Drop-In with Row 10:30 TH Tai Chi (Seated Session) 10:30 GR Furry Friends 12:00 TH Wii 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia	9:00 Shopping: Ross & Bank Trips 9:30 TH Let's Get Fit with Rehab Care 10:00 TH Communion for Catholics 10:30 TH Marketplace 1:00 TH Bingo 2:00 TH Balance Training 2:30 TH Off the Hook - Crochet Club 3:00 JK Wine & Cheese with Irina Myachkin 5:30 TH Bible Study 5:30 GR Trivia 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 TH Current Events 12:00 TH Circle of Friends Activity 1:00 TH Chef Demo 1:30 TH Low Impact Aerobics 2:00 CL Computer Drop-In 2:00 TH Mahjong and Rummikub 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia	9:30 CY Garden Club 9:30 TH Let's Get Fit with Rehab Care 11:00 JK Lunch Luau Party 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 2:30 TH Cultural Explorers 3:30 TH Shabbat Services 5:30 GR Trivia 6:00 GR Brain Games	9:00 Shopping: Walmart & Bank Trips 10:30 Neighborhood Scenic Drive 3:00 TH Special Documentary 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo	
21	22	23	24	25	26	27	
9:30 Church Trips 10:00 GR Morning Devotion 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:30 TH Flower Arranging 12:30 TH Arts & Crafts w/ Samantha 1:30 TH Mind Your Mind with Row 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 CL Computer Drop-In with Row 10:30 TH Tai Chi (Seated Session) 12:00 TH Wii 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia	9:00 Shopping: Walgreens & Bank Trips 9:30 TH Let's Get Fit with Rehab Care 10:00 TH Communion for Catholics 10:30 TH Investment Club 1:00 TH Bingo 2:00 TH Balance Training 2:30 TH Off the Hook - Crochet Club 3:00 JK Wine & Cheese with Danny Kennedy 4:00 CY Belmont Village 15th Anniversary 5:30 GR Trivia 5:30 TH Bible Study 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 TH Current Events 12:00 TH Circle of Friends Activity 12:00 JK Birthday Celebration 1:30 TH Low Impact Aerobics 2:00 TH Mahjong and Rummikub 2:00 CL Computer Drop-In 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia	9:30 CY Garden Club 9:30 TH Let's Get Fit with Rehab Care 11:00 GR Outing: TBD 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 2:30 TH Cultural Explorers 5:30 GR Trivia 6:00 GR Brain Games	9:00 Shopping: Dollar Tree/CVS & Bank Trips 10:30 Neighborhood Scenic Drive 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo	
28	29	30	31				
9:30 Church Trips 10:00 GR Morning Devotion 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 12:30 TH Arts & Crafts w/ Samantha 1:30 TH Mind Your Mind with Row 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games	9:30 TH Let's Get Fit with Rehab Care 10:00 CL Computer Drop-In with Row 10:30 TH Tai Chi (Seated Session) 12:00 TH Wii 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia	9:00 Shopping: Safeway & Bank Trips 9:30 TH Let's Get Fit with Rehab Care 1:00 TH Bingo 2:00 TH Balance Training 2:30 TH Off the Hook - Crochet Club 3:00 JK Wine & Cheese with Mark Watson 5:30 TH Bible Study 5:30 GR Trivia 6:00 GR Brain Games	<p>Outings: We will have our outings once a week every Friday of the month. Please see Row if you have any suggestions for a lunch outing, movie, and excursion.</p>		<p>Shopping & Banking Trips: Shopping days are now scheduled for a specific location. Residents are encourage to sign up at the front desk to reserve a spot.</p>	<p>*Please see Daily Activity Sheets as dates & times are subject to change.</p>



August Meetings

Chef Chat Meeting

Got food questions? Come and chat with our chef to share your suggestions and bright ideas.

Tuesday, August 2nd
2:00 pm in Town Hall

Activity Chat Meeting

Express your thoughts about activities you would like to have, places to visit and suggestions on how to improve our programs.

Tuesday, August 9th
1:30 pm in Town Hall

All residents are encourage to attend.

Resident Council Meeting

We invite you to share your concerns, ask questions, and make suggestions to improve services at Belmont.

Tuesday, August 9th
2:00 pm in Town Hall

All residents are encouraged to attend.

President: Dee Fulgham
Vice President: Open

New Resident Luncheon

Let's welcome our new residents in our community. Please stop by to say hello and chat with our new *Belmontians!*

Friday, August 12th
12:00 pm in Josephine's Kitchen

All new residents are encouraged to attend.



Meet Our New APC

Rowena Camat was born in the Philippines & came to CA when she was 9. She graduated from San Jose State University with a Bachelor's Degree in Social Work. In 2013 she joined the Belmont Village family in our San Jose community & has worn a few different hats since then: she has worked as an Activity Assistant, Staffing Coordinator & Activity Programs Coordinator. Row is excited to join BV Sunnyvale & get to know the staff, residents and families. She is looking forward to creating fun and stimulating activities with the residents!

New Club

"Off the Hook" - Crochet Club

Attention Residents: It's time to take out those yarns and hooks and join APC Rowena and fellow residents for some fun and unique crocheting. Beginners and experienced needle workers are welcome!

Wednesday, August 3rd
2:00 pm, Great Room

Please see Rowena for more information about this club.



Join us in celebrating our 15th year Anniversary of Belmont Village Sunnyvale.



Wednesday, August 24th, 2016
4:00 pm to 6:00 pm
Center Courtyard & Josephine's Kitchen

Residents and family members are invited to RSVP at the concierge.

See you there!



Avoiding the Flu

By: Ernie Getuiza, DRCS

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 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.

Contact Info

Please contact Ernie Getuiza,
Director of Resident Care
Services, for further info.
(408) 720-8498
ergetuiza@belmontvillage.com

Avoid the Flu. Get Your Flu Shot!

September 22, 2016
10:00 am to 1:00 pm, Town Hall



Chef Romeo's Specials Chef Demo

Curious on how our chef prepares for his daily main dish? Come check out his chef demo and discover his secret techniques on **Thursday, August 18th 1:00 pm, Town Hall**

Luncheon Luau Party

Join us for this once in a life time luncheon luau party with great food, music, and some luau dancing on **Friday, August 19th 11:00 am, Josephine's Kitchen**

Birthday Celebration

Let's celebrate our August birthdays with a delicious slice of cake and a special meal prepared by our own chef on **Thursday, August 25th 11 am, Josephine's Kitchen**



Belmont Village Scene



Residents & guests enjoying the summer in our beautiful courtyard



(R) Grace, Irma, Kit, & Millie sharing a smile with our enrichment leaders



Joyce & Harvey playing Rummikub. Can you tell who is winning?



HearWell seminar about Aging and Hearing loss



Residents had a great time during a lunch outing to China Stix



"Let's Get Fit" exercise in the morning with PJ from Rehab Care

BELMONT *Village*
SENIOR LIVING
SUNNYVALE

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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