



# Belmont Village of Thousand Oaks Village NEWS



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

August 2016

## Staff Directory

### Our Community's Team

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## Bradlee Foerschner Executive Director



As the summer heats up, Californians may naturally find ourselves fearing the elements. And in California during a drought, that means one thing: potential fires. Thankfully on July 14th we were honored with the presence of our local fire department, Fire Station 34, to do some fire education and reassure us how safe we are here at Belmont Village.

In late April, we had an incident here at the community where a fan belt overheated and caused a small fire. The process of evacuation during this event helped us realize that we needed to clarify for residents and our team members what to do in the event that the fire alarm goes off. Over the last few months, we have had discussions about this at Resident Council and throughout

the community. Cindy and I decided it would be helpful for you, the residents, to hear directly from the fire department what to do in the event of an emergency and why.

During the fireman's presentation they stressed how important it is to "shelter in place." This term refers to staying where you are when the alarm goes off until you are instructed to do differently by either a member of the fire department or a Belmont Village team member. While for some this is an uncomfortable concept, it is extremely important for a few reasons. First and foremost, this building was designed with safety in mind. Per the fire department, it is nearly indestructible! We have many systems in place, including state-of-the-art sprinkler and fire relay systems. When the alarm goes off, many doors in the building automatically shut. These doors are fire-rated doors that prevent both fire and smoke from penetrating. If residents do not shelter in place and attempt to evacuate, opening those doors could advance a fire or smoke throughout the building by feeding it the oxygen it needs to thrive. Additionally, while these doors are shutting (*Continued on page 2*)



### Resident Birthdays!

Aug 8	Pearl S.
Aug 8	Mildred S.
Aug 11	Rita Kennedy
Aug 12	Yvonne A.
Aug 12	Ed E.
Aug 15	Sid S.
Aug 16	Marvin W.
Aug 22	Carolyn A.
Aug 24	Bea D.
Aug 27	Larry D.
Aug 27	Toby F.
Aug 28	Kay S.
Aug 30	Katheryn B.

### Staff Birthdays!

Aug 2	Sole R.
Aug 3	Ed P.
Aug 4	Bethany B.
Aug 5	Reyna M.
Aug 6	Aleesha R.
Aug 7	Mirtha G..
Aug 9	Cheryl A.
Aug 14	Angel C.
Aug 22	Maria M.
Aug 25	Victoria H.
Aug 27	Collette P.
Aug 28	Cecilia S.
Aug 28	Laura P.
Aug 31	Marianita L.

### Fire Safety

*(continued from cover)*

the delayed egress doors of our memory care neighborhoods disengage (these are the coded entry locked doors that protect our residents with dementia from leaving the building unassisted). While those doors remain closed, they are no longer locked while the alarm is signaling. Our memory care team members are specially trained in monitoring the safety of those residents while the alarm is signaling. Please also remember if you are trying to exit the building or your area while emergency responders are arriving, it can delay their ability to get to the source and manage the fire quickly. Keep in mind that the walls are made from steel and cement. This adds to the overall safety of the whole community. All resident and hallway doors are fire-rated as well, which will

protect you while you are in your room for several hours.

If you are in imminent danger based on the location of the fire, someone (either a Belmont Village team member or a member of the fire department) would come and instruct/assist you to safety. For those of you who may have difficulty managing the stairs or be wheelchair-bound, we have techniques and equipment that would be utilized to get you to the ground floor and out of the building if that was necessary.

For those of you who attended the meeting with the fire department, I hope it helped ease any anxieties you may have. For those who were unable to attend, this article reinforces what the fire department shared with us during that meeting. If you have further questions, please don't hesitate to ask either myself or Ray, our Building Engineer. ~Bradlee



Patty Springer  
Congratulations!

### Employee of the Month

Patty is one of our original employees. She has been with us for five years! She has a wonderful work ethic. She displays patience, kindness and understanding—and it's easy to tell that she enjoys working with Belmont residents. Patty was born in San Francisco. She has been married for 25 years and has 3 children in college. On her free time, she likes to read, go camping and go to the beach with her husband during sunset.



## Christa Giraldo Director of Resident Care Services



**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.



## The Wonderful Faces of Belmont Village Thousand Oaks



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Odesos Jewelry in the Bistro</b> 1 9:00 TH Holy Communion 🌿 9:45 TH Morning Exercise 🌿 1:30 TH Songs with Paula 2:30 CE Advanced Balance Class 🌿 3:30 GR Knitting with Araksi 🌿 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	2 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 🌿 3:00 B Blackjack with Neil 7:00 GR Horse Racing with Donnie 7:30 TH Terrific TV Tuesday	3 <b>8:30 Breakfast at IHOP and Chumash Casino Outing</b> ★ 9:45 TH Morning Exercise 🌿 10:30 The Olympic Games with Ed 🌿 11:00 JK Two Truths and a Lie 1:30 TH Brain Games with Angel 🌿 3:30 GR Scrabble with Rita 7:00 B Wheel of Fortune with Sue 🌿 7:30 TH Movie	4 9:45 TH Morning Exercise 🌿 10:30 GR Cranium Crunches 🌿 1:00 TH Bible Study 🌿 <b>2:30 JK Happy Hour with Bill Carter</b> <b>3:30 B Social Hour</b> 7:00 TH Bingo 7:30 TH Movie	5 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 10:30 TH Spell-a-Thon 🌿 12:00 GR Rick on Piano 1:00 CE Advanced Balance Class 🌿 <b>1:15 TH Garden Club with Jose</b> 🌿 2:00 B Poker 3:30 JK Shabbat 🌿 7:00 GR Group Crossword 7:30 TH Movie	6 9:30 Camarillo Outlets with Tammy ★ 9:45 TH Morning Exercise 🌿 10:30 GR Dog Show with Kaela Moris <b>1:30 TH Hot Topic with Neil</b> 🌿 3:00 B Men's Social 3:30 TH Bingo with Stefani & Jo 7:00 GR Play Jeopardy 7:30 TH Movie
7 9:45 TH Morning Exercise 🌿 10:30 GR Finish That Line with Clara 1:30 B Canasta with Toby 1:45 TH Music and Yoga with Linda 🌿 3:00 TH Belmont Choir 7:00 GR Casual Bingo 7:30 Documentary	8 9:00 TH Holy Communion 🌿 9:45 TH Morning Exercise 🌿 <b>10:15 TH Music with Irby</b> 🌿 2:30 CE Advanced Balance Class 🌿 3:30 GR Knitting with Araksi 🌿 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	9 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 🌿 1:15 TH Matinee Movie Club 3:00 B Blackjack with Neil 4:00 TH Presidential Race 2016 Discussion 🌿 7:00 GR Horse Racing with Donnie 7:00 TH Dementia Support Group	10 9:45 TH Morning Exercise 🌿 10:30 The Olympic Games with Ed 🌿 11:00 JK Two Truths and a Lie <b>1:30 TH Brain Games with Angel</b> 🌿 3:30 GR Scrabble with Rita <b>7:00 B Wheel of Fortune with Sue</b> 🌿 7:30 TH Movie	11 9:45 TH Morning Exercise 🌿 <b>10:30 TH Resident Council Meeting</b> 1:00 TH Bible Study 🌿 <b>2:30 JK Happy Hour with Mark Rosen</b> <b>3:30 B Social Hour: Welcome Wagon with Chef Aaron</b> ★ 7:00 TH Bingo 7:30 TH Movie	12 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 10:30 TH Spell-a-Thon 🌿 12:00 GR Rick on Piano 1:00 CE Advanced Balance Class 🌿 <b>1:15 TH Garden Club with Jose</b> 🌿 1:30 TH Watercolors 🌿 2:00 B Poker 3:30 JK Shabbat 🌿 7:00 GR Group Crossword 7:30 TH Movie	13 <b>9:30 Target Center Outing</b> ★ 9:45 TH Morning Exercise 🌿 10:30 GR Cranium Crunches 🌿 <b>1:30 TH Hot Topic with Neil</b> 🌿 3:00 B Men's Social 3:30 TH Bingo with Stefani & Jo 7:00 GR Play Jeopardy 7:30 TH Movie
14 9:45 TH Morning Exercise 🌿 10:30 GR You Be the Judge with Clara 1:30 B Canasta with Toby 1:45 TH Funtastic Fitness with Annette 🌿 3:00 TH Belmont Choir 7:00 GR Casual Bingo 7:30 Documentary	15 9:00 TH Holy Communion 🌿 9:45 TH Morning Exercise 🌿 1:30 B Short Story Discussion 🌿 2:30 TH Hearing Clinic with Ron 2:30 CE Advanced Balance Class 🌿 3:30 GR Knitting with Araksi 🌿 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	16 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 <b>10:30 TH Fun with Spanish</b> 🌿 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 🌿 <b>2:30 B Chef Chat</b> 🌿 <b>3:00 B Senior Palooza</b> 7:00 GR Horse Racing with Donnie 7:30 TH Terrific TV Tuesday	17 <b>Matinee Movie Outing</b> 9:45 TH Morning Exercise 🌿 10:15 SA Low Vision Support Group 🌿 10:30 The Olympic Games with Ed 🌿 11:00 JK Two Truths and a Lie <b>1:30 TH Brain Games with Angel</b> 🌿 3:30 GR Scrabble with Rita <b>7:00 B Wheel of Fortune with Sue</b> 🌿 7:30 TH Movie	18 9:45 TH Morning Exercise 🌿 <b>10:15 B Beading with Laura</b> 1:00 TH Bible Study 🌿 <b>2:30 JK Happy Hour with Jusstuss</b> <b>3:30 B Social Hour</b> 7:00 TH Bingo 7:30 TH Movie	19 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 10:30 TH Spell-a-Thon 🌿 12:00 GR Rick on Piano 1:00 CE Advanced Balance Class 🌿 <b>1:15 TH Garden Club with Jose</b> 🌿 1:30 TH Crafter's Corner: September door decor 🌿 2:00 B Poker 3:30 JK Shabbat 🌿 7:00 GR Group Crossword 7:30 TH Movie	20 9:30 Oaks Mall Outing with Tammy ★ 9:45 TH Morning Exercise 🌿 10:30 GR Cranium Crunches 🌿 <b>1:30 TH Hot Topic with Neil</b> 🌿 3:00 B Men's Social 3:30 TH Bingo with Stefani & Jo 7:00 GR Play Jeopardy 7:30 TH Movie
21 9:45 TH Morning Exercise 🌿 10:30 GR Finish That Line with Clara 1:30 B Canasta with Toby 1:45 TH Music and Yoga with Linda 🌿 3:00 TH Belmont Choir 7:00 GR Casual Bingo 7:30 Documentary	22 9:00 TH Holy Communion 🌿 9:45 TH Morning Exercise 🌿 <b>10:15 TH Music with Irby</b> 🌿 1:30 B Short Story Discussion 🌿 2:30 CE Advanced Balance Class 🌿 <b>3:00 B Iced Coffee &amp; Conversation</b> 3:30 GR Knitting with Araksi 🌿 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	23 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 <b>10:30 TH Fun with Spanish</b> 🌿 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 🌿 1:15 TH Matinee Movie Club 3:00 B Blackjack with Neil 4:00 TH Presidential Race 2016 Discussion 🌿 7:00 GR Horse Racing with Donnie 7:00 TH Dementia Support Group	24 9:45 TH Morning Exercise 🌿 <b>10:00 Santa Barbara Zoo Outing</b> ★ 10:30 The Olympic Games with Ed 🌿 11:00 JK Two Truths and a Lie 1:00 TH Drum Circle 🌿 <b>2:30 TH Brain Games with Angel</b> 🌿 3:30 GR Scrabble with Rita <b>7:00 B Wheel of Fortune with Sue</b> 🌿 7:30 TH Movie	25 9:45 TH Morning Exercise 🌿 <b>10:30 TH MBA Challenge Meeting</b> 🌿 1:00 TH Bible Study 🌿 <b>4:30 Belmont's 5-Year Anniversary Concert</b> 7:00 TH Bingo 7:30 TH Movie	26 <b>9:15 Walking Club</b> ★ 9:45 TH Morning Exercise 🌿 10:30 TH Spell-a-Thon 🌿 <b>11:30 JK Birthday Luncheon</b> 1:00 CE Advanced Balance Class 🌿 <b>1:15 TH Garden Club with Jose</b> 🌿 1:30 TH Crafter's Corner: September door decor 🌿 2:00 B Poker 3:30 JK Shabbat 🌿 7:00 GR Group Crossword 7:30 TH Movie	27 9:30 Target Center Outing ★ 9:45 TH Morning Exercise 🌿 10:30 GR Cranium Crunches 🌿 <b>1:30 TH Hot Topic with Neil</b> 🌿 3:00 B Men's Social 3:30 TH Bingo with Stefani & Jo 7:00 GR Play Jeopardy 7:30 TH Movie
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## Yee Haw! It's the Belmont Bonanza!



### Hello, Yellow!

Cheerful and bright, yellow is the color of sunshine, sunflowers and smiley faces. It's a hue that is often associated with happiness and optimism. Even the brain agrees: It releases serotonin, the so-called feel-good hormone, at the sight of yellow. The color's light waves are said to stimulate the brain, making one more alert, clearheaded and upbeat when it comes to mood and decision-making.





## Circle of Friends & Neighborhood

### Circle of Friends

Summer is a great time of year for the Circle of Friends. We are able to get out and enjoy the weather! Sometimes a little too much as we saw in July after our beach trip. Last month we also had a blast outside at the Caribbean Nights Summer Concert. This month we all get to enjoy celebrating the 5-year anniversary of Belmont Thousand Oaks with an amazing summer concert. The company of fellow friends, great food and fabulous music will only enhance the moods of our Circle of Friends residents.



### Neighborhood News

I hope everyone is enjoying their summer! Just a reminder that our neighborhoods have scenic drives on the weekends. The 4th floor has their scenic drive on Saturdays and the 2nd floor is on Sundays. Departure time is 1:15 p.m. from Belmont. The Neighborhood has also been enjoying a monthly lunch outing that allows us to get out into the community and mingle with family and friends. I send out e-mail updates about all activities and events monthly, so be on the lookout for this month's email!

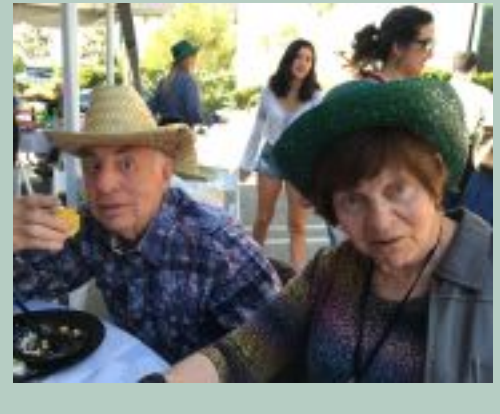


### Circle of Friends Outings

- Monday 8/1- Channel Islands Maritime Museum (bus leaves at 1:00)
- Monday 8/8- Lunch at The Landing (bus leaves at 10:30)
- Monday 8/15- "Butterflies Alive" at the Santa Barbara Museum of Natural History (bus leaves at 12:30)
- Monday 8/22- The Murphy Auto Museum (bus leaves at 12:45)
- Monday 8/29- Lunch at Margaritas Mexican Grill in Oak Park (bus leaves at 10:30)



# The Belmont Bonanza!



## BELMONT *Village*

SENIOR LIVING  
THOUSAND OAKS

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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