



Belmont Village of Westwood Village NEWS



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

August 2016

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James' Note

Traditions are the passing down of something special, a custom from past time. There are so many worthy traditions to celebrate, either in our religious beliefs, in the foods we eat, or in the holidays we celebrate. One of the greatest traditions that holds true is the Olympics. The Olympics date back to ~776 BC where the first Olympic Games took place in Olympia, Greece. I look forward to the Olympics taking place this month in Rio de Janeiro, Brazil.

As the Olympics quickly approach, I reflect on the true meaning of the event, unity of all nations; which is symbolic in the Olympic rings. The interlocked rings represent the inhabited continents. The color of the rings followed by a white background is present in every national flag. Throughout the Olympic Games there is an Olympic Truce; which in Greek translates to *ekecheiria* meaning, "holding of hands," prohibiting any war or threat during the Olympic Games. With 306 events in 28 sports, I invite you to cheer on the USA and join in on the Olympic festivities we will be partaking in here at Belmont Village. However, when watching the Opening Ceremony I hope we can all take a moment to embrace the world's harmony the

Olympic Games bring.

Please join us in Belmont's own tradition celebrating the Seventh Anniversary of Belmont Village Westwood. Join us for this fun-filled Las Vegas themed party on August 14th, from 3:00 p.m. – 5:00 p.m. I would like to give special recognition to the first residents who moved into BV Westwood in 2009: Ruth B., Robert B., Eleanor F., Jeanette B., Ruth F., Betty R., Gloria R., Edith B., Leah F., Katy K., Sylvia L., and Marian W.; thank you for sharing seven wonderful years with us. BV Westwood truly is so exceptional because of all of the great residents, families, friends, and staff we share it with.





August Birthdays

- 1 Marcia Pierozzi
- 2 Eddie Frey
- 2 Bernard Sachs
- 3 Nancy Jacobson
- 4 Joyce Ludmer
- 6 Pauline Kuntz
- 8 Richard Anderson
- 11 Rosalie Gilford
- 12 Suzanne Ellis
- 13 Robert Blank
- 13 Eloise Mayer
- 14 Burt Meyer
- 14 Margaret Mazzarella
- 15 Georgann Tenner
- 18 George Coade
- 20 Tomi Kuwayama
- 20 Donna Pfeiffer
- 21 Janice Roper
- 22 Patricia Mullenbach
- 22 Sally Wade
- 25 Meril Graf
- 27 Anita Zelman
- 29 Phyllis Reicher

August Staff Birthdays

- 6 Esterly & Roberto
- 8 Melissa & Joseph
- 9 Jacqueline & Angel
- 10 Arminda De Lemus
- 13 Judy & Ramiro
- 14 Marion Parker
- 17 Lea & Mailyn
- 18 Sotheara Hang
- 19 Gabriel Parada
- 20 Ashley & Connie
- 22 Jennifer Boa
- 24 Lyliane Vo
- 26 Joshua Moore
- 27 Zara & Raymond
- 30 Summer Rosario



Maria Daileg

Maria has been a dedicated nurse at Belmont village for over 4 years. She is a skilled nurse who is prepared to handle any situation she encounters. Maria is always prepared to go above and beyond for her residents when needed. There is no task too large for her. Congratulations, Maria!



Rita Grinage

Anytime you see Rita around our community, you will find her with a smile on her face. She is a professional and dedicated PAL, who can always keep the residents she cares for laughing. We appreciate her hard work and dedication. Thank you, Rita, for going the extra mile.



7th Anniversary Celebration!

This year our 7th Anniversary Party will be held on **Sunday, August 14, from 3:00 pm to 5:00 pm.** The theme for the Gala will be Las Vegas, complete with Show Girls and Sinatra Sounds. We will require RSVPs for you and your guests, and we know that a good time will be had by all! Get ready to enjoy a festive day as we celebrate all of you and the success of Belmont Village Westwood! Lucky #7!



DRCS Health Hints by Zara Khatchatrian



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.

Clothing Drive a Success!

The Resident Council wants to thank everyone who participated in last month's clothing and unwanted item drive benefiting National Council of Jewish Women.



Transportation Schedule

Sunday: Scenic drive

Monday: Doctor appointments, local trips

Tuesday: Doctor appointments, Circle of Friends outing

Wednesday: Doctor appointments, activity outing

Thursday: Doctor appointments, neighborhood outing

Friday: Local trips

Saturday: Local trips

Please sign up for activity outings. Schedule your doctor appointments and other transportation needs at the Concierge Desk.

Resident Committees & Informational Chats

Chef's Chat—Meets on the last Tuesday of the month in the Screening Room, at 1:30 pm.

Resident Council—Meets on the second Tuesday of the month in the Screening Room, at 1:30 pm.

Activity & Movie Chat—Meets on the third Tuesday of the month in the Screening Room, at 3:30 pm.

Welcome Committee—Hosts a Welcome Tea each month for new residents.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	7	8	9	10	11	12
	14	15	16	17	18	19
	21	22	23	24	25	26
	28	29	30	31		



Resident Services

Maintenance Services

Please see the receptionist or concierge for a work order.

Concierge Services

For assistance with local reservations and transportation, please see the concierge.

Salon

Located on the 2nd floor. We are a full-service salon and look forward to servicing all of your needs. (310) 234-3039

Marketplace

Toiletries, snacks, etc., for purchase. Please see the receptionist.

Dry Cleaning

Please see the receptionist to arrange for pickup and delivery from an outside vendor.

Podiatrist

Available monthly. Please see the concierge to arrange an appointment.

PT/OT/Speech Therapy

Available in the CFLE (gym) on the first floor. Please see a RehabCare therapist for an appointment.

Circle of Friends August Outings

Aug 2nd: Enjoy lunch at Skylight Gardens in Westwood! Departs at 11:00am.

Friday, Aug 12th: Explore the museum of Flying! Departs at 12:30pm.

Aug 16th: Experience the Ronald Reagan Library and lunch! Departs at 10:30am

Aug 23rd: See "Royal Hawaiian" at LACMA. Departs at 1:00pm.

Aug 30th: Out to the Movies! TBA.

Neighborhood News



As the weather gets warmer we are outside more and more! The Neighborhood has been working on new clay pinch-pot projects this month, which we will decorate and use to plant seeds for some new plants on the patio.

We are looking forward to celebrating Belmont's 7 year anniversary this month! We are planning a celebration of good food, great entertainment, and lots of fun! We hope to see everyone there!

Circle of Friends



The Circle had a great time at *Hoboken* last month for lunch! We enjoyed some East Coast style food with a little Italian mixed in. While we were at the restaurant we were given a crash course in East Coast history from the waiter and many East Coast natives in the group reflected back on what it was like growing up there.

On the topic of eating, we are excited to try out some baking projects this month! We haven't done much baking, but are hoping to try out some great bread recipes!



Men's Club Event, Friday, August 19th, 11:30 am

This month the men's club will be treated to a BBQ and a viewing the Mel Brooks film *Blazing Saddles*. We will show-behind-the-scenes footage and host a discussion on the movie. Join us for an afternoon of laughs!



"Pamper Me Event"

We will be hosting an afternoon of massage and pampering . Sign up at the concierge to indulge in a mini massage to relieve your stress. Friday, August 5th, 1:30 p.m.



Exercise Class Every Saturday at 10 a.m.!

We have added a Saturday Exercise class every week! Come check out Move n' Groove with Melinda or Morning Stretch with Sloan. Join us to keep your body moving!

Welcome Chef Manager Jean Yves Etesse



I'm coming from the southwest of France, well known for its wines and great food such as foie gras, fresh trouts, salmon and duck confit. I was raised in the city of Lourdes where my father owned a hotel restaurant. So as you can imagine, I was exposed to the kitchen at a very young age. At the age of 18, I accomplished my apprenticeship in the same time I attended the University of Pau for business.

In 1981 I moved to Los Angeles where I became executive chef for a French owned corporation. I was in charge of five restaurants located in the San Fernando Valley.

But it was time for a great change, time for something with a different purpose. That's when I took over the culinary services for a senior living residence. Cooking for the residents there gave me another purpose in life.

Now I have moved with you at Belmont Village, where I found a new family.

Resident Spotlight



Dominic Frasco

Dominic Frasco is originally from New York. He was raised in a Catholic Italian family and had six brothers and one sister. He was drafted into WWII and served in Normandy in the 359th engineer infantry. Dominic served for three years. He met his wife at a dance hall and was married and had 2 sons. He was employed for over 20 years by West Point Military Academy as a processing clerk. Dominic enjoyed being a volunteer coach for youth basketball leagues. He moved to Belmont Westwood from St. Augustine, Florida, and is happy to be closer to his family.

Village Scene



4th of July BBQ



Bastille Day



Langer's Deli



Resident Birthday Party



Sandy's amazing dessert at La Scala



Father's Day Magic

BELMONT *Village*
SENIOR LIVING
WESTWOOD

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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