



# Belmont Village of Burbank VillageNEWS

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

July 2016

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## From the Executive Director

Happy July Everyone!

I hope everyone is having a wonderful summer so far!

Outside of celebrating our Country's birthday, a wedding anniversary, and a grandson's birthday, July could reduce its days to a mere 5 as far as I'm concerned. My reasons are selfish, that I am aware: I am not a fan of heat, nor brown lawns. Our electricity bill is on the rise, as I cannot help but to keep the thermostat set cool enough for our aging German Shepherd. I feel like our neighbors are keeping track of how often we water, as we work to not have cacti growing where our beautiful rose bushes once stood, and my diet does not allow ice cream or a piña colada.

I can remember my mother feeling the same way about the summer season after she retired. Come May, she always planned some sort of vacation for the last part of September so she felt she had something to look forward to. She also stocked up on books and

reading material, and her children and grandchildren knew that weekends were a must to either visit her or take her out for a drive. The family would unite to get her through those long, summer months. I used to tease her as this woman came from the cold winters of Minnesota! She explained that the heat of the California winters offset those cold winters. As much as I dislike heat, getting through a Minnesota blizzard season is off the charts compared to a few days of triple digits. Mom would respond to this rebuttal by telling me to ask myself that same question once I was "shut in" and could no longer drive--a point I have thought about so many times when our residents discuss their own challenges by no longer having the ability to just hop in their car and go.

I think about the above and living at Belmont Village. Even though we are a well air-conditioned community, having the weather swelter does have an effect on our residents. We see an increase in dehydration, and residents are upset that they cannot take their walks as far or at the time they would typically. There is a general feeling of "cabin fever" that can occur. Knowing this, we are working to be (continued on next page...)



**July Resident Birthdays**

- 1 Bob Freiberger
- 10 Fred Soriano
- 10 Jean Wilkinson
- 14 Gloria Ikuno
- 17 Arlene Hoffman
- 17 Dorothy Lew
- 17 Loretta Parker
- 19 Betty Cook
- 21 Olga Londono
- 28 Felice Atencio
- 31 Carol Normile

RESIDENT BIRTHDAY  
LUNCHEON  
FRIDAY, JULY 15  
11:30am, TOWN HALL

**Employee Birthdays**

- 9 Demetrio Rojas
- 14 Teresa Bolanos Godoy
- 17 Marcelle Ligeralde-Panis
- 20 Paruir Shamiryan
- 26 Emily Silvestre



**Happy Birthday**

(...continued from previous page) proactive this summer. Jeff is doing an outstanding job in creating new activities and bringing in favorite entertainers, while Tammy and Jose are working hard to minimize any dehydration concern. Maintenance is working to keep our air conditioners working as well!

I wish you all a nice and cool July everyone, and please, if "cabin fever" is getting to you, please stop by and see Jeff or myself! Ice cream and piña coladas for everyone!

Mary Jane

**Our New Residents!**

Welcome to the Belmont Family:

- Jean "Emmy" Collier
- Dorothy Glenn
- Chuck Hollowell
- Zina Phillips
- Syed Rizvi
- Jerome and Susan Wasserman



One Year

Margie Guapo 7/31/2015

Three Years

Marilyn Barnard 7/29/2013

Effie Little 7/16/2013

Artem Ovanessian 7/5/2013

Four Years

Dorothy "Dottie" Briggs 7/1/2012

Five Years

Betty Penrod 7/22/2011

Six Years

Gisela Steinmetz 7/31/2010

Seven Years

Greta Rosenblum 7/31/2009

Eight Years

Corinne Deluca 7/10/2008

Ten Years

Linda Stilley 7/17/2006

**Employee of the Month**

Congratulations to our Employee of the Month for July: Yasmeen Younan! Yasmeen is a strong leader and dedicated nurse. She goes above and beyond to make sure things are running smoothly in our neighborhood. Her compassion for our residents shows in her tremendous care and willingness to help whenever called upon. Thank you, Yasmeen, for your outstanding service!



Great job, Yasmeen!



### Activities Chat

Ever wonder how we come up with the activities that keep us so busy here at Belmont Village of Burbank? Our varied, fun-filled schedule is largely the result of our Activities Chat! Once a month, residents are invited to join Jeff in an open conversation discussing current and future activities with the goal being simple: provide residents with the most enjoyable activities. Everything from trying new games, scheduling places to visit on our outings and bringing in entertainers for the community are discussed with direct input from the residents deciding much of what makes our monthly schedule!

1st Tuesday of the Month at 3:30pm in the Bistro



Happy Memorial Day, Dorothy and Cici!



## Out & About

### Weekly Outings

Every Wednesday, residents are given the opportunity to join us for an exciting outing. What's more, the destination is always resident suggested and approved! Movie theaters, museums, live performances, beach days and restaurants are just some of the endless possibilities for future outings!



Grace was a fan of her crêpe at "Figaro Bistro"!



Our outings wouldn't be such a success without the help of our fantastic drivers, Matt and Steve.

## Transportation

### MONDAY

8:30 a.m.–noon

Personal Appointments

1:30 p.m. Local Banks

2:30 p.m. Ralphs and CVS

### TUESDAY/THURSDAY

Dr. Appointment Days

8:30 a.m.–4 p.m. (Schedule with concierge at least 48 hours prior to appointment.)

### WEDNESDAY

Bank Visits at 9 a.m.

Outing Day

### FRIDAY

Doctor/Hair Appointments

### SATURDAY

10:30 a.m. Neighborhood Scenic Drive

1 p.m. Ralphs, CVS and Walgreens

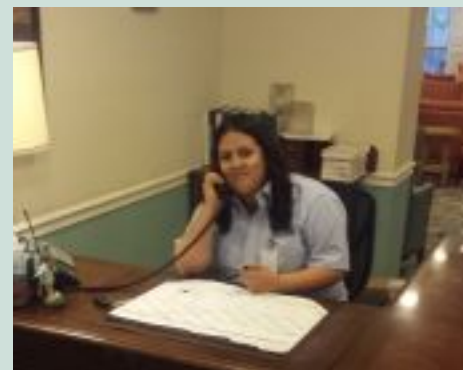
### SUNDAY

8:30 a.m.–12:30 p.m.

Places of Worship

1:00 p.m. Scenic Drive.

Please sign up with Concierge.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 TH Fitness Class 10:30 GR Hymn Sing with Rev. Purdy 10:30 Walking Club 1:00 TH Beading Class 2:00 TH Beading Class 3:00 GR Shabbat Service with Rabbi Bieber 4:00 TH New Resident Orientation 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 11:00 GR Trivia with Fritz 1:00 Local Shopping 1:30 TH Pattern Bingo 3:30 TH Foreign Language Class with Oscar 7:00 MT Movie of the Night
3	4	5	6	7	8	9
8:30 GR Communion 8:30 Transportation to Local Churches 10:30 Walking Club 10:30 B 20 Questions Game 1:00 Scenic Drive 3:00 Dog Visit with Sweetie Belle, the Gentle Giant 3:30 MT TED Talks 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	<b>Independence Day</b> 9:30 TH Fitness Class 10:30 B Scrabble Slam 10:30 Walking Club 11:00 4th of July Cookout! 1:00 MT Movie Club with Merle 3:30 TH Blackjack in Town Hall 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 TH Current Events 10:30 Walking Club 2:30 GR Two-Minute Mysteries 3:30 B Activities Chat 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 TH Bible Study with Rev. Purdy 10:30 Walking Club 10:30 Lunch Outing - Clifton's Cafeteria 2:30 TH Food Chat with Chef Juan 4:30 TH New Resident Family Orientation 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 10:30 GR You Be The Judge 2:00 TH Blackjack in Town Hall 3:30 GR Wine and Cheese Happy Hour with Michael Quest 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 GR Hymn Sing with Rev. Purdy 10:30 Walking Club 1:00 TH Beading Class 2:00 TH Beading Class 3:00 GR Shabbat Service with Rabbi Bieber 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 11:00 GR Trivia with Fritz 1:00 Local Shopping 1:30 TH Pattern Bingo 3:30 TH Foreign Language Class with Oscar 7:00 MT Movie of the Night
10	11	12	13	14	15	16
8:30 GR Communion 8:30 Transportation to Local Churches 10:30 GR South Hills Nondenom. Service 10:30 Walking Club 1:00 Scenic Drive 3:00 Dog Visit with Sweetie Belle, the Gentle Giant 3:30 MT TED Talks 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 B Jingo: Bingo Meets Trivia 10:30 Walking Club 1:00 MT Musical Theatre Club 3:30 TH Blackjack in Town Hall 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 TH Current Events with Mary Jane 10:30 Walking Club 2:30 B Jeopardy with Jeff 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 10:30 TH Bible Study with Rev. Purdy 1:00 Movie Outing - "The Secret Life of Pets" 2:30 TH Food Chat with Chef Juan 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 10:30 GR You Be The Judge 2:00 TH Blackjack in Town Hall 3:30 GR Wine and Cheese Happy Hour with The Darden Sisters 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 GR Hymn Sing with Rev. Purdy 10:30 Walking Club 11:30 TH Birthday Luncheon 3:00 GR Shabbat Service with Rabbi Kornfeld 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 11:00 GR Trivia with Fritz 1:00 Local Shopping 1:30 TH Pattern Bingo 3:30 TH Foreign Language Class with Oscar 7:00 MT Movie of the Night
17	18	19	20	21	22	23
8:30 GR Communion 8:30 Transportation to Local Churches 10:30 Walking Club 1:00 Scenic Drive 3:30 GR Musical Entertainment featuring "Down Home Time" 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 B Scrabble Slam 10:30 Walking Club 1:00 MT Movie Club with Merle 3:30 TH Blackjack in Town Hall 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 10:30 TH Current Events 1:30 TH Resident Council Meeting 2:30 GR Two-Minute Mysteries 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 TH Bible Study with Rev. Purdy 10:30 Walking Club 11:00 Lunch Outing - Wood Ranch BBQ and Grill 2:30 TH Food Chat with Chef Juan 3:30 TH Adventures with Doug: Lassen Peak 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 10:30 GR You Be The Judge 3:30 GR Wine and Cheese Happy Hour with Ronnie Jayne 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 10:30 GR Hymn Sing with Rev. Purdy 1:00 TH Beading Class 2:00 TH Beading Class 3:00 GR Shabbat Service with Rabbi Bieber 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 11:00 GR Trivia with Fritz 1:00 Local Shopping 1:30 TH Pattern Bingo 3:30 TH Seth Becker, Music Historian Program 7:00 MT Movie of the Night
24	25	26	27	28	29	30
8:30 GR Communion 8:30 Transportation to Local Churches 10:30 Walking Club 1:00 Scenic Drive	9:30 TH Fitness Class 10:30 Walking Club 10:30 B Jingo: Bingo Meets Trivia 1:00 MT Musical Theatre Club 3:30 TH Blackjack in Town Hall 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 TH Current Events with Mary Jane 10:30 Walking Club 2:00 JK New Resident Welcome Tea 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:00 Lunch & Outing - Marion Davies Guest House 10:30 Walking Club 10:30 TH Bible Study with Rev. Purdy 2:30 TH Food Chat with Chef Juan 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 GR You Be The Judge 10:30 Walking Club 2:00 TH Blackjack in Town Hall 3:30 GR Wine and Cheese Happy Hour with Tom Horvath 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 10:30 GR Hymn Sing with Rev. Purdy 3:00 GR Shabbat Service with Rabbi Kornfeld 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night	9:30 TH Fitness Class 10:30 Walking Club 11:00 GR Trivia with Fritz 1:00 Local Shopping 1:30 TH Pattern Bingo 7:00 MT Movie of the Night
31						
3:00 GR Dog Visit with Sweetie Belle, the Gentle Giant 3:30 MT TED Talks 6:30 B Bingo in the Bistro 7:00 MT Movie of the Night						



Circle of  
**Friends & Neighborhood**



Lunch at Tony P's was wonderful! Great food and a beautiful view, as well.



So much to see and do at the Ronald Reagan Presidential Library and Museum!



June for President!



Bon appétit, Betty!

**Circle of Friends News...**

June was certainly a busy, fun-filled month for our Circle of Friends! We enjoyed a trip to the Ronald Reagan Presidential Library and Museum and saw, among other things, Air Force One and part of the Berlin Wall in person! We experienced a special trip to Marina Del Rey for a meal at Tony P's, where the food is excellent and the view is picturesque: nothing but ocean and yachts as far as the eye can see. Another resident favorite was our outing to the Wildlife Learning Center, where we saw beautiful and fascinating animals including lemurs, sloths, tortoises--even bald eagles! Our theme for the month of June was "Greece" and we engaged in several activities and crafts centered on the nation and its culture--including eating Greek cuisine while in Sherman Oaks.

**Neighborhood News...**

As of July 1st, 183 days will have passed and 183 days will remain, which means we are exactly halfway through the 2016 leap year and summer is well underway.

Last month, residents developed a taste for the culinary arts by handcrafting their own ice cream. We will now whisk, knead and frost our way through this month with the beginning of regular 'snack-sized' classes. Come see what's cooking!

Following our retro lunch at Bob's Big Boy and visit to Lake Balboa, residents are going to see what's brewin' at Krispy Kreme and enjoy a local park outing. We have a lunch outing on the first Saturday of each month and a park outing on the third Monday of each month. Please contact us if you have suggestions for future outings!

We hosted a BBQ on Father's Day for our residents and their families in honor of the fathers in our community. Now we'll be celebrating the flag-flying 4th of July in true patriotic style with an outdoor cookout. Please RSVP!



Chuck and Masako Hollowell, such a lovely couple!



Arek leads a fun dance class



## From DRCS

### Tammy Cooper

#### Tips for Improving Memory: Make time for friends and fun

When you think of ways to improve memory, do you think of “serious” activities such as wrestling with the New York Times crossword puzzle or mastering chess strategy? Or do more lighthearted pastimes—hanging out with friends or enjoying a funny movie—come to mind? If you’re like most of us, it’s probably the former. But countless studies show that a life that’s full of friends and fun comes with cognitive benefits.

**Healthy relationships: the ultimate memory booster.** Humans are highly social animals. We’re not meant to survive, let alone thrive, in isolation. Relationships stimulate our brains—in fact, interacting with others may be the best kind of brain exercise. Research shows that having meaningful relationships and a strong support system are vital not only to emotional health, but also to brain health. In one recent study from the Harvard School of Public Health, for example, researchers found that people with the most active social lives had the slowest rate of memory decline.

**Laughter is good for your brain.** You’ve heard that laughter is the best medicine, and that holds true for the brain as well as

the body. Unlike emotional responses, which are limited to specific areas of the brain, laughter engages multiple regions across the whole brain.

Furthermore, listening to jokes and working out punch lines activates areas of the brain vital to learning and creativity. Looking for ways to bring more laughter in your life? Start with these basics:

**Laugh at yourself.** Share your embarrassing moments. The best way to take ourselves less seriously is to talk about the times when we took ourselves too seriously.

**When you hear laughter, move toward it.** Most of the time, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, “What’s funny?” **Spend time with fun, playful people.** These are people who laugh easily—both at themselves and at life’s absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.

**Surround yourself with reminders to lighten up.** Keep a toy on your desk or in your car, put up a funny poster in your office or maybe even choose a computer screensaver that makes you laugh! **Pay attention to children and emulate them.** They are the experts on playing, taking life lightly, and laughing.



## Coming to Belmont Village of Burbank: TED Talks!

TED Talks (standing for Technology, Entertainment and Design) are short but powerful talks led by experts in various fields including education, business, science, technology and creativity. The videos are brief, always under 18 minutes, but informative and fascinating. An oceanographer sharing about exploring the ocean depths, a business expert revealing characteristics of successful workers and a psychologist discussing how to handle stress when you face arduous situations are just a few of the thousands of talks available for viewing!

Sundays at 3:30pm  
in the Movie Theater

## Foreign Language Classes!

We are pleased to announce that we are introducing foreign language classes to the community led by Oscar Szmuch, president of Language Resources International. Oui oui!

Saturdays at 3:30pm  
in Town Hall

# Belmont Village Scene



"You Be the Judge" is always fun!



Elva and Janet: two good friends



Sweetie Belle REALLY likes Sally!



Erwin and Arlene enjoy Walking Club



Happy Birthday, Corinna!



Rabbi Kornfeld leads Shabbat

**BELMONT** *Village*  
SENIOR LIVING  
BURBANK

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Burbank, CA 91501

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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