



Belmont Village at Cardiff by the Sea Village NEWS

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

April 2016

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Sadie's Corner

Many of you noticed the new ear pieces we have on the Belmont Village radios. While we may look like we work for the FBI, we do not! Ha! The ear pieces decrease the noise level in Josephine's Kitchen and they afford more privacy for residents who call for assistance. The only two radios that do not have the ear pieces are the one at the front desk, and the one at the podium in the restaurant. The rest of us have an ear piece assigned to our radios.

A number of residents have inquired about how we notify other residents when someone moves in. While we enjoy the Welcome Social, we only get that once a month. And we rely on our new residents to attend that social in order to meet and greet them. After talking to a number of active residents, we came up with a new plan. Moving forward, we will ask the resident at the time of move-in, if we have their permission to send out a brief paragraph about their history. That small paragraph of information will be photocopied and sent out to all the residents at Belmont Village via their mailbox. Our goal is to give the current residents a chance to connect with the newest residents, right around the time they move in.

Please remember to give your walker to the server when you enter Josephine's Kitchen. We cannot have them in the dining room anymore. And good news – in the event of a fire, the safe zone for the first floor is the dining room. So that means even if the fire alarm went off, there is a 99% chance that you'd be asked to stay right where you are. There is no need to relocate, or grab your walker. The fire department is very clear about this – the safe zone in emergencies is the dining room, and no walkers are allowed. Thank-you for your cooperation.

"May we grow in strength – without pride in self. May we, in our dealings with all people of earth, ever speak the truth and serve justice. May the light of freedom, coming to all darkened lands, flame brightly – until at last the darkness is no more".

– Dwight D. Eisenhower



PALs Miguel and Spencer were kind enough to model the ear pieces for us!



April Happy Hours

4/7 Robert Hardaway
4/14 Tony Detorre
4/21 Blue Zone Group
4/28 MusicStation

Salon Hours

9 a.m.–4 p.m., Tuesday through
Friday, Located on 3rd Floor.
Please schedule directly with the
Salon. (760) 632-4667.

Monthly Support

Optometry/Podiatry

By appointment only via our
nurses (Wellness Center, 2nd
Floor).

Podiatrist In-House

Third Thursday,
10 a.m. Assisted and
Independent Living (CR, L2)

Audiologist

Last Thursday,
2 p.m. (CR, L2)
1:30 p.m. Neighborhood

Parkinson's Support

First Wednesday,
1 p.m. (TH)

Things to Remember

Doctor Drives

Tuesdays (North)
Thursdays (South)

*15-mile radius (each way)

*48-hour advance notice

Dry Cleaning

Pickup/Drop-Off:
8 a.m. Mondays and Thursdays

Church Runs

Sundays: 8:30 a.m.- 12 p.m.

April Outings

Sun., Apr. 3rd at 1:00 pm:

Mainly Mozart

The performance is a mix of
classical orchestral and chamber
music at St. Elizabeth Seton
Church.

Wed., Apr. 6th at 1:00 pm:

Flower Fields

The 50 acres of giant Ranunculus
flowers cascade down the hillside
in a spectacular display of color
that will take your breath away.

Fri., Apr. 8th at 1:00 pm:

Craftsmanship Museum

Located in Carlsbad, the museum
has a collection which includes
approximately 500 working
miniature engines as well as
models of aircraft, automobiles,
and other objects.

Wed., April 13th at 11:00 am:

Le Papagayo Restaurant

Le Papagayo, located in the heart
of Leucadia, offers a unique fusion

of Mediterranean and Latin
American cuisine.

Wed., Apr. 13th at 3:00 pm:

Beach Walk

Let's get out and get some fresh air
at Moonlight Beach!

Wed., Apr. 20th at 11:30 am:

Concert

We will be going to listen to a
free musician at the Encinitas
Library.

Wed., Apr. 20th at 4:30 pm:

Dinner with Robert

3rd Corner Wine Shop and Bistro
is a unique concept that combines
a retail wine shop with a true
California Bistro menu. Choose
from over 800 wines and
champagnes from around
the world!

Wed., Apr. 27th TBD:

Movie Outing

The movie will be chosen closer to
the date. Suggestions welcome!



Employee of the Month

Congratulations to Arcelia, our veteran
Neighborhood PM PAL! Born and raised in
Oaxaca, Mexico, she moved to the United States
13 years ago and 7 of those years working at
Belmont! Arcelia is a loving wife. She is a
devoted mother of 2 young children who are
fond of books and reading; you can often find
them at the local libraries. Arcelia also makes
time to stop by and have breakfast or lunch
with her parents each week, emphasizing the
importance of what family means to her. Thank
you for your dedication to our residents.



Spring Has Sprung

Do April showers really bring May flowers? If you ask residents Mary K. and Barbara G., the answer is a resounding YES! Both ladies are lifelong gardening aficionados and continue to appreciate and enjoy plants and flowers.

Mary was raised in Oakland, Ca. and is 1 of 6 children. When she was growing up, Mary's father gave each of the kids his/her own portion of the yard to garden. It was love at first dig for Mary! In addition to the beauty of the flowers, she really enjoyed working in the soil and getting her hands dirty. When Mary and her husband Bill were raising their own family, they had a home in Vista with a large yard. Bill would assist by reading the planting and fertilizing instructions, something Mary found to be more of a chore. In all her years as a homeowner, Mary never hired a gardener!

Barbara was introduced to her love of gardening by her grandmother at a very young age. The family lived together in Los Angeles and Barbara has fond memories of helping her grandmother plant flowers. Early in her marriage, Barbara and her husband Al moved to Capistrano Beach in Orange County. They owned two lots and dedicated one to use as a grassy area for their four kids to play on, as well as planting a vegetable garden.

Occasionally, however, the unpredictable high tide would wash away the squash harvest! Eventually, the family moved to Mammoth Lakes, where water restrictions, gophers, and deer became the nemesis to a healthy garden. Undeterred, Barbara continued to work outdoors and recalls loving the sight of colorful bulbs popping through an early spring snow, showing Mother Nature can't be stopped!

Both Mary and Barbara continue to love being outdoors and appreciate the vibrant landscape around them. Each of the ladies would like to enhance our entrance at Belmont by adding some color to our large planters in the driveway. They plan to trim away the scrappy ends beneath the Cypress trees and replace them with varieties from New Zealand and Australia that are drought tolerant. We will all benefit from their efforts and look forward to Barbara and Mary sharing their passion with us!



Mary K. and **Barbara G.** pose in front of the planters they will use for our new flowers!



Geneve S. with one of the Irish dancers for St. Patrick's Day.



One of our newest residents, **Jim L.**, posing for the camera!



Happy St. Patrick's Day **Don S.**, **Roseann S.** and Daisy!



Happy birthday gentleman!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:15 TF BRIDGE 🌿 3:00 TH Nancy's Taste and Learn: National Parks 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 3:00 GR Sheldon at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
Church Runs 3 9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:00 Outing: Mainly Mozart Concert ✓ 3:00 GR Renata at the Piano 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 TH Stone Age Doctor: Liver Lore 🌿 7:00 SR Evening Movie	Northbound Doctor Drives 5 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 TH Activity Chat/MBA 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies 🌿 1:00 Outing: Carlsbad Flower Fields ✓ 2:00 GR Scrabble 🌿 2:00 GR Diane at the Piano 3:15 GR SING-A-LONG 7:00 SR Evening Movie	Southbound Doctor Drives 7 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 B Happy Hour: Robert Hardaway 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:00 Outing: Craftsmanship Museum ✓ 1:15 TF BRIDGE 🌿 4:00 SR Armchair Astronomy: Comet Rosetta Results: Comet Investigated 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 3:00 GR Matt Barber Performs 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
Church Runs 10 9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 Scenic Ride ✓ 3:00 GR Rosemarie at the Piano 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 The History Remembered: Myth and the Mystery of the Vietnam War 🌿 7:00 SR Evening Movie	Northbound Doctor Drives 12 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 11:00 B Jewelry Bazaar ★ 1:15 TH BINGO 3:00 Welcome Social: Meet the New Residents 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 11:00 Outing: Le Papagayo in Encinitas ✓ 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 3:00 Outing: Beach Walk ✓ 3:15 GR SING-A-LONG 7:00 SR Evening Movie	Southbound Doctor Drives 14 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 B Cafe Gratitude 🌿 3:00 B Happy Hour: Tony Detorre 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:15 TF BRIDGE 🌿 2:30 GR Helen Woodward Animal Visits 3:00 JK Chat with the Chef 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 3:15 TH The History Lady 🌿 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
Church Runs 17 9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 TH Ceramics Class 🌿 3:00 TH Robert Parker at the Piano 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 TH Art for All Ages: All Skill Levels Welcome! 🌿 7:00 SR Evening Movie	Northbound Doctor Drives 19 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 SR Osher Presentation w/Discussion Led by Robert 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies 🌿 11:30 Outing: Concert at the Encinitas Library ✓ 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 2:00 SR Resident Council 🌿 3:15 GR SING-A-LONG 4:30 Outing: Dinner with Robert ✓ 7:00 SR Evening Movie	Southbound Doctor Drives 21 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH Laughing with Robert 🌿 3:00 Happy Hour: Blue Zone Group 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 1:15 TF BRIDGE 🌿 4:00 TH Passover Seder ★ 4:30 TH Shabbat Blessing 🌿 5:15 GR Passover Music ★ 7:00 SR Evening Movie	9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 3:00 GR Vincent at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
Church Runs 24 9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 SR Daily Movie 1:30 TH Jewelry Class 🌿 3:00 Scenic Ride 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:15 TH Sharpen Senses 🌿 10:30 P Aqua Aerobics 1:30 SR Music Appreciation 🌿 3:00 B Sadie's Coffee Klatch 🌿 7:00 SR Evening Movie	Northbound Doctor Drives 26 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 C Book Club Chat 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 1:00 Outing: TBD Movie Outing 2:00 GR Scrabble 🌿 2:00 GR Diane at the Piano 3:15 GR SING-A-LONG 6:30 B Peter Seltser Performs 7:00 SR Evening Movie	Southbound Doctor Drives 28 9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 B Cafe Gratitude 🌿 3:00 B Happy Hour: MusicStation 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 11:15 JK Birthday Lunch ★ 1:15 TF BRIDGE 🌿 3:00 TH Nancy's Taste and Learn: Israel 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 Walking Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 3:00 GR Perpetual Music Performs 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie



April Celebrations

Resident Birthdays

1st	Maria R.
3rd	Tally H.
4th	Maretta S.
7th	Eleanor H.
9th	Rusty S.
10th	Judy L.
14th	Madeline H.
15th	Gene O.
17th	Amy F.
19th	Martin G.
22nd	Ruth G.
24th	Boats B.
25th	Bill T.
30th	Shig K.

Employee Birthdays

5th	Helen T.
14th	Juan Carlos S.
15th	Armando C.
21st	Katrina B.
26th	Krystal W.
27th	Yvonne L.
30th	Adriana M.

Employee Anniversaries

7 yrs.	Arcelia C.
6 yrs.	Melissa L.
5 yrs.	David K., Sarah S.
5 yrs.	Daisy S.
3 yrs.	Kathleen B., David R.
2 yrs.	Zayra C., Modesta G.
1 yr.	Rosemarie D.
1 yr.	Whitney W.



Passover Seder

Join us for Belmont's Passover Seder. Paula Silverfarb has once again graciously agreed to lead the Seder. Please join us for the ceremony in the *Town Hall*. After the ceremony we will be having dinner in *Josephine's Kitchen* (open seating).

Date: Friday, April 22nd

Time: 4:00 pm

Location: Town Hall

There is limited space available. Please RSVP by no later than *April 15th*.

Nurse's Note



Since 1987, April has been designated to be Alcohol Awareness Month by the National Council on Alcoholism and Drug Dependence, Inc. (NCADD). Often times, people get caught up in the glitz and glamour of alcohol, and the fact that alcohol is a drug is promptly forgotten. That's why once a year, it's good to remind people about the dangers and health implications associated with alcohol.

Alcohol abuse and alcoholism can affect all aspects of a person's life. 1 in every 12 adults suffer from alcohol abuse or dependence, it is the most commonly used addictive substance in the United States. More than 7 million children live

in a household where at least one parent is dependent on or has abused alcohol.

Over time, excessive alcohol use can lead to numerous health problems including Dementia, liver diseases, and cardiovascular problems. Alcoholism has little to do with how long one has been drinking or how much alcohol is consumed, but with a person's uncontrollable need for alcohol.

We can make a difference by encouraging our family or friends to make small changes, like keeping track of their drinking and setting drinking limits. We can stay pro-active by knowing what we're drinking and how much alcohol is in it. And always drink plenty of water in between drinks. And remember, the old adage "everything in moderation" is never truer than when drinking alcohol.



Neighborhood News

Please join me in welcoming our newest member to the Activities/Neighborhood Team, Ms. Heather Moy. Heather was born and raised here in San Diego. Starting at the early age of 5 years old, Heather picked up the Cello, and grew up learning to play the instrument all throughout high school. She comes from a family full of musicians, as sister and dad both play instruments. The trio would often perform together. Heather is an avid swimmer, enjoys hiking, and is keen on history. A graduate of USC with a degree in Gerontology, Heather is inspired by the stories already shared to her by our great residents here at Cardiff. She looks forward to knowing each one of the residents. Glad to have you aboard, Heather!

We are receiving mail marked as "Confidential." We would like to deliver confidential or time sensitive mail to the responsible party. Please contact Kristen via email with forwarding address kvanmidd@belmontvillage.com



New Enrichment Leader, Heather, and resident **Trudy E.**

Circle of Friends



Circle of Friends at the Maritime Museum.

This past month, the COF residents have participated in the bi-annual MoCA, or the Montreal Cognitive Assessment. March marks the first of two data collection periods, with the second assessment scheduled for this September. Together with the partnership of Vanderbilt University, this comprehensive assessment process allows us to measure the quality assurance of Belmont Village's award-winning Circle of Friends program; ensuring the program continues as the benchmark in the industry-providing purposeful, tailored activities for our residents with mild cognitive impairment. The MoCA is a newer, more in depth cognitive tool that is more sensitive to subtle cognitive deficits, allowing us to better understand our residents, their abilities, and needs. If you'd like more information on the MoCA or have inquiries on the results of a loved one, please feel free to contact me - emails work best.

April

Highlights

Mon., Apr. 4th at 3:00 pm:
Stone Age Doctor- Liver Lore

It's 3 lbs. of mystery, an indispensable, multi-talented organ. The liver has been the subject of mythology, chicanery, disease, and discovery. Humans have used the animal liver as food, sometimes with disastrous results. What do terms like *lily-livered* and *jaundiced-eye* really mean? And what is the gallbladder for?

Fri., Apr. 8th at 4:00 pm:
Armchair Astronomy- Comet Rosetta Results: Comet Investigated

This ESA mission, named for the famed Rosetta Stone that helped decipher hieroglyphics, is historic. It is the first mission to orbit a comet, the first to do a soft landing on a comet rounds the sun. Comet 67P passed the sun on August 13th, 2015 with both the Philae lander and the orbiting Rosetta making measurements, and the results are still being analyzed.



The Village Scene



Maretha S. and JoAnn D. enjoying dinner at 333 Pacific.



Happy Birthday, **Bob M.**



Judy S. and Rusty S. are all smiles!



Great job playing the washboard!



Christine W. and Robert grabbing a bite before the movie!



Judy L. and Sophie S. having fun at Happy Hour!

BELMONT *Village*

SENIOR LIVING
CARDIFF BY THE SEA

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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