





Belmont Village at Cardiff by the Sea Village NEWS

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

June 2016

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Sadie's Corner

Happy Summer! Time to have fun in the sun, but keep the sunscreen close by. Skin cancer is a major threat to people of all ages and the only prevention is to cover up. Thank goodness hats are "in" – wear them! If you can't see yourself in a hat, then at least put sunscreen on exposed skin. Sunscreen is another way to prevent damaging the skin. Drink extra water in summer months – enjoy your lemonade or iced tea. Hydration keeps you healthy and decreases your chance of getting urinary tract infections. So drink up to stay out of the E.R.!

We moved the statues in Josephine's Kitchen – did you notice? The tall beach-bark wall statues are now in the hallway, instead of in the center of the wall space. We purchased another table, just like the other two, and replaced it along the wall. The carpet is going to stay for the time being. The installers, Belmont Village designers, and an independent carpet installing expert, have all weighed in – and everyone agrees. The carpet is a light color and probably too light for a restaurant. We are going to clean it professionally twice a month, rather than our typical once a month schedule, to address the wear and tear.

Are you voting in the Primary election this year? It is June 7th. If you haven't registered to vote and want to do so before the general election in November, please call the San Diego County Registrar's Office at 858-565-5800. You can also go to the post office to get a registration form for a mail-in ballot. Or you can go online to <http://registertovote.ca.gov/>. We offered to be a polling location, but the Registrar's Office did not take us up on the offer. For the general election, we will keep everyone informed about poll locations.

Happy Father's Day to all the dads out there! You have a tough job but it's worth it. My own dad lives in Wisconsin and has battled Parkinson's for about 5 years now. He's still very independent and loves to watch movies – we went to see Star Wars in 3-D this last year!



Sadie and her father at the movies!



June Happy Hours

6/3 Robert Hardaway
6/9 Celeste Barbier
6/16 Blue Zone Group
6/23 MusicStation
6/30 Billy Harper Band

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.

June Outings

Wed., June 1st, at 10:30 am:

Thrift Store Shopping and Lunch

We had great luck at the Goodwill last time so we are doing it again! After we are done shopping we are going to have lunch at 94th Aero Squadron.



Wed., June 8th, at 1:00 pm:

Museum Of Making Man

Their mission is to inspire human connections by exploring the human experience. Their vision is to be a dynamic place to go to learn about each other, reflect on our place in the world, and build a better community!

Sun., June 12th, at 1:00 pm:

Concert

The CCC Band's "As You Like It" will feature the Arizona Wind Symphony.

Wed., June 15th, at 4:30 pm:

Dinner with Robert

We will be trying a new Italian restaurant, Fresco. It is located in the heart of downtown Carlsbad.



Wed., June 22nd, at 10:00 am:

Beer Tasting and Lunch

First, we will be doing a short brewery tour and tasting followed by an unforgettable lunch at Stone Brewery.

Wed., June 29th, TBD:

Movie Outing

Movie will be chosen closer to the date.



A job well done to our concierge Clare!

Employee of the Month

Clare was born in St. Louis, Missouri, and will always be a Cardinals baseball fan. She is the middle child of five and won the parent lottery with her mom and dad. She has been fortunate to have traveled all over the world via her previous job, which is also where she met her husband. Clare has two great teenage boys that are into beach volleyball and surfing. When she's not at work she enjoys being at home with a book, knitting, cooking, and baking. She is grateful to have found Belmont Village and all her wonderful friends here.



Dads, Grads, Brides, and Doughnuts?

Written by Therese

June marks the halfway point in our calendar year and contains the longest daylight hours and sunshine to date. The month was named after Juno, the goddess of marriage and the well being of women. This and the extra daylight may be the reason brides choose June for their weddings more than any other month. As the saying goes, "Marry in the month of May and you'll surely rue the day. Marry when June roses grow, over land and sea you'll go!"

Dads are also popular this month as we celebrate Father's Day on June 19th. People in this country and around the world will honor their fathers for their contributions and sacrifices. The holiday is thought to be founded by Sonora Dodd in 1910. She and her five siblings were raised by their single-parent dad. Presidents Woodrow Wilson and Calvin Coolidge each tried to make Father's Day an official US holiday but failed. Finally, Richard Nixon signed it into law in 1972. Popular ideas for celebrations include going to church together, family barbeques, attending sporting events, or just letting dad nap peacefully on the couch!

For many students June marks a long anticipated day, graduation! Depending on one's age this can

mean anything from higher education and parental freedom to stepping into the "real world" with their first full time job. Either way, graduation signifies the fulfillment of educational goals. Fun fact, Michael Kearney of Alabama is currently the youngest graduate of high school and college. He finished high school at age 6 and completed his Bachelor's Degree by the ripe age of 10, talk about goals!

Even if you aren't celebrating a graduation, birthday, or anniversary this month don't despair, June is also National Doughnut Month! The Salvation Army established this day in 1938 to honor the Dough Lassies, female volunteers who made doughnuts for soldiers serving overseas as a way to boost morale. This effort was successful and led soldiers to use the slogan "Doughnuts will win the war!"

Cheers to all the dads, grads, and brides out there...we hope you sit back, relax and enjoy a glazed old fashioned!



The Salvation Army providing the troops with doughnuts during the war!

Life's Great at the Coast!



Happy birthday, Claire!



Sooky S. posing with the Mariachi Band.



Katrina posing with the new bus!



The residents posing with the X-Men at the movie theater.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies "The Late Great Amazing USA" 🌿 10:30 Outing: Thrift Store Shopping and Lunch ✓ 2:00 GR Scrabble 🌿 2:00 GR Diane at the Piano 3:15 GR SING-A-LONG 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 SR All About Elections with Mary 🌿 3:00 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 1:15 TF BRIDGE 🌿 1:30 GR Great Room Game Show 🌿 4:00 SR Armchair Astronomy: Cassini at Saturn Ring Shadows 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 TH Standing Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 GR Giant Crossword 🌿 2:30 Shopping ✓ 3:00 GR Sheldon at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
5	6	7	8	9	10	11
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 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 Film Forum: Movie "Rear Window" and Discussion 🌿 3:00 GR Giant Crossword 🌿 7:00 SR Evening Movie	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 🌿 1:00 Outing: Museum of Man in Balboa Park ✓ 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 3:15 GR SING-A-LONG 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH Guided Autobiographies with Katrina 🌿 3:30 B Summer Concert: "1940s Victory Party" ★ 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 🌿 1:30 GR Great Room Game Show 🌿 3:00 TH Nancy's Taste and Learn 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 TH Standing Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 2:30 GR Giant Crossword 🌿 3:00 GR Robert Parker at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
12	13	14	15	16	17	18
9:30 TH Weekend Exercise 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Nondenominational Bible Study 🌿 1:00 Outing: CCC Band "As You Like It" ✓ 1:00 SR Daily Movie 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 TH History Remembered: "Richard Nixon: The Biggest Dilemma in U.S. History" 🌿 7:00 SR Evening Movie	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 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 🌿 10:30 TH Cultural Studies: "The Late Great Amazing USA" 🌿 2:00 SR Resident Council 🌿 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 3:15 GR SING-A-LONG 4:30 Outing: Dinner with Robert ✓ 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH Cafe Gratitude with Clare 🌿 3:00 B 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 🌿 1:30 GR Great Room Game Show 🌿 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 TH Standing Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 Shopping ✓ 2:30 GR Giant Crossword 🌿 3:15 TH The History Lady 🌿 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
19	20	21	22	23	24	25
Father's Day 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 🌿 2:00 Scenic Ride ✓ 3:00 GR Meredith at the Piano 4:30 JK Father's Day Dinner ★ 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 Hooray For Hollywood 🌿 3:00 TH Art for All Ages: All Skill Levels Welcome! 🌿 7:00 SR Evening Movie	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 Stone Age Doctor: Diseases of the Bible 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping ✓ 9:45 TH Sit and Be Fit 🌿 10:00 Outing: Beer Tasting and Lunch ✓ 2:00 GR Scrabble 🌿 2:00 GR Diane at the Piano 3:15 GR SING-A-LONG 7:00 SR Evening Movie	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 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 🌿 1:30 GR Great Room Game Show 🌿 3:00 TH Nancy's Taste and Learn 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 TH Standing Club ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:15 TH BINGO 2:30 GR Giant Crossword 🌿 2:30 Shopping ✓ 3:00 GR Vincent at the Piano 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
26	27	28	29	30		
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 TH Current Events with Therese 🌿 3:00 B Coffee Klatch with Sadie 🌿 7:00 SR Evening Movie	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 🌿 10:30 TH Cultural Studies: "The Late Great Amazing USA" 🌿 1:00 Outing: TBD Movie Outing 2:00 GR Diane at the Piano 2:00 GR Scrabble 🌿 3:15 GR SING-A-LONG 6:30 B Peter Seltser Performs 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH A Trip Down Memory Lane with Mary 🌿 3:00 B Happy Hour: Billy Harper Band 7:00 SR Evening Movie		



June Celebrations



Resident Birthdays

2nd	Al L.
2nd	Sooky S.
9th	JoAnn D.
17th	Maribeth B.
17th	Lorraine G.
19th	Janet D.
23rd	Elizabeth H.
26th	Paula S.
27th	Malcolm S.
28th	Susan B., Anne-Marie R
28th	Florence F., Lea D.
30th	Char A.

Employee Birthdays

2nd	Veronica R.
13th	Melissa W.
18th	Heather M.
18th	Kim H.
20th	Justine R.
20th	Kristen V.
23rd	Melissa T.
24th	Nicole S.
25th	Barbara S.
30th	Peggy T.

Employee Anniversaries

8 yrs.	Krystal W.
7 yrs.	Robert M.
6 yrs.	Don C.
2 yrs.	Erik F.
2 yrs.	Ofelia S.
2 yrs.	Pedro S.
2 yrs.	Areli V.

Church Transportation

- Resident must be signed up for church 48 hours in advance.
- Resident must be in the Great Room at departure time.
- The concierge will reconfirm with the resident or family the day before.
- If a resident is not cleared to leave the facility unaccompanied: a family member must meet the resident at the car/bus upon arrival, and must be present upon pickup from church or a PAL can be scheduled (at the family's request).
- As an alternative, Belmont offers a Nondenominational Bible Study on Sundays at 12:30 pm.

* For questions please see Kristen in Activities*

Nurse's Note

National Safety Month

Adults 55 and older are more prone to becoming victims of falls, and the resulting injuries can diminish the ability to lead active, independent lives. The number of fall deaths among those 65 and older is four times the number of fall deaths among all other age groups.

We can all encourage residents to participate in daily exercise classes. Staying active has shown to reduce fall risks in older adults. Belmont Village and Rehab Care offer various exercise and wellness programs to suite everyone's fitness level.

Check apartments daily for any tripping hazards. Phone lines and oxygen tubing should never be obstructing a walkway. Please alert the wellness center if you are taking any new medications, as

many side effects could trigger a fall.

Residents should always use their walking aide, even inside their apartments. Check to make sure your walker is by your bedside at night. Walkers and canes should be checked for any loose or malfunctioning parts.

Families, residents, and employees should immediately report any safety concerns in the community.

Spills should be reported immediately and attended to swiftly to prevent any slips on wet surfaces. Always use wet floor signs when necessary.

Most importantly try to exercise good judgment and never attempt an obstacle or task that you feel might not be safe handled alone. Don't hesitate to ask for assistance; prevention is key for staying healthy.



Neighborhood News

Caregivers and family have the challenge of understanding and advocating for a person with Dementia. Part of what makes Belmont Village’s staff successful in providing superior quality of service for our residents is the dementia training each staff member attends annually – a part of that training focuses on, Communication. Communication is vital between two people, it’s important for our staff to enhance their abilities to closely listen, interpret and respond to a person with dementia in a positive manner.

An example of this would be a person with dementia may repetitively say, “I want to go home.” Through investigating the word itself- “home” may not just mean a structural setting for a person with dementia, but also the feelings tied in with being at home. Such feelings can be of joy, warmth, and a sense of safety. Being patient and kind while communicating will aid in a positive engagement.



Flower arranging in the Neighborhood!

Circle of Friends



Happy Cinco de Mayo to some of our Circle of Friends residents!

It is with pride that I forward the great news of Belmont Village’s Circle of Friends program garnering the Best of the Best award for 2016 at the Argentum conference this past month. The Best of the Best is a nationally recognized award, and so it is without hesitation that the news of Belmont Village’s trailblazing program be included in our newsletter for all to enjoy.

I would like to personally take this chance to recognize and thank the fabulous COF team we have here at Cardiff for being an integral part of this program. Our Activity Assistants: Hernan, Kathleen, Mereani, Jio and Heather, as well as the COF PALS who encourage participation and provide sensational care. It is all their passion and enthusiasm that this team illustrates which keep the activities stimulating and engaging, enriching the lives of our residents daily. “Hats off” to you all!

Don’t Forget to Check Out These Activities in June!

Thurs., June 2nd, at 1:30pm:
All About Elections with Mary
It’s that time again! Mary will cover past and present elections. This class is an objective overview of the United States voting system.



Tues., June 21st, at 3:00pm
Stone Age Doctor: Diseases of the Bible

Numerous diseases and medical conditions are mentioned in the Bible but these accounts were written long before the rise of medical science. This presentation seeks to identify them and to place them in a modern perspective. A study of these diseases adds to our understanding of life in the biblical era.



The Village Scene



What an awesome Cinco de Mayo fiesta!



Shake those maracas, **Lou O.** and **Carol F.!**



Ruth G. and her grandson.



JoAnn D. and **Malka S.** enjoying the ambience at 3rd Corner.



Thanks for all the help at Passover!



Genevieve P. and her sister entertaining the other residents!

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