





# Belmont Village at Cardiff by the Sea Village NEWS

  3535 Manchester Ave • Cardiff By The Sea, CA 92007 • Tel 760-436-8900 • Fax 760-436-8911

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

**July 2016**

## **Our Team**

### **Sadie Harness**

*Executive Director x101*  
sharness@belmontvillage.com

### **Melissa Lopez**

*Director of Resident Care x102*  
mlopez@belmontvillage.com

### **Kristen Van Middlesworth**

*Activity Programs Coord. x107*  
kvanmidd@belmontvillage.com

### **David Kraft**

*Memory Programs Coord. x123*  
Dkraft@belmontvillage.com

### **Erik Fredrikson**

*Human Resources Generalist x103*  
Efredrik@belmontvillage.com

### **Don Callahan**

*Building Engineer x128*  
dcallahan@belmontvillage.com

### **David Soto**

*Chef Manager x120*  
dsoto@belmontvillage.com

### **Melissa Wood**

*Sales and Marketing x104*  
mwood@belmontvillage.com

### **Paula Lemkuil**

*Sales and Marketing x105*  
plemkuil@belmontvillage.com

### **Barbara Shockley**

*Sales and Marketing x105*  
bshockley@belmontvillage.com



## **Sadie's Corner**



Happy birthday to America! I am so grateful to live in this great nation. Did you know that Kristen VanMiddlesworth took a day on Tuesday, June 7th, to work the polls at her local precinct? She did. She volunteered to help voters exercise their right to vote in our Primary election. Kristen said that it was an amazing thing to see everyone coming to exercise their right to vote! What a gift we have to vote! She said it was a great experience, but it was very tiring. She looks forward to working in November and all the madness that will surely follow the Presidential election!

This past year my daughter celebrated "100 days of school" and the kindergarten class had a big party. It got me to thinking about the last 100 days, and the last 100 years in America. The last 100 days have felt a little like a roller coaster ride. Some big swings, moments where I am appalled and terrified, and moments of gratitude and joy.

In the bigger picture I can think of a number of ideas that have evolved over the last 100 years. 100 years ago women could not vote, African-Americans were segregated, and the decision makers in America were white men. Wow! Times have changed. What will the next 100 years bring? Only 50 years ago we had 3 television stations. Now we have 6,000 cable stations – and I still can't find anything on TV. We are evolving as a group and have an opportunity to participate in the direction of our nation. I hope we never take that for granted and continue to talk about tough ideas and have heated debates. It brings about change. Ronald Reagan once said, "All great change in America begins at the dinner table." Happy 4th of July!

**And I'm proud to be an  
American,  
where at least I know I'm free.  
And I won't forget the men who  
died,  
who gave that right to me.  
~Lee Greenwood**





## July Happy Hours

7/7 Gil Alcantar  
7/14 Sundance Band  
7/21 Dynamic Duo  
7/28 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.



## July Outings

Wed., July 6th at 10:30am:

### Lunch and Shopping

We will be shopping at the Carlsbad Forum. Once we work up an appetite from all the shopping we will head over to Panera for some lunch!

Fri., July 8th at 10:00am:

### Barona Casino

You feelin' lucky? Try your hand at a game of blackjack or maybe a slot machine!



Wed., July 13th at 1:00pm:

### San Diego Library

We will be taking a tour of the spectacular library located in the heart of downtown San Diego.



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

### Dinner with Robert

We'll be heading back to Bentley's Steakhouse located down the road. It's a resident favorite!

Wed., July 27th TBD:

### Movie Outing

Movie will be chosen closer to the date. Suggestions welcome!

Sun., July 31st at 1:15pm:

### North Coast Rep.

**AIN'T MISBEHAVIN** is a musical tribute to the black musicians of the '20s and '30s. This musical revue takes audiences back to the glory days of the Harlem Renaissance when the Savoy Ballroom served as a playground for high society.



Corinna with Lisa receiving her award!

## Employee of the Month

Corinna Bynum is originally from Long Beach CA, and moved out to San Diego in 1994 for college. She was a CNA for 7 years and has been an LVN for 5 years. She is currently attending West Coast University for her Bachelors of Science in Nursing, while working here at Belmont full time, and raising her 7 year old son CJ. Corinna is a busy lady! Corinna grew up in church where her father was a minister, and she lets her faith guide her in her compassion at work. Keep up the good work, Corinna!



## Vacations Near and Far

The warm breezes and blue skies of July usher us into full summer mode. School has recessed, graduations have been celebrated and temperatures are on the rise. As we drive our highways we notice an increase in out-of-state plates on the cars around us. Arizona tops the list as our neighbors from "The Grand Canyon State" seeking refuge from the desert heat. Passing the Del Mar Fairgrounds we can see the light from the ferris wheel as the annual fair continues to entertain. Our beaches are bustling with locals and tourists alike, all enjoying the surf, sand, and salt air. Many parks throughout the county draw large crowds each week for concerts and outdoor theater productions. The San Diego Harbor is a popular destination, particularly on the 4th of July when the sky is ablaze with a spectacular firework display. Although we have so much to choose from in our own backyard, travel season is in full swing as people make plans to see family and friends in other places. State parks, particularly Yellowstone, Yosemite, and Mt. Rushmore, continue to be popular destinations. Other hotspots include the cultural appeal of San Francisco and New York. Internationally, the Greek Islands

of Santorini and Mykonos top the list, along with Paris and Barcelona. Many of our residents at Belmont have experienced these vacation spots as well as other unique destinations. **Maretta S.** recalls a wonderful cruise through the Panama Canal with her husband. **Fran** and **Sandy G.** spent time in Israel every year. One particular visit was especially noteworthy. After the peace treaty was signed, they had the privilege of being the only Americans on a trip from Israel to Egypt! **Anita A.** traveled to the Orient and saw sights in Tapei, Bangkok and Singapore. She recalls her husband buying suits there for a steal! **Bill D.** and his son, Matt, had a great time climbing to the top of Mt. Hood back when Matt was a teenager. Most of us cherish these memories because they bring us back to a time when we experienced new places and met new faces with the people we love. As the summer unfolds, take time to daydream and reflect on the fun adventures you had, after all, some of the best vacations are simply perspective.



I bet the trip through the Panama Canal was beautiful, **Maretta S.**



**Lea D.** your shaved ice looks delicious!



The residents with their red noses, supporting "Red Nose Day" that helps children in need.



**Leigh C.** that snow cone is huge!



**Jean B.** and her daughter looking fabulous!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 1:15 <span style="color: red;">TF</span> BRIDGE 🌿 1:30 Great Room Game Show 🌿 3:00 <span style="color: blue;">TH</span> Alan Mindell "Life begins at 70" 🌿 4:30 <span style="color: blue;">TH</span> Shabbat Blessing 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: red;">SR</span> Daily Movie 1:00 <span style="color: red;">SR</span> Daily Movie 1:15 <span style="color: blue;">TH</span> BINGO 2:30 <span style="color: blue;">GR</span> Giant Crossword 🌿 3:00 <span style="color: blue;">GR</span> Sheldon at the Piano 4:00 Communion Room Visits 🌿 7:00 <span style="color: red;">SR</span> Evening Movie
3	4	5	6	7	8	9
9:30 <span style="color: blue;">TH</span> Weekend Exercise 10:00 <span style="color: blue;">TH</span> Trivia: Every Grain Counts 🌿 12:30 <span style="color: blue;">TH</span> Nondenominational Bible Study 🌿 1:00 <span style="color: red;">SR</span> Daily Movie 1:30 <span style="color: green;">B</span> Peter Small Historical Impersonator ★ 3:00 <span style="color: red;">SR</span> Scenic Ride ✓ 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Sharpen Senses 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 11:00 4th of July BBQ 1:30 <span style="color: red;">SR</span> Scenic Ride ✓ 3:15 <span style="color: green;">B</span> Barbershop Quartet Performs ★ 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 10:30 <span style="color: red;">CF</span> Computer Tutor 🌿 1:15 <span style="color: blue;">TH</span> BINGO 3:00 <span style="color: blue;">TH</span> Activity Chat/MBA 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:30 <span style="color: blue;">TH</span> Shopping at the Forum and Lunch at Panera ✓ 10:30 <span style="color: blue;">TH</span> Cultural Studies 🌿 2:00 <span style="color: blue;">GR</span> Diane at the Piano 2:00 <span style="color: blue;">GR</span> Scrabble 🌿 3:15 <span style="color: blue;">GR</span> SING-A-LONG 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 1:30 <span style="color: blue;">TH</span> Laughing with Robert 🌿 3:00 <span style="color: green;">B</span> Happy Hour: "Gil Alcantar" 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:00 <span style="color: red;">SR</span> Barona Casino ✓ 10:30 <span style="color: grey;">P</span> Aqua Aerobics 1:15 <span style="color: red;">TF</span> BRIDGE 🌿 1:30 Great Room Game Show 🌿 3:00 <span style="color: blue;">TH</span> Around the World with Mary "China" 🌿 4:00 <span style="color: red;">SR</span> Armchair Astronomy 🌿 4:30 <span style="color: blue;">TH</span> Shabbat Blessing 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: red;">SR</span> Daily Movie 1:00 <span style="color: red;">SR</span> Daily Movie 1:15 <span style="color: blue;">TH</span> BINGO 2:30 <span style="color: blue;">GR</span> Giant Crossword 🌿 3:00 <span style="color: blue;">GR</span> Robert Parker at the Piano 4:00 Communion Room Visits 🌿 7:00 <span style="color: red;">SR</span> Evening Movie
10	11	12	13	14	15	16
9:30 <span style="color: blue;">TH</span> Weekend Exercise 10:00 <span style="color: blue;">TH</span> Trivia: Every Grain Counts 🌿 12:30 <span style="color: blue;">TH</span> Nondenominational Bible Study 🌿 1:00 <span style="color: red;">SR</span> Daily Movie 1:30 <span style="color: red;">SR</span> Scenic Ride ✓ 3:00 <span style="color: blue;">GR</span> Rosemarie at the Piano 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Sharpen Senses 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 1:30 <span style="color: blue;">TH</span> Stone Age Doctor: A Day in the Life of a Physician in Ancient Egypt 🌿 3:00 <span style="color: blue;">TH</span> History Remembered 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 10:30 <span style="color: red;">CF</span> Computer Tutor 🌿 1:15 <span style="color: blue;">TH</span> BINGO 3:00 Osher Presentation with Discussion Led by Robert 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 1:00 <span style="color: blue;">TH</span> Tour at the San Diego Central Library ✓ 2:00 <span style="color: blue;">GR</span> Scrabble 🌿 2:00 <span style="color: blue;">GR</span> Diane at the Piano 3:15 <span style="color: blue;">GR</span> SING-A-LONG 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 1:30 <span style="color: blue;">TH</span> Professor Keith Meldahal "How Waves, Earthquakes and Other Forces Shape the Southern California Coast" 🌿 3:00 <span style="color: green;">B</span> Happy Hour: "Sundance Band" 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 1:15 <span style="color: red;">TF</span> BRIDGE 🌿 1:30 Great Room Game Show 🌿 2:00 <span style="color: blue;">GR</span> Helen Woodward Animal Visits 3:00 <span style="color: green;">JK</span> Chat with the Chef 🌿 4:30 <span style="color: blue;">TH</span> Shabbat Blessing 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: red;">SR</span> Daily Movie 1:00 <span style="color: red;">SR</span> Daily Movie 1:15 <span style="color: blue;">TH</span> BINGO 2:30 <span style="color: blue;">GR</span> Giant Crossword 🌿 3:15 <span style="color: blue;">TH</span> The History Lady 🌿 4:00 Communion Room Visits 🌿 7:00 <span style="color: red;">SR</span> Evening Movie
17	18	19	20	21	22	23
9:30 <span style="color: blue;">TH</span> Weekend Exercise 10:00 <span style="color: blue;">TH</span> Trivia: Every Grain Counts 🌿 12:30 <span style="color: blue;">TH</span> Nondenominational Bible Study 🌿 1:00 <span style="color: red;">SR</span> Daily Movie 1:30 <span style="color: blue;">TH</span> Ceramics Class 🌿 3:00 <span style="color: red;">SR</span> Scenic Ride ✓ 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Sharpen Senses 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 1:30 <span style="color: green;">B</span> Script-in-Hand Performers 🌿 3:00 <span style="color: blue;">TH</span> Art for All Ages: All Skill Levels Welcome! 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 10:30 <span style="color: red;">CF</span> Computer Tutor 🌿 1:15 <span style="color: blue;">TH</span> BINGO 3:00 <span style="color: blue;">TH</span> Welcome Social: Meet the New Residents 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:30 <span style="color: blue;">TH</span> Cultural Studies 🌿 2:00 <span style="color: blue;">GR</span> Scrabble 🌿 2:00 <span style="color: blue;">GR</span> Diane at the Piano 2:00 <span style="color: red;">SR</span> Resident Council 🌿 3:15 <span style="color: blue;">GR</span> SING-A-LONG 4:30 <span style="color: red;">SR</span> Outing: Dinner with Robert ✓ 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 1:30 <span style="color: blue;">TH</span> Cafe Gratitude with Clare 🌿 3:00 <span style="color: green;">B</span> Happy Hour: "Dynamic Duo" 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 1:15 <span style="color: red;">TF</span> BRIDGE 🌿 1:30 Great Room Game Show 🌿 3:00 <span style="color: blue;">TH</span> Around the World with Mary "France" 🌿 4:30 <span style="color: blue;">TH</span> Shabbat Blessing 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: red;">SR</span> Daily Movie 1:00 <span style="color: red;">SR</span> Daily Movie 1:15 <span style="color: blue;">TH</span> BINGO 2:30 <span style="color: blue;">GR</span> Giant Crossword 🌿 3:00 <span style="color: blue;">GR</span> Vincent at the Piano 4:00 Communion Room Visits 🌿 7:00 <span style="color: red;">SR</span> Evening Movie
24	25	26	27	28	29	30
9:30 <span style="color: blue;">TH</span> Weekend Exercise 10:00 <span style="color: blue;">TH</span> Trivia: Every Grain Counts 🌿 12:30 <span style="color: blue;">TH</span> Nondenominational Bible Study 🌿 1:30 <span style="color: blue;">TH</span> Jewelry Class 🌿 3:00 <span style="color: red;">SR</span> Scenic Ride ✓	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Sharpen Senses 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 1:30 <span style="color: blue;">TH</span> Guided Autobiographies 🌿 3:00 <span style="color: green;">B</span> Coffee Klatch with Sadie 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 10:30 <span style="color: red;">CF</span> Computer Tutor 🌿 1:15 <span style="color: blue;">TH</span> BINGO 3:00 <span style="color: blue;">C</span> Book Club Chat 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:30 <span style="color: red;">SR</span> Shopping ✓ 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 Health Talk: Diabetes- How to Live With It 🌿 1:00 <span style="color: red;">SR</span> Outing: TBD Movie Outing 2:00 <span style="color: blue;">GR</span> Scrabble 🌿 2:00 <span style="color: blue;">GR</span> Diane at the Piano 3:15 <span style="color: blue;">GR</span> SING-A-LONG 6:30 <span style="color: green;">B</span> Peter Seltser Performs 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:15 <span style="color: blue;">TH</span> Everybody Balance 🌿 1:30 <span style="color: blue;">TH</span> Current Events with Therese 🌿 3:00 <span style="color: green;">B</span> Happy Hour: "MusicStation" 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: blue;">TH</span> Stand and Be Fit 🌿 9:45 <span style="color: blue;">TH</span> Sit and Be Fit 🌿 10:30 <span style="color: grey;">P</span> Aqua Aerobics 11:15 <span style="color: green;">JK</span> Birthday Lunch ★ 1:15 <span style="color: red;">TF</span> BRIDGE 🌿 1:30 Great Room Game Show 🌿 3:00 <span style="color: red;">SR</span> Hooray for Hollywood 4:30 <span style="color: blue;">TH</span> Shabbat Blessing 🌿 7:00 <span style="color: red;">SR</span> Evening Movie	9:00 <span style="color: red;">SR</span> Daily Movie 1:00 <span style="color: red;">SR</span> Daily Movie 1:15 <span style="color: blue;">TH</span> BINGO 2:30 <span style="color: blue;">GR</span> Giant Crossword 🌿 3:00 <span style="color: blue;">GR</span> Renata at the Piano 4:00 Communion Room Visits 🌿 7:00 <span style="color: red;">SR</span> Evening Movie
31						
9:30 <span style="color: blue;">TH</span> Weekend Exercise 10:00 <span style="color: blue;">TH</span> Trivia: Every Grain Counts 🌿 12:30 <span style="color: blue;">TH</span> Nondenominational Bible Study 🌿 1:15 <span style="color: red;">SR</span> Outing: Ain't Misbehavin' Play ✓ 3:00 <span style="color: blue;">GR</span> Randy Renner Performs						



## July Celebrations



### Residents' Birthdays

3rd	Bill D.
5th	Gloria C.
5th	Eloise S.
7th	Lynn S.
10th	Norma H.
11th	Florence B.
11th	Norma N.
15th	Tom R.
18th	Ralph E.
19th	June E.
27th	Genevieve P.

### Employee Birthdays

6th	Nancy R.
8th	Michael M.
9th	Nancy P.
11th	Hernan P.
12th	Alex M., Ara E.
21st	Patrick K.
22nd	Mereani G., Maria U.
26th	Miguel E.

### Employee Anniversaries

1 yr.	Ariana B., Katrina B
1 yr.	Alma B., Betty G.
1 yr.	Mariana M., Briana S
1 yr.	Yolanda R., Manuel F
3 yrs.	Sadie H., Corinna B.
3 yrs.	Corinna B.
6 yrs.	Scott B.
7 yrs.	Karla M.
8 yrs.	David S.



Stop by and say hi to Bridget at the concierge desk on weekends!

### Welcome Bridget Winandy!

Bridget joins us from Belmont Sabre Springs. She started in the industry at Sabre Springs, as a history trivia volunteer in March of 2013. She was hired on as a concierge for Belmont in 2014. Bridget earned her undergraduate degree in Hospitality and Tourism from SDSU, obtained her MBA in 2011, and just finished her paralegal certification in June. When Bridget is not working, you can see her running, volunteering for one of her favorite nonprofits, or walking her dog, Bealla. Bridget is excited to join the Cardiff location.

## Nurse's Note

### Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, seniors need to keep stimulated by exercising the brain with games and crafts in order to enhance the growth and development of new nerve cells and neural function. Exercising the brain helps:

- Reduce loss of gray matter (the nuts and bolts of memory)
- Promotes neurogenesis (development of new brain cells)
- Improves attention spans and the ability to concentrate
- Strengthens brain synapses (communication pathways)
- Increases blood flow (more oxygen means healthier cells)

Okay, so who doesn't want to increase brain function, regardless of age? Exercising the brain or

mind can be achieved in a number of ways, including but not limited to:

- **Learn a new skill** – This can be a language, a hobby, or a concept.
- **Create a scrapbook** – this type of elder activity helps rebuild memories and memory skills.
- **Socialize**– Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly.
- **Laugh**– Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine, that "feel good" hormone in the brain.
- **Engage in "Thinking Games"** – Such as crossword puzzles, Sudoku, or chess.



## Neighborhood News



Enjoying Happy Hour!

Has everyone toured the Neighborhood? At our Resident Meeting in June, we offered to tour interested residents and family members in the Neighborhood. There is fear and misinformation out there about what it means to live and thrive in our memory care unit at Belmont Village. Please talk to Judy S., Sophie S., or David K. if you'd like to schedule a tour. Mereani is our lead Activity Assistant and has a background in music. If you arrive and she is NOT playing the guitar, please request a song or two. She gets the residents and staff moving instantly with her charismatic smile and fast-paced play list. It brings tears to my eyes to see our residents respond to her music.

During your tour – please spend some time with our wonderful neighborhood nurses! Rory and Nicole are the evening shift nurses, and Scott and Brooke hold down the fort during the daytime. Each of them has something special to offer our residents and families, please stop by to say HI!

## Circle of Friends

Have you noticed that the residents in the Circle of Friends have varied backgrounds? For the participants in Circle, discussing history and facts from earlier in life, and anything related to long term memory, is often a joy. It is also helpful in building someone's self esteem. So without knowing it, as you mingle with the residents in the COF program, you are likely contributing to their well-being. That said, many resident who are not in the COF program have expressed an interest in topics and programs for COF. If you have an idea about a COF topic or discussion – please share it with David. We welcome resident participation and appreciate the feedback of our residents and family members.

As a reminder, the Circle enjoys outings on Mondays and Fridays. If you intend to visit your loved one on one of these days, please call to ensure they will be here when you arrive! It is important to double check with the concierge about the times they will be away.



Circle of Friends resident **Lilian S.** enjoying a cosmopolitan during our "1940s Victory Party."

## July Highlights

**Thursday, July 14th at 1:30pm:**  
**Surf, Sand, and Stone: How Waves, Earthquakes, and Other Forces Shape the Southern California Coast by Keith Meldahal, PhD**

Southern California is sandwiched between two tectonic plates that grind relentlessly past one another. Over the last several million years, movements of these plates have dramatically reshuffled the Earth's crust to create rugged landscapes and seascapes riven with active faults. Movement along the faults triggers earthquakes and tsunamis, pushes up mountains and islands, and lifts sections of coastline high above the sea. Over geologic time, beaches come and go, coastal bluffs retreat, and the sea rises and falls. Nothing about Southern California's coast is stable. *Surf, Sand, and Stone* tells the scientific story of the Southern California coast: its mountains, bluffs, beaches, islands, waves, earthquakes, and related phenomena.



# The Village Scene



**Lucee W.** and Robert at Chandler's Restaurant in Carlsbad.



**Bobbie S.** and **Barbara G.** having fun at the Tea House in San Juan Capistrano.



**Susan B.** and **Judy S.** cutting the ribbon on the new bus!



COF PALs Karla and Jessica cooling off with some shaved iced!



**Doris S.** and family enjoying the Mother's Day Tea.



**Joan H.** showing off her beautiful flower arrangement.

**BELMONT** *Village*

SENIOR LIVING  
CARDIFF BY THE SEA

3535 Manchester Ave  
Cardiff By The Sea, CA 92007  
760-436-8900

RCFE Lic. 374603231  
[www.belmontvillage.com](http://www.belmontvillage.com)

## 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