



Belmont Village of Encino Village NEWS

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

July 2016

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Declaration Details

As freedom rings this Fourth of July, explore these facts about the Declaration of Independence.

Initial autograph. John Hancock, president of the Continental Congress, was the first to sign the document. His signature is the largest, and the term "John Hancock" remains a common expression for a signature.

Striking script. Historians say Timothy Matlack, clerk to the secretary of the Congress, is most likely the scribe who wrote out the famous script using a quill pen and ink.

Dirty details. The bottom left corner of the document is marred by a handprint whose story and identification are unknown. It, along with other soiling, has been left alone rather than risk damage by attempting to clean it.

Safe storage. During World War

II, the declaration was moved from the Library of Congress and stored at Fort Knox. In 1952, it was transferred to its permanent home, the National Archives in Washington, D.C., where it is housed in a state-of-the-art case, designed to protect the antique parchment.

Colonial copies. Paper copies of the declaration were printed on the night of July 4 to be distributed throughout the Colonies. Only 26 of these versions exist today, and most are held in museums.

Popcorn Pick: 'Yankee Doodle Dandy'

Acting legend James Cagney commands the screen in this star-spangled musical. Released in 1942, this now-classic film is a fictionalized biography of American composer, playwright and performer George M. Cohan, who, in the words of his famous song, insisted he was "born on the Fourth of July."

Critics raved—and still do—about Cagney's dynamic song-and-dance performances, and the role earned him an Oscar for best actor. The film also won the best music Oscar for its score that includes Cohan's patriotic hits "Over There" and "It's a Grand Old Flag."



Resident Birthdays for the Month of July!

Lillian Hara	July 1
Linda Zelden	July 4
Alvin Schechter	July 15
Eleanor Bergmann	July 18
Leonard Schneider	July 18
Sylvia Cohen	July 26
Harvey Schulzinger	July 26
Khaya Beinus	July 28

The birthday lunch celebration is scheduled for **Friday, July 29, at 11:30 a.m.**, in Josephine's Kitchen.

RSVP at the concierge desk for you and a guest by **Monday, July 25.**

Employee Birthdays for the Month of July!

Miguel Reyes	July 2
Itzel Gayton	July 3
Manuel Diaz	July 5
Kerwin Bernabe	July 8
Martha Soto	July 29



Art Lecture W/Sharon Fitzgerald

*Wednesday, July 27
In Town Hall*

Starting at 6:30 pm

Join Sharon Fitzgerald (MFA in Art History) as she discusses the life and stories behind some of the greatest Art in history.



Resident Council Meeting!

Join us Wednesday, July 27

In the Town Hall

At 1:30 PM

Discuss new ideas and better ways of helping us best serve you!



Elisa Bautista

Congratulations to Our Employee of the Month - Elisa!

"She always has a kind word and a smile for everyone," says Elanit Cohen when asked about Elisa Bautista.

Elanit continued by saying, "Whenever she's around staff, residents and even potential residents, Elisa brings a lot of her positive energy to her position, on top of always being reliable."

Thank you for all your care and effort Elisa and congratulations; keep up all the great work!



COF and Neighborhood News

Hello everyone,

Here are the upcoming outings for **Circle of Friends** this month of July 2016. On July 6th, movie outing at Arc Light at Sherman Oaks, "Love and Friendship". July 13th at the Wild Life Learning Center. July 20th at the Pasadena Museum of California Arts. July 27th at Benihana restaurant.

For the **Neighborhood**, we are going to take trips to Korea Town on July 3rd, Malibu Beach on July 10th, Ventura Mission on July 17th, Mulholland Drive on July 24th, Japanese Gardens on July 31st.

I am continuing my writing about the meaning of the behaviors of the disoriented older adult from last month. I will begin with the need of recognition and respect from others that can be a big contribution to having a feeling of worthwhile. Self-worth is derived partially from how one is treated by others.

For some people this is crucial, whereas others, it is less important. Recognition and respect comes from personal relationship, as well as from the community. Recognition from the community is often a form of status. When one has status, others listen on what is said. One is spoken to in a respectful form of voice tone; one's achievements

are noticed. A person who has reached a very old age has a lifetime of achievements and experience.

The need for recognition, respect, and status may not change, but society certainly changes the way that it values older people. Disoriented older adults lose even more status when they do not conform to social rules, but their need to be appreciated for who they are and what they have done in their lifetime.

Too many disoriented elderly are treated as though they are children, addressing them with their first names or with pet names, such as "honey", or "sweetie".

Too many people use a parental or condescending voice tone. Too many people think that just because a person forgets or does not know where she is, the need for respect and recognition is lost. It is in fact more crucial in this last stage of life than perhaps at any other stage.

- Adam



Sharing some laughs!

COF's Lunch Outing!



Danielle and Sara ready to eat!



Bon Appetit!

Please Welcome Our New Residents!

Jennie Russo

Al Elizondo

Hertha "Sandy" Leshner



Leonard and Al.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 TH Exercise with Tony 🌿 10:30 GR Kings in the Corner 10:30 TH Current Events 🌿 1:00 2T Poker 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:30 TH At the Movies 6:45 GR Kings in the Corner	9:30 TH Silk Scarf Painting 🌿 10:00 GR Scenic Drive 🌿 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 🌿 6:30 TH At the Movies
3	4	5	6	7	8	9
10:30 GR Board Games 1:00 GR Shopping Run 1:00 TH Movie Club w/Merle 🌿 3:30 GR Afternoon Concert 6:30 TH At the Movies	Independence Day 10:30 TH Beyond the Book 🌿 1:00 2T Poker 1:00 2P Bridge 1:30 TH Trivia 🌿 2:30 TH Fitness Class 🌿 6:30 TH At the Movies	10:15 GR Kings in the Corner 🌿 12:00 GR Outing TBA 🌿 1:00 2P Bridge 1:30 TH Crossword Puzzle/Password 🌿 6:30 TH At the Movies	10:30 TH Beyond the Book 🌿 1:00 2P Bridge 1:30 TH Jewelry Making 🌿 1:30 CL Computer Lab 🌿 2:30 GR Fitness Class 🌿 6:30 TH At the Movies 6:45 GR Scrabble 🌿	10:30 TH Wii Bowling 🌿 11:00 TH Wii Bowling 🌿 1:00 2P Bridge 1:30 TH Mind Benders 🌿 3:00 B Happy Hour 3:30 GR Afternoon Concert 6:30 TH At the Movies	9:30 TH Exercise with Tony 🌿 10:30 GR Kings in the Corner 1:00 2T Poker 1:15 TH Chat w/Chef 🌿 1:30 B Scrabble 🌿 4:30 TH Shabbat Service 🌿 6:30 TH At the Movies 6:45 GR Kings in the Corner	9:30 TH Fitness Class 🌿 10:00 GR Scenic Drive 🌿 1:00 2T Poker 1:30 TH Broadway Music History w/ Merle Goldberg 🌿 6:30 TH At the Movies
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Short Story Group

Mondays and Wednesdays
10:30 a.m.
Town Hall
"Different Seasons"

**Belmont's
Card Players**

Games Begin at 1 p.m.
Bridge (3rd Floor)
Monday–Thursday
Poker (3rd Floor)
Friday–Monday

At the Movies

Have a movie you want to see?
Request it at the Concierge desk
Nightly
6:30 p.m.
Town Hall

Meeting With the Chef

Friday, July 8
1:15 pm
Town Hall

**Resident Council
Meeting**

Wednesday, July 27
1:30 pm
Town Hall

**Broadway Music History
W/Merle Goldberg**

Saturdays,
1:30 p.m.
Town Hall

Live Entertainment

Every Thursday & Sunday
3:30 p.m.
Great Room



**Thank You to Everyone
Who Came to Celebrate
Father's Day!**



A sweet snack for all our dads!



Howard and Ruth.



Mark and family.



Isaac Hadawar.



Nurse's Notes



Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, elderly parents 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. The more challenging, the better. Take up painting. Learn the piano. Take a community class on crime scene investigation. Do something to stimulate, activate and exercise your brain to think in new ways.
- Create a scrapbook – This type of elder activity helps rebuild memories and memory skills that may have gotten rusty over the years.
- Socialize! – Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly, more frequently if possible.
- 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. Laughter also helps stimulate the brain and enhances learning.
- Engage in 'Thinking Games' – Such as crossword puzzles, Sudoku or chess.



Mario Guerrero

Transportation Schedule

- **Medical Appointments**
Must be scheduled on Tuesdays, Wednesdays and Thursdays.
- **Open Transportation**
Can be used on days when medical appointments are not specified, and drivers are available.
- **Shopping Schedule**
(Sign Up With Concierge.)
1 p.m. on Fridays and Sundays.
Meet in the GR.
- **Scenic Drive 9:45 a.m. on Saturdays.**
Meet in the GR. Outings are scheduled on a weekly basis.
- **Outings**
Outings every Tuesday.
Departure will vary based on destination.



Village Scene



Leonard and Al.



Starry-eyed!



Khaya working on a new necklace.



Mike having a blast!



Games in the Neighborhood!



Marcelle and Dina.

BELMONT *Village*
SENIOR LIVING
ENCINO

15451 Ventura Blvd.
Sherman Oaks, CA 91403

RCFE Lic. 197605090
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