



Belmont Village at Geneva Road

VillageNEWS



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

January 2016

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A Note From Jeanne's Journal

Happy New Year! I have to let you in on a little secret: I'm not one to make resolutions. Quite frankly, I've never been very good at keeping them so a long time ago, I figured why keep making them? Instead, I look forward to January 1st because I love the "restart" that comes along with the New Year. I love any excuse to organize, sort or rebuild. Call me crazy but it gives me great pleasure to clean out a closet. In prior newsletter articles, I've shared with you how much I adore getting my new calendar each year. I guess I just really like "fresh starts."

Perhaps just like many other people, this past year was a year of many changes. Most of the changes were positive and only further enriched my life. Unfortunately, some of the changes were sad and I am still learning to deal with those transitions. I am not the same person today that I was one year ago. The changes in my life have impacted me and caused me to think and behave differently. I would like to believe that the changes have helped me be a better person.

The transitions that occurred in my life this year were celebrated with not only my own family but

with you, my Belmont family. It is impossible for me to think about the closure of the year without taking one more opportunity to thank you for the unbelievable kindness and generosity that you share with my staff and me. Our Belmont family endured many changes in 2015 too, and together we journeyed through them. Thank you for allowing us the endless opportunities to serve you and to share in your lives. We feel incredibly honored.

As this New Year begins at Belmont Village, while I will look forward to restarting various projects, organizing spaces and reworking various tasks, some things will not change. My heart will always be grateful that I am so blessed to work at Belmont Village and to have the amazing opportunity to know you. On behalf of the Geneva Road team, we wish you a very Happy New Year. We look forward to serving you and hope that we can enrich your lives as much as you do ours.





Resident Birthdays

- 1/1 Henry Anselmo
- 1/1 Ken McPherson
- 1/2 Catherine D'Angela
- 1/4 Gertrude Rosenwinkel
- 1/14 Bunny Loser
- 1/15 Noemi Rivera
- 1/16 Darlene Madden
- 1/17 Teno Baglio
- 1/19 Susan Clark
- 1/20 Shirley Trudeau
- 1/22 Gretchen Henson
- 1/22 Jackie Hornacek
- 1/23 Elaine Freetly
- 1/24 Alice Morris
- 1/25 Barbara Knoebl
- 1/25 Paul Schmitz
- 1/29 Julia Kubacka
- 1/29 Alice Schlitter
- 1/30 Elaine Kraft
- 1/31 Eileen Dennis

Employee Birthdays

- 1/2 Nurceska Mujaserka
- 1/3 Barbara Less
- 1/4 Minda Pye
- 1/4 Cristal Guevara
- 1/6 Jessica Prominski
- 1/11 Markeva Brown
- 1/12 Angelyn Cachopero
- 1/12 Nichole Webb
- 1/12 Bennye Gill
- 1/13 Jocelyn Lumba
- 1/15 Kamila Kowalczyk
- 1/18 Nora Cervates
- 1/27 Diana Jurgovan
- 1/27 Magdalene Umbao
- 1/29 Nicole McDowell
- 1/31 Bill Fehling

Employee Anniversaries

Congratulations to our amazing team members who are celebrating their anniversary of employment this month at Belmont Village.

14 Years

Zhuljeta Dhima

6 Years

Adelina Querubin

4 Years

Claudia Horgan

3 Years

Laura Hesslink

Minda Pye

Alma Ross

2 Years

Anjelica Baeza

Claudia Carrillo

Elvira Intal

Nicole McDowell

1 Year

Fjoralda Laro

Rosalito Mediano

Joseph Mendoza

Emira Nurceska



Singing in the New Year

The song title to an old Scottish ballad "Auld Lang Syne" literally translates to "old long since," meaning "long, long ago" or "days gone by."

The famed Scottish bard Robert Burns wrote his version about the endurance of friendships in 1788, originally set to a tune he considered mediocre. After his death in 1796, Burns' editor published the song set to a different "air," which is the tune we use today.

BURNS SUPPER

Monday, January 25, @ 4:30

We celebrate Robert Burns' life of poem and song with a take on the traditional Scottish Burns Supper.



Congratulations, Zhuljeta; we appreciate you and thank you for a job done exceptionally well.

EMPLOYEE OF THE MONTH

Zhuljeta is an exceptional PAL who not only provides outstanding care and customer service, but is an awesome supporter of her fellow team members. She is extremely skilled at anticipating residents' needs, while helping residents achieve their highest level of independence. Zhuljeta is thorough in her work and has an efficient way of attending to every important task. Zhuljeta is extremely kind and helpful with training new team members by helping them feel welcome and lending assistance during their orientation.



Ring in a Resolution

With a few New Year's resolutions, you can make a fresh start at any age. Here are some suggestions from our Belmont Team members and residents.



Lucy says ... Wear more BLING!



We want to eat better!
Alamie, Marie, Rada, Jocelyn, Martin



Keep smiling and have fun!
Thank you, Neva, we will!



Per, Carol, Thea, Charlotte, Darlene, Jerry show off their list of resolutions.



Bob says, "Continue to be grateful!"



Maintain friendships!



Enjoy family and friends!

JANUARY OUTINGS

2,9,16,23,30 Walgreens
4,11,18,25 Jewel
6 CVS Pharmacy
13 *Casino Trip
20 *Carols Garden
27 Target

Please refer to your calendar and daily announcements for the exact times for outings. Our Concierge will sign you up for shopping outings.

*SPECIAL OUTINGS

Sign up for *special outings (any outing with an asterisk) by using the special outings form that is delivered to your door. Or call the Concierge and ask for Karen (Activity Program Coordinator). Please leave a message about which outings you would like to attend.

SPECIAL EVENTS

4 Video Poker Tournament
5 Sports Club - Bowling
7 MBA Day Luncheon
8 Elvis' B-day Party
10 Golden Globes Bash
11 Black Jack Tournament
14 Men's Breakfast
17 Family Feud & Sundaes
18 Rec & Roll Luau Lunch
18 Roulette Tournament
18 Pianist Robert
19 Women's Cocktails
21 Casino Fundraiser
25 Burns Supper Night
28 Order In Portillos

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Robert Burns Supper Join us when the Book Club hosts our very own Belmont first Burns Supper to honor Scottish poet and songwriter Robert Burns! Burns Supper January 25th @ 4:30pm	Residents' Round Table Tuesdays @ 10:30 am Discussion group subjects January 5 - Resolutions January 12 - Poetry January 19 - Cezanne Art January 26 - Aboriginals Come and listen in on any or all of these mind-stretching subjects.				New Year's Day 1 9:30 TH Flex & Fit 🌿 10:00 L Bible Study 10:30 TH Dance Music with Louie 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 6:00 GR Patrick Woods on Piano	2 9:00 O Shopping - Walgreens ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:15 O Scenic Drive 1:30 TH TCM Movie Matinée 3:00 LO Ante Horse Racing Game 6:00 LO Penny Left-Center-Right
CHOCOLATE-COVERED CHERRIES! 3 8:00 O Church Transportation ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:30 TH Musical Movie Feature 3:00 TH Bingo with YMSL Volunteers 6:00 GR Two Tip Trivia with Chocolate-Covered Cherries!	4 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO Sudoku & More 🌿 10:30 TH Relaxed Flex & Fit 1:30 TH Zumba Class 🌿 3:00 L Video Poker Tournament 🌿 6:00 GR Trivial Talk	5 2016 SPORTS CLUB BEGINS! 9:30 TH Muscle Fitness 🌿 10:00 L Meditation Class 🌿 10:30 TH Worship Service 10:30 3N Resident Round Table 🌿 1:15 TH Core & Balance 🌿 2:15 LO Think Tank 🌿 3:15 GR Sports Club - Bowling 🌿 6:00 GR Penny Left-Center-Right	6 9:00 O SHOPPING: CVS Pharmacy ✓ 9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:30 L Short Story w/Judy 🌿 2:30 JK Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	7 MBA-MIND BODY AWARENESS DAY! 9:30 TH Muscle Fitness 🌿 10:00 TH MBA - Dancercise 🌿 10:30 3N Reading Club 🌿 11:30 TH MBA Luncheon 🌿 1:15 TH Core & Balance 🌿 2:00 TH Moment in Time w/Tim 🌿 6:00 LO Card Game Night	8 Happy Birthday Elvis! 9:30 TH Flex & Fit 🌿 10:00 L Bible Study 10:30 TH Relaxed Flex & Fit 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Elvis Movie with Peanut-Butter & Banana Sandwiches 6:00 GR Trivia Tidbits	9 9:00 O Shopping - Walgreens ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:15 O Scenic Drive 1:30 TH TCM Movie Matinée 3:00 LO Ante Horse Racing Game 6:00 LO Penny Left-Center-Right
GOLDEN GLOBES! 10 8:00 O Church Transportation ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:30 TH Musical Movie Feature 3:00 TH Golden Globes Red Carpet Party ★ 6:00 GR Two Tip Trivia	11 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO Sudoku & More 🌿 10:30 TH Relaxed Flex & Fit 2:00 TH Art Class 🌿 3:00 L Black Jack Tournament 🌿 6:00 GR Trivial Talk	12 9:30 TH Muscle Fitness 🌿 10:00 L Meditation Class 🌿 10:30 3N Resident Round Table 🌿 10:30 TH Worship Service 1:15 TH Core & Balance 🌿 2:00 B Resident Recipes 🌿 3:15 LO Brain Games - Scrabble 🌿 6:00 GR Penny Left-Center-Right	13 CASINO TRIP! 9:00 O SHOPPING: Dollar Store ✓ 9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 12:30 O Casino Trip ★ 1:30 L Short Story w/Judy 🌿 2:30 JK Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	14 MEN'S BREAKFAST 7:00 TH Men's Breakfast 9:30 TH Muscle Fitness 🌿 10:00 TH Therapy Talk w/Paxxon 🌿 10:30 3N Reading Club 🌿 1:15 TH Core & Balance 🌿 2:30 TH Artful Creations with Dawn 6:00 LO Card Game Night	15 9:30 TH Flex & Fit 🌿 10:00 L Bible Study 10:30 TH Tai Chi With Louie 🌿 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 6:00 GR Trivia Tidbits	16 9:00 O Shopping - Walgreens ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:15 O Scenic Drive 1:30 TH TCM Movie Matinée 3:00 LO Ante Horse Racing Game 6:00 LO Penny Left-Center-Right
FAMILY FEUD SUNDAE! 17 8:00 O Church Transportation ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:30 TH Musical Movie Feature 3:00 TH Family Feud Game 🏠 6:00 GR Two Tip Trivia	18 Martin Luther King Jr. Day 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO Sudoku & More 🌿 10:30 TH WDSRA REC & ROLL Luau Luncheon 1:30 TH Zumba Class 🌿 3:00 L Roulette Tournament 🌿 6:00 GR Special Entertainment Performance	19 9:30 TH Muscle Fitness 🌿 10:00 L Meditation Class 🌿 10:30 3N Resident Round Table 🌿 10:30 TH Worship Service 1:00 TH Core & Balance 🌿 1:30 TH Guys and Dolls Opening Performance ★ 4:00 GR Women's Appetizer & Cocktail Hour 6:00 GR Penny Left-Center-Right	20 LUNCH OUTING! 9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 11:30 O Carols Garden ✓ 1:30 L Short Story w/Judy 🌿 2:30 JK Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	21 CASINO NIGHT! 9:30 TH Muscle Fitness 🌿 10:00 TH Dancercise 🌿 10:30 3N Reading Club 🌿 1:15 TH Core & Balance 🌿 2:00 TH Sports Club - Hockey Shots 🌿 5:00 JK Casino Night Fundraiser ★	22 9:30 TH Flex & Fit 🌿 10:00 L Bible Study 11:00 L Communion 1:30 L Parkinson's Exercise 1:30 TH Drumming Circle 🌿 2:30 TH Volleyball Competition 6:00 GR Trivia Tidbits	23 9:00 O Shopping - Walgreens ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:15 O Scenic Drive 1:30 TH TCM Movie Matinée 3:00 LO Ante Horse Racing Game 6:00 LO Penny Left-Center-Right
ESKIMO PIE DAY! 24 8:00 O Church Transportation ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:30 TH Musical Movie Feature 3:00 TH Eskimo Pie Social 6:00 GR Two Tip Trivia	25 Happy Birthday Robert Burns! 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 🌿 10:00 LO Sudoku & More 🌿 10:30 TH Relaxed Flex & Fit 1:30 B Bon Appétit w/Chef 🏠 2:30 TH Resident Council Meeting 🏠 4:30 JK Burns Supper Club ★ 6:00 GR Hymn Singers	26 9:30 TH Muscle Fitness 🌿 10:00 L Meditation Class 🌿 10:30 3N Resident Round Table 🌿 10:30 TH Worship Service 1:15 TH Core & Balance 🌿 3:15 GR Brain Games - Rumikub 🌿 6:00 GR Penny Left-Center-Right	27 9:00 O SHOPPING: Target ✓ 9:30 TH Flex & Fit 🌿 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 11:15 B New Residents' Orientation Luncheon 🏠 1:30 L Short Story w/Judy 🌿 2:30 JK Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	28 ORDER IN PORTILLOS 9:30 TH Muscle Fitness 🌿 10:00 TH Dancercise 🌿 10:30 3N Reading Club 🌿 1:15 TH Core & Balance 🌿 3:15 TH Team Sports Club - Bocce Ball 🌿 5:00 TH Portillos Beef Dinner ★ 6:00 LO Card Game Night	29 9:30 TH Flex & Fit 🌿 10:00 L Bible Study 10:30 TH Relaxed Flex & Fit 11:00 L Communion 11:30 B Birthday Luncheon 🏠 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 6:00 GR Trivia Tidbits	30 9:00 O Shopping - Walgreens ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:15 O Scenic Drive 1:30 TH TCM Movie Matinée 3:00 LO Ante Horse Racing Game 6:00 LO Penny Left-Center-Right
COCA-COLA SUNDAY! 31 8:00 O Church Transportation ✓ 10:00 TH Flex-Band & Walking Fitness Program 🌿 1:30 TH Musical Movie Feature 3:00 B Coca-Cola and Popcorn Social 6:00 GR Two Tip Trivia						



MONTHLY SUPPORT GROUPS AT BELMONT VILLAGE

Low Vision Support Group
2nd Sunday of Every Month at 2 p.m.

Parkinson's Exercise Group
Every Wednesday at 10 a.m.
Every Friday at 1:30 p.m.



Ecumenical Worship Service
Tuesdays, 10:30 a.m., Town Hall
Communion

Fridays, 11 a.m., Library

Interactive Bible Study

Fridays, 10 a.m., Library

Belmont Village Bible Study

Wednesdays, 7 p.m., Library

Sunday Morning Church Trips

Pleasant Hill: Departure 9 a.m.

First Presbyterian:

Departure 9:20 a.m.

St. Mark's: Departure 9:40 a.m.

Wheaton College Church:

Departure 10:15 a.m.

Resident Council

Resident Council meetings are held on the last Monday of the month at 2:30 p.m. in the Town Hall. Join us for our meeting on **Monday, January 25th.**

CASINO FUNDRAISER NIGHT!

Thursday, January 21, 2016

5:00 pm - 7:00 pm

Craps Table, Blackjack, Roulette and more. Our casino has games galore! Join us for an evening of vintage Vegas and try your hand at an assortment of casino games as you enjoy music performed by Sandi Haynes.

Choose your game and convert your donation dollars to Belmont Bills. 100% of all proceeds will benefit the Neighborhood Food Pantry. Enjoy cool cocktails and hot hors d'oeuvres and take a tour of our community. RSVP to Julie Wilson at 630-510-2521 or jwilson@belmontvillage.com.



Herb and Liz around the tree.



Santa's helper, Dorothy.

Thank you to all of our amazing residents and family members for making our holidays so rich and special!



Pat with her daughter, Sherri.



Health & Wellness

STOP THE STRESS

Stress is any change that makes a physical, mental or emotional factor that causes body or mental tension. Stress is different for every person. What one person considers stressful another person may not. Stress affects everyone and can disguise itself in every aspect of our day-to-day lives.

Many health problems can be caused by stress; but stress can also make current health issues worse. Stress can make a person lose sleep (insomnia), cause depression, cause weight gain and also make digestive problems worse, causing diarrhea or constipation. **Stress can appear in the body as pain of any kind** and even knock down our immune system, making us more susceptible to illness and infections.

Some symptoms of too much stress may include aches and pains, anxiety, memory problems or constant worrying. Emotional responses to stress may include moodiness, anger or feeling overwhelmed. Behavioral responses to stress may include sleeping too much or too little, feeling nervous or jumpy and eating too much or too little.

HOW TO MANAGE STRESS

Proper diet and exercise can help reduce one's stress. Reduce caffeine intake and increase water intake. **Josephine's Kitchen has a variety of healthy food options to choose from.** Both decaffeinated tea and coffee are always available. Drink alcohol in moderation. See your calendar for an array of exercise programs to help you take control of stress.

Interested in trying more solitary pursuits to manage your stress? Try counting to yourself from 1 to 100. Go for a walk. You may try journaling about your stress, or read something to make you laugh. **Listening to music is a great stress reliever, as is meditating. Join our class.**

MEDITATION CLASS

Tuesday @ 10:00 am
Library



PAXXON TIP OF THE MONTH!

"If you must be outside, be extra careful of the snow/ice and stay warm!"

PAXXON THERAPY TALK

Discussion Topic

Keeping Your Brain Healthy
January 14th at 10:00 am
Town Hall

Resident Services

Laboratory Services

The services are offered by appointment. Please see Nicole Motycka for more information.

Ask the Pharmacist

Pete Toke, PharmD, FASCP
Third Friday of the month at 2 p.m. in the library. Call the concierge desk to make an appointment.

Podiatry Services

Dr. Robin Pastore, D.P.M.
Dr. Elizabeth Pacocha
Call the concierge desk to make an appointment.

Audiologist

Dr. Sheri Billings, Aud F-AAA from the Hearing Doctors.
Fourth Monday of the month at 9 a.m. in the library.
Call the concierge desk for an appointment.

Wheelchair Clinic

Third Monday of every month at 11 a.m. Sign up with Concierge.

Low Vision Support Group

Low Vision Support Group facilitated by Spectrios meets at Belmont Village on the second Sunday of the month in Town Hall. Residents with vision impairments are welcome.



Paxxon Therapy Hours

Monday - Friday
9 a.m. - 5 p.m.

The Belmont Scene



2015 Sports Club Golf Team

Charlotte, Ray, Jerry, Julia, Louis, Gary, Christine, Mark!



Our resident floral designer who wants to remain anonymous.



2016 Vehicle Sticker Art Contest

Carol and Victor submit a sketch to Village Trustee Rick Gieser.



Our Family Trees!

We learned a little about Genealogy and designed a family tree. Merle, Charlotte, Carol H., Per, Eleanor, Carol D., Darlene and Mike.



Jo enjoying our Annual Holiday Open House with her daughters.



While the **Dolls** are away, the **Guys** will play. Jerry, Teno and Mike playing "**Luck be a Lady.**"

BELMONT *Village*

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GENEVA ROAD

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SC Lic. 47845
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