



Belmont Village at Geneva Road

VillageNEWS



545 Belmont Lane • Carol Stream, IL 60188 • Phone 630-510-1515 • Fax 630-510-0633

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

July 2016

Management Team

Jeanne P. Hansen

Executive Director

(630) 510-2519

jhansen@belmontvillage.com

Nicole Motycka, RN

Director of Resident Services

(630) 510-2523

mmotycka@belmontvillage.com

Janay Hecker

Director of Activities and

Memory Programs

(630) 510-2510

jhecker@belmontvillage.com

Karen McArdle

Activity Program Coordinator

(630) 510-2509

kmcardle@belmontvillage.com

Marty Peters

Building Engineer

(630) 510-2513

Maria Winkelhake

Community Relations

(630) 510-2522

[mwinkelhake@](mailto:mwinkelhake@belmontvillage.com)

belmontvillage.com

Julie Wilson

Community Relations

(630) 510 - 2521

jwilson@belmontvillage.com

Porfirio Roman

Chef Manager

(630) 510-2512

proman@belmontvillage.com

Mary Anne Villafuerte

Human Resource Generalist

(630) 510-2520

mvillafuerte@belmontvillage.com

A Note From Jeanne's Journal

Decorating our bicycles by meticulously weaving red, white and blue crepe paper streamers through the tire spokes was one of the ways we got our bicycles ready for 4th of July celebrations. I can still remember the long streamers and small American flags so carefully Scotch taped to the handle bars, waving in the wind as we rode our bicycles for hours up and down our block.

Under his strictest supervision, my dad would take my six siblings and me outside to the back alley where he would very carefully light the black snakes. The seven of us watched in amazement while the ash came spewing out of this small black dot and created that snake like effect. If we behaved and promised to be careful near each other, he would then let each of us hold a punk. Of course, the old coffee can filled with water was close by in order to properly and safely extinguish the punk when it was done burning.

My grandmother lived in Evanston and every 4th of July we were so lucky to be able to attend the Central Street Parade. Watching native Indians on horseback, Shriners on magic carpets and a precision shopping

cart drill team were pretty awesome sights. The seven of us kids, my parents, grandmother and uncle were all delightfully packed in sardine style on a small section of the curb and watched for hours as the parade passed by.

At night, we went to Dyche Stadium, the football field at Northwestern. The stadium seemed so enormous to me. Our mom had popped popcorn at home and we each got to have a small paper bag filled to the brim with this special snack. Carrying blankets and our popcorn treats we found our seats on the bleachers, along with what seemed like thousands of other families, and settled in for an evening of 4th of July entertainment. The fireworks lit up the night sky and we watched in awe. The stadium caused an echo effect and made the noise from the fireworks seem even louder. In between the sky fireworks show, there was always a floor show. I can still remember the different colored sparklers that were lit up to represent an old stage coach wagon or even a space ship.

Happy 4th of July to all our Belmont family! I hope your celebrations include fun, family time and making great memories. God bless you and God bless America!



Resident Birthdays

7/1	Jerry (JJ) Johnson
7/1	Hillard Panek
7/2	Hildegard Iverson
7/5	Herbert Jauch
7/6	Mary Kay McGorey
7/7	Barbara Drakis
7/9	Jeannine Friend
7/12	Darlene Lang
7/16	Jerry Harper
7/16	Dagmar Harper
7/22	Lucille Panzarella
7/25	Lucy Milhouse
7/27	Julia King
7/29	Carol Rizzo
7/30	Jo Johnson
7/31	Eugene Rezabeck

Employee Birthdays

7/1	Kim Green
7/2	Merlinda Lloren
7/7	Laura Hesslink
7/7	Mary Anne Villafuerte
7/9	Diana Aguilar
7/10	Jason Castillo
7/12	April Price
7/24	Lito Mediano
7/26	Jenifer Kordzinski
7/26	Ozra Gharibi



July 4th BBQ Buffet

Monday, JULY 4

Guests - \$15

Guest under 12 - \$5

Residents - No charge

Please make your reservations with our Concierge by July 1.



Employee Anniversaries

14 Years

Mitika Trajani

13 Years

Virginia Jewell

8 Years

Jason Castillo

4 years

Ashley Perkins

2 Years

Susan Barroso

Margaret Lafferty

Eric Orgaz

1 Year

Ryanna Hopper Catugy

Delet Crosby

Deborah Floring

Fausta Jonusas

Darnella Miller

Jade Toledo

FAMILY FEUD SUNDAE

Come and enjoy a friendly game of Family Feud along with a delicious sundae.

Sunday, July 17th @ 3:00

Town Hall

Call Karen 630 - 510 -2509 if you are interested in having your family participate as contestants.



CAMPFIRE SONGS

Come and enjoy a summer evening in front of the campfire roasting marshmallows and singing campfire songs.

Tuesday, July 26th, @ 6:00 pm

Garden Patio outside

Dining Room

There is no charge for Family Fun Programs! Come and enjoy!

EMPLOYEE OF THE MONTH

Congratulations to our Driver, Joseph. Being a Driver means having to have a tremendous amount of flexibility; Joseph has just that. We appreciate how he juggles driving requests from staff, residents and families while also offering his technical skills in other areas when needed. Joseph is always willing to come in early or stay late, as well as working on a scheduled day off to drive appointments or assist with special event tasks. Thank you, Joseph, for your support to our residents and their families.



Joseph DeJesus



Life Enrichment Corner

Summertime Sweet Eats

Nothing is more satisfying on a hot summer day than a refreshing frozen snack. We will make our own ice cream, then learn about and taste the differences in, Ice cream, Gelato, Frozen custard, Frozen yogurt, Sherbet and Sorbet. Come join this very yummy program!

Tuesday, July 5th @ 2:30 pm
Town Hall



The Tour de Belmont

Our fourth annual Nu-Step exercise program starts on **Tuesday, July 5 –Tuesday, July 26.** Who will wear the Yellow Jersey, Green Jersey, Polka Dot Jersey or White Jersey? Each day the Jersey color could change hands. Join the fun and get some exercise, too! The top 6 winners will be announced on Wednesday, July 27, at 2:30 p.m. during our Tour de Belmont finale held during Wine and Cheese.

GRAND FINALE DINNER

Paris de Belmont'e
Wednesday, July 27
4:30 - 7:00

Accordion Music 5:00 - 5:30

Mission to Mars

This month marks the anniversary of Mariner 4's Mars flyby, resulting in the first photographs of another planet sent from deep space. The NASA explorer was launched Nov. 28, 1964, from Cape Canaveral, Fla. When it reached Mars on July 14, 1965, it took 21 black-and-white surface images. The photos showed a vast, barren wasteland pockmarked by frost-covered craters. The spacecraft also measured magnetic fields, radiation levels, cosmic dust and solar wind. The evidence led scientists to conclude that life on Mars was unlikely, due to its thin atmosphere and a surface fully exposed to solar and cosmic radiation.

*Learn more about Mars when we watch the 2016 Golden Globe Award Winning movie **The Martian.***
Tuesday, July 12th, @ 1:00



The Martian

When astronauts blast off from the planet Mars, they leave behind Mark Watney (Matt Damon), presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive.

July SHOPPING

11, 18, 25 Jewel
2, 9, 16, 23, 30 Walgreens
2, 16, 23 Dollar Store
13 CVS Pharmacy
20 Target

Please refer to your calendar and daily announcements for the exact times for shopping trips. **RSVP with Concierge or by calling (1-630) 510-1515.**

July OUTINGS

7/6 Maciano's Lunch
7/9 Blackwell Forest Drive
7/23 Dairy Queen Drive
7/28 Wheaton Bowl

RSVP FOR OUTINGS

Residents can RSVP for outings by using the **OUTING INTEREST** form attached to your newsletter. Or please call Karen at (1-630) 510-2509.

July PROGRAMS

4 July 4th BBQ
5 Learn & Taste Ice Cream
16 Sinatra Music History
19 French Wine Tasting
20 Entertainment by Edison
20 Carnival Days
26 Around the Campfire
27 Tour de France Finale
31 American Bandstand

WEEKEND SCENERY

Relax and take in the scenery as we tour through the streets of Carol Stream and neighboring towns. Check with the Concierge for the current departure times.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY FAMILY FUN DAYS! Come and enjoy some good old-fashioned family fun. Family Feud Sundae July 17 @ 3:00 pm Around the Campfire July 26 @ 6:00 pm	EXTRA, EXTRA, Read All About It! The Daily Chronicle EXTRA edition will include a word of the day and a who, what, where, when to answer for that EXTRA brain fitness challenge we all need to keep mentally fit. <i>*Answers will be posted by 5:00 pm each evening.</i>	TOUR DE BELMONT! July 5 – July 26 Therapy Room Sixteen days of riding on the Nu-Step through the streets of France. Learn about different parts of France while getting some exercise too!	IN THE GARDEN! Enjoy foods, music or art themed around the garden. Each week something new and different. Come soak up the garden and some fresh air while enjoying this seasonal program. Garden Patio outside Josephine's Dining Room. Wednesdays @ 10:15 am	*LEARN SOMETHING NEW! *Stimulate and increase your brain's function by learning something new. Participate in classes marked with an *asterisk before the activity description.	1 8:00 *Weekend Think Tank Booklet available at Concierge Desk 9:30 TH Flex & Fit 10:00 L Bible Study 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 ✓ 10:30 TH Exercise Fitness Program 1:00 O Scenic Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 3:00 O Shopping: Dollar Store ✓ 6:00 LO Penny Left-Center-Right
3 8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:30 O Afternoon Stroll & Roll 2:30 TH Sentimental Reflections Video Magazine 6:00 GR Spill and Spell Game	4 Independence Day 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 10:00 LO *Sudoku & Trivia Puzzle 10:15 LO Think Tank Answer Guide 10:30 TH Relaxed Flex & Fit 2:00 TH Patriotic Bingo ★ 6:00 GR Domino Game	5 8:30 Tour de Belmont Start ★ 9:30 TH Muscle Fitness 10:30 TH Worship Service 10:30 3N Pinochle Card Club Members 1:30 TH Seated Yoga Stretch 2:30 TH *Learn and Taste: Ice Cream 6:00 GR Card Game Night	6 Lunch at Marcianos's 8:30 Tour de Belmont ★ 9:30 TH Flex and Fit 10:00 L Parkinson's Class 10:15 GP *In The Garden 10:30 TH Relaxed Flex & Fit 1:30 B Fresh Floral Expressions 1:30 L *Short Story w/Judy 1:30 TH Drama Club Rehearsal 2:30 JK Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	7 8:30 Tour de Belmont ★ 9:30 TH Muscle Fitness 10:00 TH Musicalcise...Grease 10:30 LO *Chronicle-ology Trivia 1:30 TH Core & Balance 2:30 LO *July Jeopardy 6:00 LO Penny Left-Center-Right	8 8:00 *Weekend Think Tank Booklet available at Concierge Desk 8:30 Tour de Belmont ★ 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 Volleyball Competition 6:00 LO Dominos	9 Blackwell Preserves Drive! 9:00 O Shopping - Walgreens ✓ 10:30 TH Exercise Fitness Program 1:00 O Blackwell Forest Preserves Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 6:00 LO Penny Left-Center-Right
10 8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:30 O Afternoon Stroll & Roll 2:00 L Spectrios Low Vision Support Group 2:30 TH Sentimental Reflections Video Magazine 6:00 GR Spill and Spell Game	11 8:30 Tour de Belmont ★ 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 10:00 LO *Sudoku & Trivia Puzzle 10:15 LO Think Tank Answer Guide 10:30 TH Relaxed Flex & Fit 2:30 3N Pinochle Card Club Members 6:00 GR Domino Game	12 8:30 Tour de Belmont ★ 9:30 TH Muscle Fitness 10:30 TH Worship Service 1:00 TH Life Enrichment Movie Feature: The Martian ★ 1:30 L Seated Yoga Stretch 6:00 GR Card Game Night	13 8:30 Tour de Belmont ★ 9:00 O Shopping: CVS Pharmacy ✓ 9:30 TH Flex and Fit 10:00 L Parkinson's Class 10:15 GP *In The Garden 10:30 TH Relaxed Flex & Fit 1:30 L *Short Story w/Judy 1:30 B Fresh Floral Expressions 1:30 TH Drama Club Rehearsal 2:30 JK Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	14 8:00 am Men's Breakfast 8:30 Tour de Belmont ★ 9:30 TH Muscle Fitness 10:00 TH Musicalcise...Grease 10:30 TH Therapy Talk w/Paxxon 1:30 TH Core & Balance 2:00 TH Moment in Time w/Tim 6:00 LO Penny Left-Center-Right	15 8:00 *Weekend Think Tank Booklet available at Concierge Desk 8:30 Tour de Belmont ★ 9:30 TH Flex & Fit 10:00 L Bible Study 11:00 L Communion 1:30 L Parkinson's Exercise 2:30 TH Volleyball Competition 6:00 LO Dominos	16 9:00 L Resident and Family Support Group 9:00 O Shopping - Walgreens ✓ 10:00 L Communion Service with Deacon Ken 10:30 TH Exercise Fitness Program 1:00 O Scenic Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 3:00 O Shopping: Dollar Store ✓ 6:00 LO Penny Left-Center-Right
17 FAMILY FEUD SUNDAE 8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:30 O Afternoon Stroll & Roll 3:00 TH Family Feud Game and Ice Cream Sundaes 6:00 GR Spill and Spell Game	18 8:30 Tour de Belmont ★ 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 10:00 LO *Sudoku & Trivia Puzzle 10:15 LO Think Tank Answer Guide 10:30 TH Relaxed Flex & Fit 1:30 TH Relaxed Zumba Class 2:30 3N Pinochle Card Club Members 6:00 GR Hymn Singers	19 Foreign Language Day! 8:30 Tour de Belmont ★ 9:30 TH Muscle Fitness 10:00 LO *French Phrases 10:30 TH Worship Service 1:30 TH Seated Yoga Stretch 2:30 LO *Louvre Art and French Wine Tasting 6:00 GR Card Game Night	20 Carnival Day! 8:30 Tour de Belmont ★ 9:00 O SHOPPING: Target ✓ 9:30 TH Flex and Fit 10:00 L Parkinson's Class 10:30 TH Relaxed Flex & Fit 1:30 B Fresh Floral Expressions 1:30 L *Short Story w/Judy 1:30 TH Drama Club Rehearsal 2:30 JK Carnival Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	21 8:30 Tour de Belmont ★ 9:30 TH Muscle Fitness 10:00 TH Musicalcise...Grease 10:30 LO *Chronicle-ology Trivia 1:30 TH Core & Balance 2:30 GP Lawn Bocce Ball 6:00 LO Games with YMSL Volunteers	22 8:00 Christmas in July Weekend Think Tank Booklet available at Concierge Desk 8:30 Tour de Belmont ★ 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 1:30 TH Drumming Circle 2:30 TH Volleyball Competition 6:00 LO Dominos	23 DAIRY QUEEN DRIVE! 9:00 O Shopping - Walgreens ✓ 10:30 TH Exercise Fitness Program 1:00 O Dairy Queen Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 6:00 LO Penny Left-Center-Right
24 8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:30 O Afternoon Stroll & Roll 2:30 TH Sentimental Reflections Video Magazine 6:00 GR Spill and Spell Game	25 8:30 Tour de Belmont ★ 9:00 O SHOPPING: Jewel ✓ 9:30 TH Flex & Fit 10:00 LO *Sudoku & Trivia Puzzle 10:15 LO Think Tank Answer Guide 10:30 TH Relaxed Flex & Fit 1:30 B *Bon Appétit w/Chef 2:00 B Chat with the Chef 2:30 TH Resident Council Meeting 6:00 GR Domino Game	26 8:30 Tour de Belmont Ends ★ 9:30 TH Muscle Fitness 10:30 TH Worship Service 1:30 TH Seated Yoga Stretch 2:30 LO Scrabble Game 6:00 GP Around the Campfire - Roasting Marshmallows and Singing Songs ★	27 Dinner in Paris! 9:30 TH Flex and Fit 10:00 L Parkinson's Class 10:15 GP *In The Garden 10:30 TH Relaxed Flex & Fit 11:15 B New Residents' Orientation Luncheon 1:30 L *Short Story w/Judy 1:30 TH Drama Club Rehearsal 1:30 B Fresh Floral Expressions 2:30 JK Tour de Belmont Wine and Cheese 6:00 LO Penny Bingo 7:00 L BV Bible Study	28 Wheaton Bowl 9:30 B Muscle Fitness 10:00 B Musicalcise...Grease 10:30 LO *Chronicle-ology Trivia 1:30 TH Core & Balance 2:00 O Belmont Bowling League 6:00 LO Penny Left-Center-Right	29 8:00 *Weekend Think Tank Booklet available at Concierge Desk 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 LO Dominos	30 9:00 O Shopping - Walgreens ✓ 10:30 TH Exercise Fitness Program 1:00 O Scenic Drive ✓ 1:30 TH Comedy Club Feature 2:30 LO Ante Horse Racing Game 3:00 O Shopping: Dollar Store ✓ 6:00 LO Penny Left-Center-Right
31 8:00 O Church Transportation ✓ 10:30 TH Belmont Hymn Singers 1:30 O Afternoon Stroll & Roll 2:30 TH Sentimental Reflections Video Magazine 6:00 GR Spill and Spell Game	6:00 GR Domino Game					



SUPPORT GROUPS AT BELMONT VILLAGE

Low Vision Support Group

Sunday, July 10, at 2 p.m.

Weekly Parkinson's Group

Every Wednesday at 10 a.m.

Every Friday at 1:30 p.m.

Family and Resident Support

Facilitators Dr. Ann Letourneau

and Mr. Jack Berkemeyer, MA,

LCPC from Central DuPage

Pastoral Counseling Center.

July 16 at 9 a.m.



Ecumenical Worship Service

Tuesdays, 10:30 a.m., Town Hall

Interactive Bible Study

Fridays, 10 a.m., Library

Communion Services - Library

Fridays, 11 a.m.

Saturday, **July 16,** 10 a.m.

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.



July 25 at 2:30 p.m.

Freshly Cut Grass Stimulates Your Brain

The scent of just-cut grass is a familiar one this time of year. Not only is it instantly recognizable, but it can also be powerful. Neuroscientists say a freshly mowed lawn releases chemicals that can affect the parts of the brain that produce happiness and relaxation and may prevent cell damage that can cause age-related memory loss. The researchers have even bottled the aroma into a spray so that people can reap the benefits anytime.

IN THE GARDEN

Wednesdays @ 10:15 am

1st floor Garden Patio

We have been busy getting our fingers in the dirt and enjoying every minute of planting season and our lovely weather!



Carol pruning her daylilies!



Darlene watering her herbs!



Shirley and Barbara planting partners



Jeannine & Mary Kay in the garden!



Health & Wellness

Mind Exercise Games for Seniors

The brain is a complex organ and like other muscles in the body, the brain needs exercise. Seniors can enhance the growth and development of new nerve cells and neural function by exercising, which also helps with the following:

- 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 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 to play the piano. Do something to stimulate, activate and exercise your brain to think in new ways.

Join one of Belmont's Learn Something New Classes. Classes

*are marked on the calendar with an *asterisk.*

Socialize! – Socializing or joining a group activity is a mental activity! Engage in social interactions at least weekly, more frequently if possible.

Socialize at our weekly Wine and Cheese, Wednesdays @ 2:30 pm in the Josephine's Kitchen.

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.

Enjoy the Belmont Comedy Club Feature each Saturday in Town Hall.

Engage in "Thinking Games – Such as crossword puzzles, Sudoku or chess.

Pick up a copy of the Think Tank Booklet on Friday, then join us on Monday.

LAST AND NOT LEAST

Ask Karen about joining an MBA program!



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.

Podiatry Services

Dr. Robin Pastore, D.P.M.
Dr. Elizabeth Pacocha

Audiologist

Dr. Sheri Billings, Aud F-AAA
from the Hearing Doctors.
Fourth Monday of the month
at 9 a.m. in the library.

Wheelchair Clinic

Third Monday of every month at
11 a.m.

Appointments for services can be made by calling the Concierge (630) 510 - 1515.



Paxxon Therapy Hours

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

Tip of the Month

"Condition your heart by coming to the therapy gym to ride the Nu-Step and attend exercise classes."

THERAPY TALK TOPIC

Heart Healthy Living
July 14 @ 10:30 am

The Belmont Scene



Liz and son David.



Card making class with instructor Terri! Our cards are so beautiful that when we display them at fundraisers we sell out every time.
Jo, Jane, Terri, Char and Arlene.



Carol with two of her daughters!



Ernie on his favorite horse in the "Race to the Belmont"



Minda, our Enrichment Leader (top left), with her cultural dance group performing for our residents.



Jackie the "Fingerprint" artist!

BELMONT *Village*
SENIOR LIVING
GENEVA ROAD

545 Belmont Lane
Carol Stream, IL 60188

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