



# Belmont Village of Glenview VillageNEWS

2200 Golf Road • Glenview, IL 60025 • Phone 847-657-7100 • Fax 847-657-7171

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

June 2016

## Our Team

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## Michele's Note

*"There are only 2 lasting bequests we can hope to give our children.*

*One of these is roots, the other wings." - Hodding Carter*

June is my favorite month since both of my daughters were born in June. I am always nostalgic and emotional at this time of year as I realize how quickly the years are passing. This year is especially bittersweet for me since this is a year of milestones for my daughters. This year more than ever the focus is on our family and our relationships and experiences together.

When I started here, Samantha was 6 and Jenna was 8. This year, Samantha is turning 16 and Jenna will be 18. When did that happen! Samantha completed her sophomore year in a rigorous program, played team sports all year and held a part-time job. She hasn't even had time to think about getting her driver's license (which is fine with me).

As for Jenna, we are in the midst of senior year activities - prom, parties and events leading up to graduation. After 2 years of college visits and preparation, Jenna will be going to school in North Carolina, far from me, but closer to her grandparents. She has worked hard and done everything she was supposed to

do to get into the college of her choice. I could not be more proud of her.

I knew this time would come, but I did not expect it to come so quickly. When your children are born, you look at the years ahead with so much anticipation. You think you have all the time in the world. You just don't realize how quickly the years pass. Our time with our children is so fleeting, and they are with us for such a short period of time in their lives. It is our job to teach and nurture them to leave us. I am so very happy, proud and excited for Jenna, but my heart aches that she will not be with me every day. I value every minute spent with my daughters and family.

So, this year has been all about family and time together. I was fortunate to travel with my girls and my mother to Europe where my daughters were able to meet extended family and see the town and house where my mother grew up. Also, for the first time in years, I will get to be with my father on Father's Day.

One of the joys of my job is to see the loving family relationships here. Happy Father's Day to all of our residents, staff and families. What a great time to celebrate the role models in our lives and the lives of our children!



### Resident Birthdays

- 3 Helen Blomquist
- 5 Peggy Alford
- 5 Taizo Okuda
- 6 Loretta Kolb
- 15 Larry Cinat
- 22 Dorothy Forrest
- 22 Gertrude Manning
- 24 Margaret Spira
- 25 Ethel Doogan
- 26 Elizabet Hanley
- 28 Lorraine Rodgers

### Employee Birthdays

- 3 Leo Jaboni, PAL
- 4 Carol Livery, Concierge
- 7 Alejandro Villegas  
Dining Services
- 9 Paul Wydra, Driver
- 13 Gloria Miller
- 15 David Lechowski  
Building Engineer
- 22 Mario Delgado  
Chef Manager
- 24 Daveena Johnson, PAL

### Employee Anniversaries

- 12 Years Agnes M., Nurse
- 4 Years Heylim A.,  
Activity Assistant
- 2 Years Sheryl J., PAL  
Tricia D., PAL
- 1 Year Cynthia F., PAL  
Abraham K., PAL  
Lashun R., PAL  
Yolanda T., PAL



### Circle of Friends & Neighborhood



### Employee of the Month

**Offelia Nahabedian, Dining Room Server.**

May 2016 Employee of the Month  
Offelia has been part of the Belmont Village team since 2010. She is always very nice and polite to residents, families and staff. She is a great team player who always goes the extra mile to please our residents.

She continues to be a great asset to our Belmont Village team and we are so lucky to have her.





### Chicago Botanic Garden Morning Music

Every Tuesday from 10:00 to 11:00 am the Chicago Botanic Garden has music that we will attend. Please RSVP with concierge by the Monday before the outing to reserve your seat.

**June 7th- Music Institute of Chicago.** The Music Institute of Chicago is dedicated to transforming lives through music education.

**June 14th- Tim Sleep.** Tim Sleep is the Naperville City Carillonner and an instructor for the North American Carillon School.

**June 21st- Bottle Cap Landing.** Bottle Cap Landing is a duo of two classical trained musicians performing original music. Owen Burton (guitar and vocals) and Ally Perko (vocals) began playing together in high school.

**June 28th- David Chiriboga & Hugo Salcedo.** The David Chiriboga & Hugo Salcedo Spanish Guitar Duo is based in Chicago.

## Spotlight on Alzheimer's

### Walk to End Alzheimer's®

Please join us for our annual Alzheimer's Association Walk to End Alzheimer's®.

Saturday, September 17, 2016, at Gallery Park on Patriot Blvd and Navy Blvd, Glenview, IL 60026.

Join our team by logging onto <http://act.alz.org> to sign up. Don't forget to register with the Belmont Village Glenview team.



### Alzheimer's Association's "The Longest Day"

June is Alzheimer's and Brain Awareness Month and is also host to the longest day of the year, June 20 (summer solstice). The Alzheimer's Association encourages everyone to come together on that day to honor the strength, passion and endurance of those facing Alzheimer's.

Please join us at Belmont Village of Glenview by wearing purple on Tuesday, June 20th.

## June Outings

- 1 ..... Charles Troy Presents ...  
Porter vs. Sondheim
- 4 ..... Shop Walgreens
- 6 ..... Shop Walmart
- 7 ..... Chicago Botanic Garden
- 10 ..... Movie Outing
- 11 ..... Shop Walgreens
- 13 ..... Shop Mariano's
- 14 ..... Chicago Botanic Garden
- 17 ..... Lunch Outing
- 18 ..... Shop Walgreens
- 20 ..... Shop Walmart
- 25 ..... Shop Walgreens
- 27 ..... Shop Mariano's
- 27 ..... Movie Outing

For our shopping trips, we begin boarding the bus at 10:30 a.m. Scenic drives are on Thursday and Saturday for the Neighborhood and Sunday for Circle of Friends and AL residents.

Please refer to your daily announcements for the exact times of each outing. Sign up with the concierge in advance; there may be charges associated with outings. Outings with walking may require a private PAL.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Boot Camp 🌿 10:45 <span>L</span> In the News 12:30 <span>O</span> Charles Troy Presents ... "Porter vs. Sondheim" ● 1:00 <span>TH</span> Parkinson's Exercise Class 🌿 1:45 <span>GR</span> Crossword Puzzle Club 2:30 <span>GR</span> Wine & Cheese with Soundz of Time ★ 7:00 <span>TH</span> Movie & Popcorn	2 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Total Core & Body 🌿 10:45 <span>L</span> Book Club 🌿 2:00 <span>P</span> Bridge 3:00 <span>TH</span> Dance Exercise 7:00 <span>GR</span> Cookie & Conversation	3 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Yoga 🌿 10:15 <span>CL</span> Art Class (Drawing) 🌿 10:45 <span>L</span> Scrabble 2:30 <span>GR</span> Mind Aerobics 🌿 4:00 <span>L</span> Shabbat Service 7:00 <span>TH</span> Movie and Popcorn	4 10:00 <span>TH</span> Body For Life 10:30 <span>O</span> Shop Walgreens ● 1:30 <span>TH</span> Bingo 3:00 <span>GR</span> Brain Games 🌿 7:00 <span>B</span> Dateline NBC
5 9:45 <span>L</span> Family Bible Hour 1:30 <span>TH</span> Bingo 2:00 <span>O</span> Scenic Drive 2:30 <span>TH</span> Matinee Movie 7:00 <span>GR</span> Puzzle Corner	6 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Balance Class 🌿 10:45 <span>L</span> Meditation Moment 🌿 10:45 <span>O</span> Shopping ● 1:00 <span>TH</span> Pottery 🌿 2:00 <span>GR</span> Go4Life-Walk and Roll Club 3:00 <span>CL</span> Crafters Corner 🌿 7:00 <span>B</span> Dancing with the Stars Viewing	7 9:30 <span>O</span> Chicago Botanical Garden Music ● 9:45 <span>TH</span> Sit & Be Fit 10:30 <span>TH</span> Laughter Yoga 🌿 12:00 <span>JK</span> New Resident Lunch 2:00 <span>B</span> Chef Kitchen Tour 2:00 <span>B</span> Bridge 3:00 <span>L</span> Men's Club 3:30 <span>CL</span> MBA meeting 🌿 3:30 <span>P</span> Dominoes 7:00 <span>TH</span> CNN Documentary- "The Sixties"	8 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Boot Camp 🌿 10:45 <span>L</span> In the News 1:00 <span>TH</span> Parkinson's Exercise Class 🌿 1:45 <span>GR</span> Crossword Puzzle Club 2:30 <span>GR</span> Wine & Cheese with Eric Lucky ★ 7:00 <span>TH</span> Movie & Popcorn	9 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Total Core & Body 🌿 10:45 <span>L</span> Book Club 🌿 2:00 <span>P</span> Bridge 3:00 <span>TH</span> Dance Exercise 6:30 <span>L</span> St. Isaac's Prayer & Communion 7:00 <span>GR</span> Cookie & Conversation	10 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Tai Chi 🌿 10:45 <span>L</span> Farkle 1:00 <span>O</span> Movie Outing ● 2:30 <span>GR</span> Mind Aerobics 🌿 4:00 <span>L</span> Shabbat Service 7:00 <span>TH</span> Movie and Popcorn	11 10:00 <span>TH</span> Chair Exercise 10:30 <span>O</span> Shop Walgreens ● 1:30 <span>TH</span> Bingo 3:00 <span>GR</span> Brain Games 🌿 7:00 <span>B</span> Dateline NBC
12 9:45 <span>L</span> Family Bible Hour 1:30 <span>TH</span> Bingo 2:00 <span>O</span> Scenic Drive 2:30 <span>TH</span> Matinee Movie 7:00 <span>GR</span> Puzzle Corner	13 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Balance Class 🌿 10:45 <span>L</span> Meditation Moment 🌿 10:45 <span>O</span> Shopping ● 1:00 <span>TH</span> Pottery 🌿 2:00 <span>GR</span> Go4Life-Walk and Roll Club 3:00 <span>CL</span> Crafters Corner 🌿 7:00 <span>B</span> Dancing with the Stars Viewing	14 9:30 <span>O</span> Chicago Botanical Garden Music ● 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Flexibility 🌿 2:00 <span>B</span> Botanic Garden Horticulture Therapy ♥ 2:00 <span>P</span> Bridge 3:30 <span>P</span> Dominoes 7:00 <span>TH</span> CNN Documentary- "The Sixties"	15 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Boot Camp 🌿 10:45 <span>L</span> In the News 1:00 <span>TH</span> Parkinson's Exercise Class 🌿 1:45 <span>GR</span> Crossword Puzzle Club 2:30 <span>GR</span> Wine & Cheese with Mahai Vlad ★ 7:00 <span>TH</span> Movie & Popcorn	16 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Total Core & Body 🌿 10:45 <span>L</span> Book Club 🌿 2:00 <span>CL</span> Father's Day Centerpieces 2:00 <span>P</span> Bridge 3:00 <span>TH</span> Dance Exercise 7:00 <span>GR</span> Cookie & Conversation	17 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Yoga 🌿 10:15 <span>CL</span> Art Class (Drawing) 🌿 10:45 <span>L</span> Giant Boggle 2:00 <span>TH</span> Drumming Circle 🌿 2:30 <span>GR</span> Mind Aerobics 🌿 4:00 <span>L</span> Shabbat Service 7:00 <span>TH</span> Movie and Popcorn	18 10:00 <span>TH</span> Body for Life 10:30 <span>O</span> Shop Walgreens ● 1:30 <span>TH</span> Bingo 3:00 <span>GR</span> Brain Games 🌿 7:00 <span>B</span> Dateline NBC
<b>Father's Day</b> 19 9:45 <span>L</span> Family Bible Hour 12:00 <span>JK</span> Father's Day Lunch 1:30 <span>TH</span> Bingo 1:30 <span>GR</span> Don Reitsma entertainer ★ 2:00 <span>O</span> Scenic Drive 2:30 <span>TH</span> Matinee Movie 7:00 <span>GR</span> Puzzle Corner	<b>Alzheimer's Association's The Longest Day</b> 20 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Balance Class 🌿 10:45 <span>L</span> Meditation Moment 🌿 10:45 <span>O</span> Shopping ● 1:00 <span>O</span> Movie Outing ● 1:00 <span>TH</span> Pottery 🌿 2:00 <span>GR</span> Go4Life-Walk and Roll Club 3:00 <span>CL</span> Crafters Corner 🌿 7:00 <span>B</span> Dancing with the Stars Viewing	21 9:30 <span>O</span> Chicago Botanical Garden Music ● 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Flexibility 🌿 1:00 <span>TH</span> Dancing with Louie 🌿 2:00 <span>TH</span> Bill Helmuth Travels 🌿 2:00 <span>B</span> Bridge 3:00 <span>L</span> Men's Club 3:30 <span>P</span> Dominoes 7:00 <span>TH</span> CNN Documentary- "The Sixties"	22 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Boot Camp 🌿 10:45 <span>L</span> In the News 1:00 <span>TH</span> Parkinson's Exercise Class 🌿 1:45 <span>GR</span> Crossword Puzzle Club 2:30 <span>GR</span> Wine & Cheese with Bernie Glim ★ 7:00 <span>TH</span> Movie & Popcorn	23 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Total Core & Body 🌿 10:45 <span>L</span> Book Club 🌿 2:00 <span>P</span> Bridge 3:00 <span>TH</span> Dance Exercise 6:30 <span>L</span> St. Isaac's Prayer & Communion 7:00 <span>GR</span> Cookie & Conversation	24 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Tai Chi 🌿 10:45 <span>L</span> Chronology 12:00 <span>JK</span> Resident Birthday Lunch ♥ 2:00 <span>JK</span> Chat with Chef 2:30 <span>GR</span> Mind Aerobics 🌿 4:00 <span>L</span> Shabbat Service 7:00 <span>TH</span> Movie and Popcorn	25 10:00 <span>TH</span> Chair Exercise 10:30 <span>O</span> Shop Walgreens ● 1:30 <span>TH</span> Bingo 3:00 <span>GR</span> Brain Games 🌿 7:00 <span>B</span> Dateline NBC
26 9:45 <span>L</span> Family Bible Hour 1:30 <span>TH</span> Bingo 2:00 <span>O</span> Scenic Drive 2:30 <span>TH</span> Matinee Movie 7:00 <span>GR</span> Puzzle Corner	27 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Balance Class 🌿 10:45 <span>O</span> Shopping ● 10:45 <span>L</span> Meditation Moment 🌿 1:00 <span>TH</span> Pottery 🌿 2:00 <span>GR</span> Go4Life-Walk and Roll Club 3:00 <span>CL</span> Crafters Corner 🌿 7:00 <span>B</span> Dancing with the Stars Viewing	28 9:30 <span>O</span> Chicago Botanical Garden Music ● 9:45 <span>TH</span> Sit & Be Fit 10:00 <span>TH</span> Therapy In-Service 🌿 2:00 <span>B</span> Bridge 2:00 <span>TH</span> Resident Council 🌿 3:15 <span>L</span> Ladies' Cocktails ♥ 3:30 <span>P</span> Dominoes 7:00 <span>TH</span> CNN Documentary- "The Sixties"	29 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Boot Camp 🌿 10:45 <span>L</span> In the News 11:00 <span>O</span> Lunch Outing ● 1:00 <span>TH</span> Parkinson's Exercise Class 🌿 1:45 <span>GR</span> Crossword Puzzle Club 2:30 <span>GR</span> Wine & Cheese with Eric Lucky ★ 7:00 <span>TH</span> Movie & Popcorn	30 9:45 <span>TH</span> Sit & Be Fit 10:15 <span>TH</span> Total Core & Body 🌿 10:45 <span>L</span> Book Club 🌿 2:00 <span>P</span> Bridge 3:00 <span>TH</span> Dance Exercise 7:00 <span>GR</span> Cookie & Conversation		



## Spiritual Corner

### Family Bible Hour

Sundays at 9:45 a.m.  
in the Library

### St. Isaac Jogues

Thursday, June 9 (Prayer and  
Communion Service) and  
Thursday, June 23 (Prayer and  
Communion) at 6:30 p.m., in  
the Library.

### Shabbat Service

Fridays at 4 p.m., in the Library,  
with Paula Drues

### Communion Weekly After Wine and Cheese (by request)

Transportation to religious  
services is available on the  
weekends or by request during  
the week. Private PALs may be  
needed for services; contact the  
Front Desk.

## Resident Council

All residents are encouraged to  
attend the Belmont Village  
Resident Council Meeting in the  
Town Hall.

Tuesday, June 28, at 2 p.m.



# HAPPY FATHER'S DAY

to all the terrific dads we serve.

WE APPRECIATE YOU!

## Parkinson's Exercise Class

*We're Sharing the Health with a  
FREE, ongoing Exercise Class:*

**Class meets at 1 p.m.**

**Every Wednesday**

**Belmont Village Assisted Living  
2200 Golf Rd.**

**Glenview, IL 60025**

Recent research has shown that  
exercise can have a positive effect  
on Parkinson's disease. Learn  
more about the overall benefits of  
physical activity as you participate  
in Belmont Village's  
complimentary class.



## Welcome New Residents

*If you see a new face,  
Don't be shy,  
Wave your hand  
and give a big hi!*

Please welcome our newest  
residents:

**Mike**

**Marge**

**Joe and Shirley**

**Florence**

**Rose**

**Mae**

**Jack**

**Dory**

**Lori**

Invite them to sit with you at a  
meal, join you for an activity, or  
just sit down and chat!



# Spotlight on Safety



## Simple Tips to Prevent Falls

Falls put you at risk of serious injury. Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions, and sometimes the medications used to treat those make falls more likely. Falls are a leading cause of injury among older adults.

- **Talk to your doctor.** Make a list of your prescriptions and over the counter medications so your doctor can review for side effects and interactions that may increase your risk of falling. Certain eye and ear disorders may increase your risk of fall. How comfortable you are when you walk, do you feel dizzy, joint pain, numbness or shortness of breath when you walk.
- **Keep moving.** Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking or tai chi - a gentle exercise that involves slow and graceful dance-like movements.

- **Wear sensible shoes.** Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead wear properly fitting, sturdy shoes with non skid soles.
- **Remove home hazards.** Look around your room. Remove boxes, newspapers and phone cords from walkways. Remove loose rugs from your room. Use non slip mats in your shower.
- **Light up your living space.** Place night lights in your bedroom, bathroom and hallways.
- **Use assistive devices.** Make sure your cane or walker as your doctor recommended is accessible. A raised toilet seat or one with armrests. A grab bar for showers or tub. A sturdy seat or shower bench plus a handheld shower nozzle for bathing while sitting down.

If necessary, a referral to an occupational therapist and physical therapist from your doctor would help. He or she can help you brainstorm other fall-prevention strategies.

Thank you. Safety is our priority.



## Therapy Tip of the Month

"Be sure to wear sunblock when outdoors to protect your skin from UV rays!"



## Therapy In-Service Wheelchair/Walker Cleanup

June In-Service Date: June 28, 2016

June In-Service Time: 10 am

## Meet Megan

Megan Thomas is our new OT. She graduated with a Masters of Science in Occupational Therapy from Western Michigan University. She is originally from a small town near Grand Rapids, MI. She moved to IL after college and has been working with the older adult population for over seven years. In her free time Megan enjoys shopping downtown and traveling.



# Belmont Village Happenings



Steel Drum Band performed



Kentucky Derby Hats



Kentucky Derby



Kentucky Derby



Mother's Day



Mother's Day Entertainment

**BELMONT** *Village*  
SENIOR LIVING  
GLENVIEW

2200 Golf Road  
Glenview, IL 60025

SC Lic. 52084  
[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