



# 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

July 2016

## Our Team

Phone #(847) 657-7100

Fax #(847) 657-7171

### Michele Helffrich

Executive Director

mhelffrich@belmontvillage.com

### Ernie Belencion

Director of Resident Care  
Services

ebelenci@belmontvillage.com

### Urbano Aponte

Chef Manager

uaponte@belmontvillage.com

### Amelia Roeber

Human Resource Coordinator

aroeber@belmontvillage.com

### Marley Amaya

Community Relations

mamaya@belmontvillage.com

### Jenene Paterno

Community Relations

jpaterno@belmontvillage.com

### Bridget Simcox

Community Relations

bsimcox@belmontvillage.com

### Aleksandra Staszalek

Director of Activity and Memory  
Programs

astaszal@belmontvillage.com

### Dave Lechowski

Building Engineer

dlechowski@belmontvillage.com

### Kelly Norge

Activity Program Coordinator

knorge@belmontvillage.com



## Michele's Note

There is no place like Chicago in the summer! I truly believe that Chicagoans, more than residents of most cities, truly appreciate summer and take advantage of the warm weather and all that the city has to offer. We know that our summer days are numbered! After the seemingly endless months of cold weather and the non-existent spring this year, it is nice to finally have sunshine and warmth. I love the hot weather and would personally like to see temperatures in the high 80s every day!

To me, everyone just seems happier in the summer! I love seeing everyone sitting outside and enjoying time with their families. Recently I read an article about a study that reveals a link between age and happiness. Research found that many older adults are actually happier with daily life than those who are younger. The research, published in the the Journal of Consumer Research, showed that while all age groups reported happiness from extraordinary experiences, the results also indicated that happiness from ordinary experiences was more common among older people.

"Young people actively seeking to define themselves find it particularly rewarding to

accumulate extraordinary experiences that mark their progression through life milestones. On the other hand, once people are older and have established a better sense of who they are, the experiences they view as self-defining are just as likely to include the routine daily events that reveal how they like to spend their time" wrote authors Amit Bhattacharjee (Dartmouth) and Cassie Mogilner (UPenn).

The perception of happiness changes over time; younger people are more rewarded by feeling excited and older adults get a bigger boost of satisfaction from peace and calm. Older adults invest energy in what is truly meaningful to them.

Although the sample used in this study was small, I see this evident with my own parents, who prefer to be with us doing normal activities rather than going on trips all the time. This certainly helps to explain my mother's hesitation traveling to Germany with us a few months ago! I will remember this on our next visit!

So, enjoy these summer months with your families - whether it be on an adventure, or the daily routine of sitting on the porch enjoying the sunshine!





### Resident Birthdays

- 1 Zena Wagner
- 3 Leonard Kaiser
- 3 Doris Wendling
- 4 Sidney Bass
- 6 Jane Ingram
- 6 Patricia Vito
- 7 Jim Forrest
- 8 Helen Genteman
- 9 Mary Flaherty
- 9 Carmaline Santora
- 10 John Nordhouse
- 15 Bernard Melina
- 17 Joe Koenig
- 19 Dr. Jack Fink
- 28 Jane King

### Employee Birthdays

- 3 Becky Kapuscik, A.A.
- 5 Ernie Belencion  
Dir. of Res. Care Svcs
- 13 Jiovani Bertete, Cook
- 16 Nile Nair, PAL
- 19 Marylu Anderson, LVN-LPN
- 22 Jessie Labos  
Staffing Coordinator
- 24 Michele Helffrich  
Executive Director
- 30 Gabi Diwisch, LVN-LPN
- 30 Trinette White, PAL
- 31 Vincente Denila, PAL



### Employee Anniversaries

- 14 years Iwona Szejbak, PAL
- 10 years Michele Helffrich  
Executive Director
- 5 years Myrna Ponte, PAL
- 3 years Enrique Viejon, PA
- 2 years Nancy Cruz, Server

## Circle of Friends & Neighborhood



1Pet1Vet Memorial Day Visit.



Tom visiting with Joe and CT



Dancing with Louie



Painting Turtles

### Employee of the Month

**Sylvia Guerrero, Concierge**

June 2016 Employee of the Month

Sylvia is an essential part of the Belmont Village family. Sylvia is always nice and polite when talking with residents, family and staff. She is a great team member and truly cares about the residents and their families.

She continues to be an important asset to our Belmont Village team and we are extremely blessed and lucky to have her.







## Chicago Botanic Garden Morning Music

### July 5th- The Silverwood Duo.

Award-winning concert flutist Kim Fluechaus and international performing guitarist Julie Goldberg blend the fiery, emotive music of Latin and South American composers with the sophisticated counterpoint and lyrical compositions of the Baroque Era in a program entitled Baroque, Brazil, and Beyond.

### July 12th- Wylie Crawford.

Wylie Crawford has been the resident carillonneur at the Chicago Botanic Garden since 1986. He is the senior university carillonneur at the University of Chicago, and was the first city carillonneur for the Millennium Carillon in Naperville, Illinois. He is also the president of the World Carillon Federation, a federation of international associations that organizes conferences in countries with a carillon culture.

**July 19th- Midwest Young Artists.** MYA Conservatory reaches more than 1,000 students from more than 74 cities in the metropolitan Chicago area, with

students ranging from grades 2 through 12. MYA Conservatory students have the opportunity to travel abroad and to perform in major venues throughout Chicago and around the world.

**July 26th. Midwest Young Artist: The Merit Combo.** The MYA Merit Combo, founded in 2012 and directed by saxophonist Chris Madsen, consists of the top improvisers in the jazz program at Midwest Young Artists. Merit Combo members write and perform their own pieces and arrangements of jazz standard repertoire. The group has collaborated with jazz luminaries John Clayton, Matt Wilson, and Ingrid Jensen.



## A Walk to End Alzheimer's®

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

Saturday, September 17th, 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.



## July Outings

2	Shop Walgreens
3	Scenic Drive
5	Chicago Botanic Garden
6	Charles Troy Present "The Creation of Chicago"
7	Ladies' Club Outing
8	Movie Outing
9	Shop Walgreens
10	Scenic Drive
11	Shop Walmart
12	Chicago Botanic Garden
16	Shop Walgreens
17	Scenic Drive
18	Shop Target
18	Men's Club Outing
19	Chicago Botanic Garden
22	Holocaust Museum
23	Shop Walgreens
25	Shop Mariano's
25	Movie Outing
26	Chicago Botanic Garden
27	Tall Ships at Navy Pier
30	Shop Walgreens
31	Scenic Drive

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, at an additional charge. Space is limited for outing, there may be a wait-list.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: red;">■</span> CL Art Class (Drawing) <span style="color: green;">■</span> MBA 10:15 <span style="color: blue;">■</span> TH Yoga <span style="color: green;">■</span> MBA 2:30 <span style="color: green;">■</span> GR Mind Aerobics <span style="color: green;">■</span> MBA 3:00 <span style="color: red;">■</span> CL 4th of July Centerpieces 4:00 <span style="color: red;">■</span> L Shabbat Service 7:00 <span style="color: blue;">■</span> TH Movie and Popcorn	10:00 <span style="color: blue;">■</span> TH Chair Exercise 10:30 <span style="color: purple;">■</span> O Shop Walgreens <span style="color: black;">●</span> 1:30 <span style="color: blue;">■</span> TH Bingo 3:00 <span style="color: green;">■</span> GR Brain Games <span style="color: green;">■</span> MBA 7:00 <span style="color: red;">■</span> B Dateline NBC
3	<b>Independence Day</b> 4	5	6	7	8	9
9:45 <span style="color: red;">■</span> L Family Bible Hour 1:30 <span style="color: blue;">■</span> TH Bingo 2:00 <span style="color: purple;">■</span> O Scenic Drive <span style="color: black;">●</span> 2:30 <span style="color: blue;">■</span> TH Matinee Movie 7:00 <span style="color: green;">■</span> GR Puzzle Corner	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Balance Class <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L Meditation Moment <span style="color: green;">■</span> MBA 11:00 <span style="color: grey;">■</span> JK 4th of July BBQ 1:30 <span style="color: green;">■</span> GR Ed "Elvis" 7:00 <span style="color: red;">■</span> B So You Think You Can Dance viewing	9:30 <span style="color: purple;">■</span> O Chicago Botanic Garden Music <span style="color: black;">●</span> 9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Flexibility <span style="color: green;">■</span> MBA 12:00 <span style="color: red;">■</span> B New Resident Lunch 2:00 <span style="color: blue;">■</span> P Bridge 2:00 <span style="color: red;">■</span> B Kitchen Tour <span style="color: green;">■</span> MBA 3:00 <span style="color: red;">■</span> L Men's Club <span style="color: black;">♥</span> 3:00 <span style="color: red;">■</span> CL Corks & Canvas <span style="color: green;">■</span> MBA 3:30 <span style="color: blue;">■</span> P Dominoes 7:00 <span style="color: blue;">■</span> TH CNN Documentary- "The Seventies"	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Boot Camp <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L In the News 12:30 <span style="color: purple;">■</span> O Charles Troy Presents ... "The Creation of Chicago" <span style="color: black;">●</span> 1:00 <span style="color: blue;">■</span> TH Parkinson's Exercise Class <span style="color: green;">■</span> MBA 1:45 <span style="color: green;">■</span> GR Crossword Puzzle Club 2:30 <span style="color: green;">■</span> GR Wine & Cheese with John Boda <span style="color: black;">★</span> 7:00 <span style="color: blue;">■</span> TH Movie & Popcorn	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Total Core & Body <span style="color: green;">■</span> MBA 10:30 <span style="color: purple;">■</span> O Ladies' Club Outing <span style="color: black;">●</span> 10:45 <span style="color: red;">■</span> L Book Club <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> P Bridge 3:00 <span style="color: blue;">■</span> TH Dance Exercise <span style="color: green;">■</span> MBA 7:00 <span style="color: green;">■</span> GR Cookie & Conversation	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Tai Chi <span style="color: green;">■</span> MBA 1:00 <span style="color: purple;">■</span> O Movie Outing <span style="color: black;">●</span> 2:30 <span style="color: green;">■</span> GR Mind Aerobics <span style="color: green;">■</span> MBA 4:00 <span style="color: red;">■</span> L Shabbat Service 7:00 <span style="color: blue;">■</span> TH Movie and Popcorn	10:00 <span style="color: blue;">■</span> TH Body for Life 10:30 <span style="color: purple;">■</span> O Shop Walgreens <span style="color: black;">●</span> 1:30 <span style="color: blue;">■</span> TH Bingo 3:00 <span style="color: green;">■</span> GR Brain Games <span style="color: green;">■</span> MBA 7:00 <span style="color: red;">■</span> B Dateline NBC
10	11	12	13	14	15	16
9:45 <span style="color: red;">■</span> L Family Bible Hour 1:30 <span style="color: blue;">■</span> TH Bingo 2:00 <span style="color: purple;">■</span> O Scenic Drive <span style="color: black;">●</span> 2:30 <span style="color: blue;">■</span> TH Matinee Movie 7:00 <span style="color: green;">■</span> GR Puzzle Corner	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Balance Class <span style="color: green;">■</span> MBA 10:45 <span style="color: purple;">■</span> O Shopping <span style="color: black;">●</span> 10:45 <span style="color: red;">■</span> L Meditation Moment <span style="color: green;">■</span> MBA 1:00 <span style="color: blue;">■</span> TH Pottery <span style="color: green;">■</span> MBA 2:00 <span style="color: green;">■</span> GR Walk and Roll Club 7:00 <span style="color: red;">■</span> B So You Think You Can Dance viewing	9:30 <span style="color: purple;">■</span> O Chicago Botanic Garden Music <span style="color: black;">●</span> 9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Flexibility <span style="color: green;">■</span> MBA 2:00 <span style="color: red;">■</span> B Botanic Garden Horticulture Therapy <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> P Bridge 3:00 <span style="color: red;">■</span> CL Corks & Canvas <span style="color: green;">■</span> MBA 3:30 <span style="color: blue;">■</span> P Dominoes 7:00 <span style="color: blue;">■</span> TH CNN Documentary- "The Seventies"	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Boot Camp <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L In the News 1:00 <span style="color: blue;">■</span> TH Parkinson's Exercise Class <span style="color: green;">■</span> MBA 1:45 <span style="color: green;">■</span> GR Crossword Puzzle Club 2:30 <span style="color: green;">■</span> GR Wine & Cheese with Betsey Means <span style="color: black;">★</span> 7:00 <span style="color: blue;">■</span> TH Movie & Popcorn	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Total Core & Body <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L Book Club <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> P Bridge 3:00 <span style="color: blue;">■</span> TH Dance Exercise <span style="color: green;">■</span> MBA 6:30 <span style="color: red;">■</span> L St. Isaac's Prayer & Communion 7:00 <span style="color: green;">■</span> GR Cookie & Conversation	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Yoga <span style="color: green;">■</span> MBA 10:15 <span style="color: red;">■</span> CL Art Class (Drawing) <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> TH Drumming Circle <span style="color: green;">■</span> MBA 2:30 <span style="color: green;">■</span> GR Mind Aerobics <span style="color: green;">■</span> MBA 4:00 <span style="color: red;">■</span> L Shabbat Service 7:00 <span style="color: blue;">■</span> TH Movie and Popcorn	10:00 <span style="color: blue;">■</span> TH Chair Exercise 10:30 <span style="color: purple;">■</span> O Shop Walgreens <span style="color: black;">●</span> 1:30 <span style="color: blue;">■</span> TH Bingo 3:00 <span style="color: green;">■</span> GR Brain Games <span style="color: green;">■</span> MBA 7:00 <span style="color: red;">■</span> B Dateline NBC
17	18	19	20	21	22	23
9:45 <span style="color: red;">■</span> L Family Bible Hour 1:30 <span style="color: blue;">■</span> TH Bingo 2:00 <span style="color: purple;">■</span> O Scenic Drive <span style="color: black;">●</span> 2:30 <span style="color: blue;">■</span> TH Matinee Movie 7:00 <span style="color: green;">■</span> GR Puzzle Corner	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Balance Class <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L Meditation Moment <span style="color: green;">■</span> MBA 10:45 <span style="color: purple;">■</span> O Shopping <span style="color: black;">●</span> 11:00 <span style="color: purple;">■</span> O Men's Club Outing <span style="color: black;">●</span> 1:00 <span style="color: blue;">■</span> TH Wii-hab <span style="color: green;">■</span> MBA 2:00 <span style="color: green;">■</span> GR Walk and Roll Club 7:00 <span style="color: red;">■</span> B So You Think You Can Dance viewing	9:30 <span style="color: purple;">■</span> O Chicago Botanic Garden Music <span style="color: black;">●</span> 9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Flexibility <span style="color: green;">■</span> MBA 1:00 <span style="color: blue;">■</span> TH Dancing with Louie <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> P Bridge 2:00 <span style="color: blue;">■</span> TH Bill Helmuth Travels <span style="color: green;">■</span> MBA 3:00 <span style="color: red;">■</span> L Men's Club <span style="color: black;">♥</span> 3:00 <span style="color: red;">■</span> CL Corks & Canvas <span style="color: green;">■</span> MBA 3:30 <span style="color: blue;">■</span> P Dominoes 7:00 <span style="color: blue;">■</span> TH CNN Documentary- "The Seventies"	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Boot Camp <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L In the News 1:00 <span style="color: blue;">■</span> TH Parkinson's Exercise Class <span style="color: green;">■</span> MBA 1:45 <span style="color: green;">■</span> GR Crossword Puzzle Club 2:30 <span style="color: green;">■</span> GR Wine & Cheese with Jeffret Deutsch <span style="color: black;">★</span> 7:00 <span style="color: blue;">■</span> TH Movie & Popcorn	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Total Core & Body <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L Book Club <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> P Bridge 3:00 <span style="color: blue;">■</span> TH Dance Exercise <span style="color: green;">■</span> MBA 7:00 <span style="color: green;">■</span> GR Cookie & Conversation	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Tai Chi <span style="color: green;">■</span> MBA 10:30 <span style="color: purple;">■</span> O Holocaust Museum <span style="color: black;">●</span> 2:30 <span style="color: green;">■</span> GR Mind Aerobics <span style="color: green;">■</span> MBA 4:00 <span style="color: red;">■</span> L Shabbat Service 7:00 <span style="color: blue;">■</span> TH Movie and Popcorn	10:00 <span style="color: blue;">■</span> TH Body for life 10:30 <span style="color: purple;">■</span> O Shop Walgreens <span style="color: black;">●</span> 1:30 <span style="color: blue;">■</span> TH Bingo 3:00 <span style="color: green;">■</span> GR Brain Games <span style="color: green;">■</span> MBA 7:00 <span style="color: red;">■</span> B Dateline NBC
24	25	26	27	28	29	30
9:45 <span style="color: red;">■</span> L Family Bible Hour 1:30 <span style="color: blue;">■</span> TH Bingo 2:00 <span style="color: purple;">■</span> O Scenic Drive <span style="color: black;">●</span> 2:30 <span style="color: blue;">■</span> TH Matinee Movie 7:00 <span style="color: green;">■</span> GR Puzzle Corner	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Balance Class <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L Meditation Moment <span style="color: green;">■</span> MBA 10:45 <span style="color: purple;">■</span> O Shopping <span style="color: black;">●</span> 1:00 <span style="color: blue;">■</span> TH Pottery <span style="color: green;">■</span> MBA 1:00 <span style="color: purple;">■</span> O Movie Outing <span style="color: black;">●</span> 2:00 <span style="color: green;">■</span> GR Walk and Roll Club 7:00 <span style="color: red;">■</span> B So You Think You Can Dance viewing	9:30 <span style="color: purple;">■</span> O Chicago Botanic Garden Music <span style="color: black;">●</span> 9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:00 <span style="color: blue;">■</span> TH Therapy In-Service <span style="color: green;">■</span> MBA 10:15 <span style="color: blue;">■</span> TH Flexibility <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> P Bridge 2:00 <span style="color: blue;">■</span> TH Resident Council <span style="color: green;">■</span> MBA 3:15 <span style="color: red;">■</span> L Ladies' Cocktails <span style="color: black;">♥</span> 3:30 <span style="color: blue;">■</span> P Dominoes 7:00 <span style="color: blue;">■</span> TH CNN Documentary- "The Seventies"	9:30 <span style="color: purple;">■</span> O Tall Ships at Navy Pier with Lunch <span style="color: black;">●</span> 9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Boot Camp <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L In the News 1:00 <span style="color: blue;">■</span> TH Parkinson's Exercise Class <span style="color: green;">■</span> MBA 1:45 <span style="color: green;">■</span> GR Crossword Puzzle Club 2:30 <span style="color: green;">■</span> GR Wine & Cheese with Randy Walker <span style="color: black;">★</span> 7:00 <span style="color: blue;">■</span> TH Movie & Popcorn	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Total Core & Body <span style="color: green;">■</span> MBA 10:45 <span style="color: red;">■</span> L Book Club <span style="color: green;">■</span> MBA 2:00 <span style="color: blue;">■</span> P Bridge 3:00 <span style="color: blue;">■</span> TH Dance Exercise <span style="color: green;">■</span> MBA 6:30 <span style="color: red;">■</span> L St. Isaac's Prayer & Communion 7:00 <span style="color: green;">■</span> GR Cookie & Conversation	9:45 <span style="color: blue;">■</span> TH Sit & Be Fit 10:15 <span style="color: blue;">■</span> TH Yoga <span style="color: green;">■</span> MBA 12:00 <span style="color: grey;">■</span> JK Resident Birthday Lunch <span style="color: black;">♥</span> 1:30 <span style="color: red;">■</span> CL Luau Decorations <span style="color: black;">♥</span> 2:00 <span style="color: grey;">■</span> JK Chat with Chef 2:30 <span style="color: green;">■</span> GR Mind Aerobics <span style="color: green;">■</span> MBA 4:00 <span style="color: red;">■</span> L Shabbat Service 7:00 <span style="color: blue;">■</span> TH Movie and Popcorn	10:00 <span style="color: blue;">■</span> TH Chair Exercise 10:30 <span style="color: purple;">■</span> O Shop Walgreens <span style="color: black;">●</span> 1:30 <span style="color: blue;">■</span> TH Bingo 3:00 <span style="color: green;">■</span> GR Brain Games <span style="color: green;">■</span> MBA 7:00 <span style="color: red;">■</span> B Dateline NBC
31						
9:45 <span style="color: red;">■</span> L Family Bible Hour 1:30 <span style="color: blue;">■</span> TH Bingo 2:00 <span style="color: purple;">■</span> O Scenic Drive <span style="color: black;">●</span> 2:30 <span style="color: blue;">■</span> TH Matinee Movie 7:00 <span style="color: green;">■</span> GR Puzzle Corner						





# Spiritual Corner

## Family Bible Hour

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

## St. Isaac Jogues

Thursday, July 14th (Prayer and Communion Service) and Thursday, July 28th (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, July 26th, at 2 p.m.



# Word Search

Today's Category: TV Shows—Past and Present

D F R I E N D S M A S H	1. ER
Y I D D D A L L A S O T	2. _____
N R L S R E E H C X R H	3. _____
A E E O G K O J A K R E	4. _____
S I F D V J C X S M O S	5. _____
T S N A A E S D A C Z I	6. _____
Y A I G M H L U E R E M	7. _____
D R E D E E D U D D I P	8. _____
F F S R D E N S C G S S	9. _____
I R O N S I D E A Y S O	10. _____
S E B A R E T T A S A N	11. _____
S D C C S I U L O C L S	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

1. Amen	11. Love Lucy
2. Barbra	12. Ironside
3. Cheers	13. JAG
4. CSI	14. Kojak
5. Dallas	15. Lassie
6. Dynasty	16. M.A.S.H.
7. ER	17. Maude
8. Frasier	18. Seinfeld
9. Friends	19. The Simpsons
10. Heroes	20. Zorro

## 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
- Ann
- Al
- Mae
- Lytte
- Ted

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



## Mind Exercise Games!

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 everyday 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.



### Brain Teaser

What does this say?

STRAWBERRYcake



### Therapy Tip of the Month

"Stay Hydrated- drink plenty of fluids during the warm summer months!"



### Therapy In-Service

Heart Healthy Living

July In-Service Date: July 26th, 2016

July In-Service Time: 10:15am

Location: Town Hall



### MBA Quiz

Bring your answer to Kelly in the center for learning by July 29. Correct answers will be placed into a drawing for a prize.

A man gave one son 10 cents and another son was given 15 cents. What time is it?

Answer to brain teaser:  
strawberry shortcake



# Belmont Village Happenings



Ice Cream social with the Boy Scouts



Joe and CT



Boy Scouts Color Guard Ceremony



Laughter Yoga



Men's Club Outing to Chicago History Museum



Harry at the Men's Club Outing

**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