



Village NEWS

Belmont Village of Glenview

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

August 2015

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Michele's Note

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the music or watching the clouds float across the sky is hardly a waste of time. - John Lubbock

Is it just me ... or does anyone else think that the summers are getting shorter and the winters are getting longer? Where is the hot weather? Where is my tan? I miss hot weather summers, so I am looking forward to a beach vacation next month.

I do hope that everyone is enjoying the summer in all its glory ... whether it is spending time with family, going to Cubs games, barbecuing with family and friends, going on a beach vacation or doing gardening in the backyard and relaxing in a hammock with a cold beer afterward, I hope everyone is taking advantage of this special time and spending the season in any way that makes you happy.

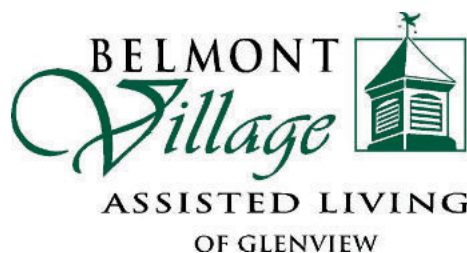
In August, we begin our fundraising for the Alzheimer's Association. This year we have brought back our *Table of Hope*. A \$20 donation will earn you a raffle ticket to win the table and place settings displayed in our Great Room. This raffle will continue through the end of September.

Of course, August would not be complete without our annual and ever popular Hawaiian luau, scheduled for Aug. 27. Please come and join the fun.

We love having families and visitors here, and I love seeing how well the families get to know our residents and other families. Many of our residents have been referred to us from other residents. Please let us know if you know of anyone who would benefit being part of our community. A referral is the best compliment you can give to us!

"It's a smile. It's a kiss, it's a sip of wine ... It's summertime!"

Kenny Chesney



2200 Golf Road
Glenview, IL 60025

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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



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Spiritual Corner

Family Bible Hour

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

St. Isaac Jogues

Thursday, Aug. 13, at 6:30 p.m.
in the library (Prayer and
Communion Service) and
Thursday, Aug. 27 (Prayer and
Communion).

Shabbat Service

Fridays at 4 p.m. in the library
with Paula Drues;
families welcome.

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,
which is held on the last
Tuesday of this month in the
Town Hall. Bring any
comments, questions or
concerns to the heads of
each department.
Tuesday, Aug. 25, at 2 p.m.



Beach	Popsicle
Bike	Sand
Garden	Summer
Hot	Sun
Hot dogs	Swimsuit
Park	Travel
Picnic	Vacation
Pool	Watermelon

W Y R D V M T H L R F F O Q C
A X W X F V X O S E W Y V E R
T B E A C H O T P A R P K S G
E L C I S P O P I C N I C G Z
R H O P T G K T N U B D D W F
M G K R A P R S D N U Q T V H
E M V R D A P N U O K B O H M
L E D A V S A S O M G I W S T
O E S E O R W S W I M S U I T
N V L L N J D L J C T E U E B
I T S L S I A Z F C G A R T Y
A V H I M A A E A Z I X C N B
H R V V Z B D F R E J V Y A N
C A D L A T V E Y W F I T K V

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 Parkinson's
Exercise 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:

Phillip C.

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



Sue and Mary enjoying the sun!

Resident Spotlight



Jane King

This month we are spotlighting
resident Jane K. Jane is our longest
residing resident at Belmont
Village. Jane moved in 2004,
celebrating 11 years this past
March!

*What is your favorite thing
about BV?*

The food is excellent. I have
gained 5 million pounds! I love
the activities, especially ceramic
and crafts.

*What is your favorite memory
of BV?*

All the good, dear friends that I
have met. I have lost some but
gained more along the way.

What are your favorite events?

I love the luau and the
Halloween Costume contest, even
though I usually just wear a hat!

Any final thoughts?

I love my big beautiful room
and how close I am to all of my
family. They visit and take me
out often!



Belmont Boutique Assistance

Our Second Annual Belmont
Boutique is underway in the
building. The residents and staff
are hard at work but we need
your help!

If there is enough interest from
families we are going to hold a
monthly "Belmont Boutique
Workshop." We will choose a craft
for everyone to work on during
the hour long workshop. Supplies
and tools will be provided, we just
need your hands for some
handiwork. All levels are
welcome! The creations from the
workshops will be sold in our
Boutique.

We are also looking for donations
from expert knitters and
crocheter's as well. If you are
interested in participating in the
workshop or donation items
please contact Caily O'Donovan.

The Holiday Boutique will be held
on Sunday, Dec. 6, open to all
residents, families, friends and
following that date it will be open
until we run out of inventory!
Proceeds from the Holiday
Boutique will go to the
Alzheimer's Association.

Any additional questions or
comments, contact Caily at
choban@belmontvillage.com or
(847) 657-7100

August Outings

- | | |
|----------|------------------------|
| 1 | Shop Walgreens |
| 3 | Shop Marianos |
| 6 | CBG-Morning Music |
| 8 | Shop Walgreens |
| 10 | Shop Walmart |
| 10 | CBG-Interior Tram Tour |
| 11 | CBG-Morning Music |
| 14 | Movie Outing |
| 15 | Shop Walgreens |
| 17 | Shop Marianos |
| 18 | CBG-Morning Music |
| 19 | Lunch Outing |
| | Pequods Pizza |
| 22 | Shop Walgreens |
| 24 | Shop Walmart |
| 25 | CBG-Morning Music |
| 28 | Movie Outing |
| 29 | Shop Walgreens |
| 31 | Shop Marianos |
| 31 | Lincoln Park Zoo |

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.

Outings with walking may
require a Private PAL.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Coming Soon... Please join us for some new (and renewed) activities:</p>	<ul style="list-style-type: none"> Canvas & Cocktails: Step by Step painting with wine! Off the Beaten Path: Travel Tour and Discussion 	<ul style="list-style-type: none"> The Great Debate: Lively debates about current events. Belmont Culinarians: We turn the tables and put the chef's hat on you! 			<p><i>One-on-one Computer lessons or lessons on your own devices are available in the Center For Learning. Please contact Caily O'Donovan, APC to set up lessons.</i></p>	<p>10:00 TH Body for Life 10:30 O Shop Walgreens ● 1:30 TH Bingo 7:00 TH Movie & Popcorn</p>
2	3	4	5	6	7	8
<p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 3:30 B Ice Cream Social 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Balance Class MBA 10:45 O Shopping ● 10:45 L Meditation Moment MBA 1:00 TH Pottery MBA 2:00 P Blackjack 2:30 CL MBA Meeting MBA 7:00 TH Movie & Popcorn</p>	<p>9:15 O CBG-Morning Music ● 9:45 TH Sit & Be Fit 10:15 TH Yoga with Caily MBA 1:00 P Poker 2:00 CL Craft Club MBA 3:00 L "In the News" MBA 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp MBA 1:00 TH Parkinson's Exercise Class MBA 1:45 GR Crossword Club MBA 2:30 GR Wine & Cheese with Roxanne Anzelone ★ 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body MBA 10:45 L Book Club MBA 1:00 P Blackjack 2:00 TH Bingo MBA 3:00 GR Off the Beaten Path "Pan-American Highway" MBA 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Art Class (Drawing) MBA 1:00 B Ceramic Painting MBA 1:00 P Poker 2:00 TH Dr. Fischman Program ♥ 4:00 L Shabbat Service 7:00 TH Movie & Popcorn</p>	<p>10:00 TH Chair Exercise 10:30 O Shop Walgreens ● 1:30 TH Bingo 2:45 L Student Led Activities 7:00 TH Movie & Popcorn</p>
9	10	11	12	13	14	15
<p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 3:15 PA S'Mores Social 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Balance Class MBA 10:45 L Meditation Moment MBA 10:45 O Shopping ● 1:00 O CBG Interior Tram Tour ● 2:30 P Blackjack 7:00 TH Movie & Popcorn</p>	<p>9:15 O CBG-Morning Music ● 9:45 TH Sit & Be Fit 10:15 TH Yoga with Caily MBA 1:00 P Poker 2:00 B Botanic Garden "Green Box Decorating" 3:15 GR Fashion 411: Pierre Cardin MBA 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp MBA 1:00 TH Parkinson's Exercise Class MBA 1:45 GR Brain Boost MBA 2:30 GR Wine & Cheese with Maggie Darjaa ★ 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body MBA 10:45 L Book Club MBA 1:00 P Blackjack 2:00 CL Canvas & Cocktails MBA 3:15 L Music History MBA 6:30 L St. Isaac's Prayer & Communion 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Tai Chi MBA 1:00 O Movie ● 2:00 B Chat with the Chef MBA 3:00 P Poker 4:00 L Shabbat Service 7:00 TH Movie & Popcorn</p>	<p>10:00 TH Body for Life 10:30 O Shop Walgreens ● 1:30 TH Bingo 7:00 TH Movie & Popcorn</p>
16	17	18	19	20	21	22
<p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 3:30 B Ice Cream Social 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Balance Class MBA 10:45 O Shopping ● 10:45 L Meditation Moment MBA 1:00 P Blackjack 1:00 TH Pottery MBA 2:30 GR The Great Debate MBA 7:00 TH Movie & Popcorn</p>	<p>9:15 O CBG-Morning Music ● 9:45 TH Sit & Be Fit 10:15 TH Yoga with Caily MBA 1:00 P Poker 1:00 TH Dancing with Louie MBA 2:00 TH Bill Helmuth Travels MBA 3:15 L Ladies Cocktails ♥ 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp MBA 11:00 O Lunch at Pequod's Pizza ● 1:00 TH Parkinson's Exercise Class MBA 1:45 GR Crossword Club MBA 2:30 GR Wine & Cheese with Mr. Taps ★ 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body MBA 10:45 L Book Club MBA 1:00 P Blackjack 2:00 TH Bingo MBA 3:00 B Belmont Culinarians" Pizza Party" MBA 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Art Class (Drawing) MBA 1:00 B Ceramic Painting MBA 2:00 TH Drumming Circle MBA 3:00 P Men's Club 4:00 L Shabbat Service 7:00 TH Movie & Popcorn</p>	<p>10:00 TH Chair Exercise 10:30 O Shop Walgreens ● 1:30 TH Bingo 2:45 L Student Led Activities 7:00 TH Movie & Popcorn</p>
23	24	25	26	27	28	29
<p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit/Balance Class 10:45 L Meditation Moment MBA 2:00 CL Luau Decorations 3:00 CL Chronology MBA 7:00 TH Movie & Popcorn</p>	<p>9:15 O CBG-Morning Music ● 9:45 TH Sit & Be Fit 10:15 TH Yoga with Caily MBA 1:00 P Poker 2:00 TH Resident Council MBA 3:00 CL Luau Centerpieces MBA 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Boot Camp MBA 1:00 TH Parkinson's Exercise Class MBA 1:45 GR Brain Boost MBA 2:30 GR Wine & Cheese with Clarence Goodman ★ 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Total Core & Body MBA 10:45 L Book Club MBA 1:00 P Blackjack 4:30 JK Luau Dinner 6:00 PA Annual Luau with Royal Polynesian Revue ♥</p>	<p>9:45 TH Sit & Be Fit 10:15 TH Tai Chi MBA 12:00 JK Resident Birthday Lunch ♥ 1:00 O Movie ● 2:00 P Poker 4:00 L Shabbat Service 7:00 TH Movie & Popcorn</p>	<p>10:00 TH Chair Exercise 10:30 O Shop Walgreens ● 1:30 TH Bingo 2:30 GR Student Violin Performance ★ 7:00 TH Movie & Popcorn</p>
30	31					
<p>9:45 L Family Bible Hour 1:30 TH Bingo 2:00 O Scenic Drive ● 3:30 B Ice Cream Social 7:00 TH Movie & Popcorn</p>	<p>9:45 TH Sit & Be Fit/Balance Class 10:45 L Meditation Moment MBA 10:45 O Shopping ● 1:00 O Lincoln Park Zoo ● 7:00 TH Movie & Popcorn</p>					



AUGUST BIRTHDAYS & ANNIVERSARIES

Resident Birthdays

- 3 Phillip Casella
- 9 Ann Taketoshi
- 10 Betty Weber
- 11 Dorian Kratowicz
- 13 Maurine Dooley
- 18 Stephen Whitehead
- 19 Marian Schulte
- 20 Nora Enright
- 22 Arlene Sunkel
- 27 Louis Hunter

Employee Birthdays

- 2 Heylim A, Activity Asst.
- 10 Offelia N., Server
- 13 Asia W., PAL
- 16 Rini J., PAL
- 22 Nadia Y., Server
- 25 Germanie C., Nurse
- 27 Roemer N., PAL
- 28 Oscar G., Driver
- 30 Alexandria M., Concierge & PAL
- 30 Elsa M., PAL



Employee Anniversaries

- 13 Years Betty D., Nurse
- 13 Years Arnold D., PAL
- 12 Years Sandy W., Nurse
- 10 Years Sylvia G, Concierge
- 9 Years Vicente C., Nurse
- 3 Years Urbano A., Chef Manager

Circle of Friends



Judy (above) and Annette making origami ties!

Neighborhood Unit



Joyce modeling one of the fabulous dresses donated by a fellow fashion forward resident.

Employee of the Month

Oscar Gatbunton

Driver, June 2015

Oscar has been our weekend driver since October 2012. When he is not with us, he is driving for the local school district, so wave if you see him in the area! Oscar is employee of the month for the third time in three years! He is always willing to lend a hand and has initiative like no other. His technical skills are outstanding, and his warm heart and big smile make him a wonderful asset to BV!



UTIs in the Elderly

Urinary tract infections (UTI) aren't just a nuisance; they can cause serious health problems. A UTI happens when bacteria in the bladder or kidney multiplies in the urine. Left untreated, a UTI can become something more serious than merely a set of uncomfortable symptoms. UTIs can lead to acute or chronic kidney infections, which could permanently damage the kidneys and even lead into kidney failure. UTIs are also a leading cause of sepsis, a potentially life-threatening infection of the bloodstream.

Elderly people are more vulnerable to UTIs for many reasons, not the least of which is the overall susceptibility to all infections due to the suppressed immune system that comes with age-related conditions according to the NIH.

Younger people tend to empty the bladder upon urination, which keeps bacteria from accumulating within the bladder. Elderly men and women experience a weakening of the muscles of the bladder, which leads to more urine being retained in the bladder, poor bladder emptying and incontinence, which can lead to UTIs.

Typical signs and symptoms of UTIs are urine that appear cloudy, bloody urine, strong or foul-smelling urine odor, frequent

or urgent need to urinate, pain or burning with urination, pressure in the lower pelvis, low grade fever, night sweats, shaking or chills.

UTIs in the elderly are often mistaken as the early stages of dementia because symptoms include confusion, or delirium like state, agitation, hallucinations, behavioral changes, poor motor skills or dizziness and falling.

The following conditions make the elderly more susceptible to UTIs: Diabetes, urinary retention, use of catheter, bowel incontinence, enlarged prostate, immobility, surgery of any area around the bladder and kidney stones.

People with incontinence are at risk for UTIs because of the close contact that adult briefs have with their skin, which can reintroduce bacteria into the bladder. Some recommendations to reduce the risk is to change the briefs frequently, encourage front to back cleansing, keep the genital area clean, set reminders for those who are memory-impaired to try to use the bathroom instead of the adult brief, drink plenty of water, avoid caffeine and alcohol, always wipe from front to back for women and wear cotton-cloth underwear and change them at least once daily. If you think you might have UTI, see your doctor right away.



Therapy Tip of the Month

"Keep Moving! Every Step Counts."

Walk to End Alzheimer's

We are once again joining the Walk to End Alzheimer's. This year's walk will take place on Saturday, Sept. 19, at Gallery Park in the Glen. It is a 3.2 mile course beginning at 10 a.m. Registration and events start at 8:30 a.m. You can meet us at the park, or transportation is provided from Belmont Village. If you would like to sign up, you can contact Caily O'Donovan at choban@belmontvillage.com or sign up directly at: <http://act.alz.org> and search for Team Belmont Village on the Glenview Walk Page.

Brain Boost for Book Lovers

People often say the book is better than the movie. Scientists who study brain function agree. Research shows processing information by reading it gives you more of a mental workout than simply watching it unfold on a screen. Reading activates your imagination and insight. Exercise yours on National Book Lovers Day, Aug. 9.