



Belmont Village of Hollywood Hills Village NEWS

2051 N. Highland Avenue • Los Angeles, CA 90068 • Phone 323-874-7711 • Fax 323-874-4123

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

February 2016

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Hello Everyone,

What a busy start to 2016.

Thank you to all residents for assisting us to manage through the very mild case of a stomach flu that we experienced over the New Year. I am very pleased to let you know that we are now free from that illness and have resumed our normal approach to all activities, dining, etc. It's not unusual over the holidays and winter that residents are exposed to head colds or general bugs that are floating around, but your diligence in helping us contain the issue by avoiding being around family members that are sick, and by remaining in your unit when you are sick is essential. So thank you again for your support in making our recent challenge go away quickly.

By now, I am hopeful that many of you have met our new Memory Program Coordinator, MPC, Hailee Hanna. If you have not met Hailee, please let me know so that I can arrange for her to stop by and introduce herself. Hailee will be working primarily with residents in our Circle of Friends program and her office is located in our Memory

Neighborhood on the ground floor.

I am disappointed that as of the writing of this newsletter we have not made any progress on our planned renovations. My understanding is that we are still waiting for permit approvals from the City of Los Angeles. Hopefully those approvals will arrive soon, and we can get on with the improvements planned for this year. I will keep you updated when I know more.

Our calendar of activities is busy for the month of February and I hope that you will enjoy participating in the Valentine's Day celebration. It's always fun to enjoy a day that's dedicated to expressing love!

As I mention each month, I would like to welcome our new residents who joined the community in January and February. We hope that you enjoy living at our beautiful community, and that as you settle in that you will join in the various activities and resident meetings that are available each month.

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 **Happy
Birthday**

Residents

2/1 Mary Marelo
2/6 Hilda Adams
2/6 Caterine Burke
2/8 Ruth Gittelman
2/13 Betty Dombek
2/15 William Dawson
2/19 Mary Edmonds
2/22 Estelle Phillips
2/22 Judy Polone
2/27 Ollie Sefholm

Employees

2/2 Annie Amola
2/22 Vanda Beckford
2/17 Zackary Jones
2/18 Nelson Hennquez

 **Resident
Party**

**February Birthday
Celebration!**

Friday, Feb. 26th, 11 am-1 pm

*Special Menu and one free guest
for the birthday Residents!*

*In Josephine's Kitchen
RSVP with the Concierge!*

**Alan Ascher will be
performing.**



February Entertainment

Thursdays at 3:30 p.m.

2/4 Tatjana

2/11 Brad & Susi Q

2/18 Bryan & Gilmore

2/25 Kevin Lawrence

Sundays at 3:30 p.m.

2/7 Wendy & Rik

2/14 Marv Robinson

2/21 Irby Gascon

2/28 Steve Waddington

February Lunch

Independent Outings

2/3 Brent's Delicatessen
and Restaurant

2/17 TAIX French
Country Cuisine



Josephine's Hours:

Breakfast 7-9 a.m.

Lunch 11 a.m.-1 p.m.

Dinner 4:30-7 p.m.

For Guests:

Breakfast-\$10

Lunch /Dinner-\$12

Guest Meal tickets

available at the front desk.



Beauty Salon

Located on the 2nd floor

Wednesdays & Thursdays

9 a.m. to 3 p.m.

To make an appointment,
call (323) 874-7711.

Amy Delgado

LVN

Employee of the Month- January 2016

Thank you for your hard work and dedication
to our residents, families, and coworkers!

You're the Best!



TEAM PLAYER AWARD- January 2016

Javier Castillo, thanks for being a team player and always putting the
needs of our residents and families first!

Keep up the good work!



Save the Date



The Movie Club w/Merle

In February, the Movie Club will be on Saturdays @ 6:15 in the Town Hall

Healthy Learning Lecture

Thursday, February 25th, @ 10:30 in the Town Hall

African-American History Month

Learn the History of our Residents Tuesday, February 23rd, @ 3:30 in the Town Hall

The Academy Awards

Sunday, February 28th, @ 4:00 in the Town Hall

Podiatry Service

Tuesday, February 9th
Make an appointment with the nurse in the wellness center!

Annual Resident & Staff Awards Presentation

Friday, Feb. 26th, @ 2:00 in the great room

Resident Council



Monthly Resident Council Meeting

Friday, February 19th @ 1:30 in the Town Hall
President~Dr. Rick Ratcliffe



Happy Valentine's Day!

Join us for our

Young at Heart

Valentine's Day Dance

Sunday, February 14th,
w/Marv Robinson
3:30-4:30 in the Great Room
followed by

Our Valentine's Day Dinner

4:30-7:00 in Josephine's Kitchen
RSVP with the concierge
323- 874-7711



Join us for a Chinese Dinner to Celebrate the New Year!

Friday, February 5th,
4:30-7:00 in Josephine's Kitchen
RSVP with Concierge
323-874-7711



Join us for our

Marti Gras Dinner

Fat Tuesday, February 9th,
4:30-7:00 in Josephine's Kitchen
RSVP with the concierge
323-874-7711



Out & About

Our Transportation Schedule

Sundays-NBHD/COF Outings
Mondays-Doctors' Appts.
Tuesdays-Doctors' Appts.
Wednesdays-Outings/Shopping
Thursdays-Doctors' Appts.
Fridays-Doctors' Appts.
Saturdays-Shopping

For Doctors' Appointments

Call the Concierge
Monday-Friday
at (323) 874-7711.

Appointments must be made **TWO** weeks in advance for availability and must be in a 10-mile radius.

Appointments must be between the hours of **9 a.m. and 3 p.m.**

Please have the following info:

- name of the doctor
- address
- phone number
- date/time of appointment

For Outings and Shopping

Please sign up in advance at the front desk.

Our drivers' phone numbers:
Oscar: (323) 839-3591
Blanca: (323) 810-3477

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Save the Date! Chinese New Year Dinner Friday, Feb. 5th, @ 4:30 Mardi Gras Dinner Fat Tuesday, Feb. 9th, @ 4:30 Valentine's Dance & Dinner Sunday, Feb. 14th, @ 3:30/4:30 All Dates Subject to Change! Check Daily Schedule</p>	<p>1 9:30 TH Balance Exercise Class 10:30 GR MBA Activity Chat 1:30 TH Jewelry Class 3:00 GR Mind Aerobics 3:30 GR 20/Questions 7:00 TH Movie</p>	<p>2 9:30 TH Sit & Be Fit Exercise Class 10:30 TH Book Club w/Merle 1:30 B Bingo 2:30 3F Bridge Club 2:30 TH Chair Dancing Workout w/Sloan 3:30 GR Blurt! 7:00 TH Movie</p>	<p>3 9:30 TH Sit & Be Fit Exercise 10:30 TH Creative Writing Workshop w/Yvonne 11:30 Lunch Outing to Miceli's 1:30 TH Boot Camp Exercise w/Lori 2:30 GR Poker 3:30 GR Wheel of Fortune 6:00 GR Music Appreciation Lecture w/Seth 7:00 TH Movie</p>	<p>4 9:30 TH Sit & Be Fit Exercise 10:30 TH Vocabulary Game 1:30 TH Painting Class w/Paige 2:30 B Bingo 3:30 GR Happy Hour w/Tatjana 7:00 TH Movie</p>	<p>5 Butterfly Boutique-Bistro 9:30 TH Balance Exercise Class 10:30 TH Current Events Discussion w/Greg & Joe 1:30 GR Poker 3:00 GR Geography Game 4:30 JK Our Chinese New Year's Dinner 7:00 TH Movie</p>	<p>6 10:00 TH Tai Chi w/Wu 1:30 GR Advanced Trivia w/Fritz 2:30 GR Ice Cream Social 2:30 B Bingo 3:30 GR Scrabble/Jeopardy Board Games 6:15 TH Movie Club w/Merle</p>
<p>7 Super Bowl Sunday 9:30 GR LA Times Sunday Newspaper 10:30 GR Think Tank 1:30 TH Silk Painting w/Rhea 2:30 B Poker 3:30 TH Super Bowl Football Game 3:30 GR Happy Hour w/Wendy & Rik 7:00 TH Movie</p>	<p>8 Chinese New Year Begins 9:30 TH Balance Exercise Class 10:30 GR Movie Committee 1:30 TH Jewelry Class 3:00 GR Mind Aerobics 3:30 GR 20/Questions 7:00 TH Movie</p>	<p>9 Fat Tuesday 9:30 TH Sit & Be Fit Exercise Class 10:30 TH Musical Theatre w/Merle 1:30 B Bingo 2:30 3F Bridge Club 2:30 TH Chair Dancing Workout w/Sloan 3:30 GR Blurt! 4:30 JK Our Mardi Gras Cajun Dinner 7:00 TH Movie</p>	<p>10 9:30 TH Sit & Be Fit Exercise 10:30 GR Think Tank 1:30 TH Boot Camp Exercise w/Lori 2:30 GR Poker 3:30 GR Wheel of Fortune 6:00 GR Music Appreciation Lecture w/Seth 7:00 TH Movie</p>	<p>11 9:30 TH Sit & Be Fit Exercise 10:30 TH Vocabulary Game 1:30 TH Painting Class w/Paige 2:30 B Bingo 3:30 GR Happy Hour w/Brad & Susi Q 7:00 TH Movie</p>	<p>12 9:30 TH Balance Exercise Class 10:30 TH Current Events Discussion w/Greg & Joe 1:30 GR Biographies w/Allan 2:30 TH Shabbat Service w/Rabbi Josh 3:30 GR Poker 7:00 TH Movie</p>	<p>13 10:00 TH Tai Chi w/Wu 1:30 GR Advanced Trivia w/Fritz 2:30 GR Ice Cream Social 2:30 B Bingo 3:30 GR Scrabble/Jeopardy Board Games 6:15 TH Movie Club w/Merle</p>
<p>14 Valentine's Day 9:30 GR LA Times Sunday Newspaper 10:30 GR Think Tank 1:30 GR Scrabble/Jeopardy Board Games 2:30 B Poker 3:30 GR Our Young at Heart Dance w/Marv Robinson 4:30 JK Our Valentines Day Dinner 7:00 TH Movie</p>	<p>15 Presidents Day 9:30 TH Balance Exercise Class 10:30 CL MyGait Computer Questions? 1:30 TH Jewelry Class 3:00 GR Mind Aerobics 3:30 GR 20/Questions 6:00 TH Art History Lecture w/Sharon 7:00 TH Movie</p>	<p>16 9:30 TH Sit & Be Fit Exercise Class 10:30 TH Book Club w/Merle 1:30 B Bingo 2:30 3F Bridge Club 2:30 TH Chair Dancing Workout w/Sloan 3:30 GR Blurt! 7:00 TH Movie</p>	<p>17 9:30 TH Sit & Be Fit Exercise 10:30 TH Creative Writing Workshop w/Yvonne 11:30 Lunch Outing to The San Antonio Winery 1:30 TH Boot Camp Exercise w/Lori 2:30 GR Poker 3:30 GR Wheel of Fortune 6:00 GR Music Appreciation Lecture w/Seth 7:00 TH Movie</p>	<p>18 9:30 TH Sit & Be Fit Exercise 10:30 TH Vocabulary Game 1:00 GR Chat with the Chef 1:30 TH Painting Class w/Paige 2:30 B Bingo 3:30 GR Happy Hour w/Bryan & Gilmore 7:00 TH Movie</p>	<p>19 Oujaba Wholesale-Bistro 9:30 TH Balance Exercise Class 10:30 TH Current Events Discussion w/Greg & Joe 1:30 TH Resident Council Meeting 2:30 GR Poker 3:30 GR Geography Game 7:00 TH Movie</p>	<p>20 10:00 TH Tai Chi w/Wu 1:30 GR Advanced Trivia w/Fritz 2:30 B Bingo 2:30 GR Ice Cream Social 3:30 GR Scrabble/Jeopardy Board Games 6:15 TH Movie Club w/Merle</p>
<p>21 9:30 GR LA Times Sunday Newspaper 10:30 GR Think Tank 1:30 GR Scrabble/Jeopardy/Card Games 2:30 B Poker 3:30 GR Happy Hour w/Irby Gascon 7:00 TH Movie</p>	<p>22 9:30 TH Balance Exercise Class 10:30 CL MyGait Computer Questions? 1:30 TH Jewelry Class 3:00 GR Mind Aerobics 3:30 GR 20/Questions 6:00 TH Armchair Traveler w/Merle 7:00 TH Movie</p>	<p>23 9:30 TH Sit & Be Fit Exercise Class 10:30 TH Musical Theatre w/Merle 1:30 B Bingo 2:30 3F Bridge Club 2:30 TH Chair Dancing Workout w/Sloan 3:30 TH Our African-American Residents share their History & Life Stories 7:00 TH Movie</p>	<p>24 9:30 TH Sit & Be Fit Exercise 10:30 GR Think Tank 1:30 TH Boot Camp Exercise w/Lori 2:30 GR Poker 3:30 GR Wheel of Fortune 6:00 GR Music Appreciation Lecture w/Seth 7:00 TH Movie</p>	<p>25 9:30 TH Sit & Be Fit Exercise 10:30 TH Healthy Learning Lecture w/Mark 1:30 TH Belmont Buck Auction 1:30 B Painting Class w/Paige 3:30 GR Happy Hour w/Kevin Lawrence 7:00 TH Movie</p>	<p>26 9:30 TH Balance Exercise Class 10:30 TH Current Events Discussion w/Greg & Joe 11:00 JK February Birthday Celebration 2:00 GR Our Annual Awards Presentation 2:30 L Shabbat Service w/Rabbi Kor 7:00 TH Movie</p>	<p>27 10:00 TH Tai Chi w/Wu 1:30 GR Advanced Trivia w/Fritz 2:30 GR Ice Cream Social 2:30 B Bingo 3:30 GR Scrabble/Jeopardy Board Games 6:15 TH Movie Club w/Merle</p>
<p>28 Academy Awards 9:30 GR LA Times Sunday Newspaper 10:30 TH Songs for the Soul-Nondenominational Worship Service 1:30 TH Silk Painting w/Rhea 2:30 B Poker 3:30 GR Happy Hour w/Steve Waddington 4:00 TH The Academy Awards 8:00 TH Movie</p>	<p>29 9:30 TH Balance Exercise Class 10:30 CL MyGait Computer Questions? 1:30 TH Jewelry Class 3:00 GR Mind Aerobics 3:30 GR 20/Questions 7:00 TH Movie</p>	<p>GET FIT!!! Sit & Be Fit Exercise Mon-Fri @ 9:30 Dance Workout w/Sloan Tuesdays @ 2:30 Boot Camp w/Lori Wednesdays @ 1:30</p>	<p>Don't Forget! MBA Activity Chat w/Jeremy Monday, Feb. 1st, @ 10:30 Chat with Chef John Thursday, Feb. 18th, @ 1:00 Resident Council Meeting Friday, Feb. 19th, @ 1:30 Our Annual Resident & Staff Award Presentation Friday, Feb. 26th, @ 2:00</p>	<p>In Celebration of African-American History Month Our Fabulous Residents share their family history & stories! Join us on Tuesday, Feb. 23rd, @ 3:30 in the Town Hall</p>	<p>Monthly Lectures Broadway Music Lecture w/Seth Wednesdays @ 6:00 Biographies w/Allan Friday 12 & 26 Art History Lecture w/Sharon Monday 15 @ 6:00 Healthy Learning Lecture Thursday 25 @ 10:30</p>	<p>Monthly Lectures Book Club w/Merle Tuesday 2 & 16 @ 10:30 Musical Theatre w/Merle Tuesday 9 & 23 @ 10:30 Movie Club w/Merle Saturdays @ 6:15 Armchair Traveler w/Merle Monday 22 @ 6:00</p>



Our New Memory Program Coordinator

My name is Hailee Hanna, and I was born and raised in Southern California, specifically Newbury Park. I have been working with Belmont now for just under a year and a half and I have loved every minute of it. I feel very fortunate to be a part of a team who is as passionate about older adults as I am and who is a front runner in the care and programs it provides its residents. I also couldn't be more excited to be a part of the Hollywood team! The future of the community, with the opening of a new memory care, supportive staff, and the building upon the already successful circle of friends and neighborhood programming, is all inspiring to me.

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RESIDENT SPOTLIGHT

Meet Dr. Alfonso "Rick" Ratcliffe

A Belmont Hollywood Resident since 2012. Rick was born in Missouri and had one brother. He has been married to his wife Delores for 46 years, who is also a Belmont Resident!

Rick graduated college with a degree in Science Engineering and became a teacher.

He loves to read, great at problem solving, and is very friendly... Maybe that's why he is our President of Resident Council!



Bernice

Circle of Friends and the Neighborhood have both been busy getting their New Year started off right. Circle of Friends enjoyed some wonderful outings including a trip to the Nethercutt Museum, where we toured through 130 of the world's greatest antique, vintage, classic, and special interest automobiles, as well as enjoyed a delicious lunch together at the Factor Deli.

In the Neighborhood it's been

nothing short of exciting as well, as we have been enjoying and dancing to some great music talent and entertainers.

Speaking of music, one activity to look forward to in both the Circle of Friends groups and in the Neighborhood this February is the incorporation of more dance movement into our activity programming.

Incorporating body movement to music, and then challenging our residents to remember a sequence of moves, is one of the most beneficial, therapeutic, mentally stimulating exercises we can provide to our residents.



Evelyn



Vida-Director of Resident Care

Celebrate American Heart Month w/ Heart-Healthy Sweets

February is American Heart Month. Heart disease is the leading cause of death in the US and is a major cause of disability. Conditions that affect your heart include arrhythmia, heart failure, and peripheral artery disease. High blood pressure, high cholesterol, obesity, diabetes, tobacco use, and second hand smoke are also risk factors associated with heart disease.

KNOW YOUR SIGNS AND SYMPTOMS: *Some heart attacks are sudden and intense; some start slowly with mild pain and discomfort. A sign that can mean a heart attack is happening is chest discomfort in the center of the chest that lasts more than a few minutes or goes away and comes back. Shortness of breath may occur with or without chest pain. Other signs include cold sweat, nausea or lightheadedness.*

Immediate medical attention can make all the difference when someone exhibits symptoms of heart attack or stroke.

Be heart SMART. Exercise, eat foods low in saturated fats, low cholesterol, controlled salt and sugar. Protect your heart, while still keeping your favorite desserts

close. Consider these tips:

- When shopping baked goods, remember to see the words “whole wheat” or “whole grain” listed first on the ingredient list of package.
- Buy ground up flaxseeds and walnuts- a good source of omega-3 fatty acids and fiber.
- Use whole oats in your bread, cookies, and muffins-good source of soluble fiber, niacin and folate.
- Use deep, richly colored berries. Fresh is best as it has no added sugar.

Go, Go, Red!

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Now that we are in 2016, there will be lots of activities and services to look out for, so please be sure to look at the calendar of events that have been put together by Jeremy and his team. We hope that you will also note the dates assigned to our Resident Council, Chef’s Chat, and Resident Activity meetings. We always appreciate your ideas and feedback, and all residents are welcome to attend these important meetings. If you are not able to attend the meetings, but want to contribute, please forward your ideas to Jeremy Faulkner and/or our Concierge team.

**Happy February everyone!
Patricia**

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Aside from work, I am a huge outdoors person and when I get the chance I am either out backpacking or partaking in my latest hobby, mountain biking. There is something so refreshing about “the great outdoors” and I just can’t get enough of it.

I am highly looking forward to getting to know everyone here at Hollywood, including all residents, staff, and loved ones, on a personal level. I am also looking forward to incorporating my education and experience this far with the Hollywood team and building upon that. Cheers to being at Hollywood and starting 2016 off right!



Doris



Auggie & Dave

Hollywood Sweethearts!



Mary



Bea



Joan



Ella



Francis



Rosa & Joan

BELMONT *Village*
SENIOR LIVING
HOLLYWOOD

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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,
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SOUTHERN US: Memphis, Nashville,
Louisville, Atlanta—Buckhead and Johns Creek,
Dallas, Austin, Houston—West University and
Hunters Creek