



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

July 2016

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Happy July everyone,

I am hopeful that by the time you read this newsletter our highly anticipated renovations are underway. We received the official permit in early June and the plan for the renovation is to complete it in two distinct phases. Phase 1 will be the enclosure of north side of our second floor (where the Administration office is currently located) to create a second secured Memory Neighborhood. This phase will require the move of our Administration office from the second floor to the third floor (to where our Theater used to be located). It will also include a move of the Sales office from the second floor to the ground floor (to where our Billiard Room used to be located). Assuming we get started in June we are hopeful that Phase 1 will be completed by mid-September. Toward the end of that phase the contractors will begin preparing the ground floor area so that they can start the Phase 2 renovation. This phase will be enclosure of the ground floor external patio that is on the Camrose/Highland corner of our community (off the Great room). In the new area we will be creating a Theater and computer area, plus an

extension of our Bistro, a double-sided fireplace, and the return of our Billiard table. If all goes to plan we anticipate completion of Phase 2 by early December. When I receive confirmation of our construction start date I will be sure to send out an Internal Memo to all residents.

Thank you to Jeremy Faulkner, Chef John Melanson and their staff for providing our BBQ celebration of Father's Day. Thanks also to Hailee Hanna and her amazing Circle of Friends (COF) Activity Assistants and the staff in our memory Neighborhood (NH) for helping with the Family BBQ that was held on June 26. From all accounts it was a fun afternoon in the Neighborhood.

I hope that residents and families will join me in welcoming a number of new staff members who started with us in June. We have Frank Canalez, who is a dishwasher in our kitchen, Kathleen Genciana, a new LVN nurse, Agnes Buenvenida, who is a new PAL hired to support our Circle of Friends and Neighborhood residents, and Jerelle Javaluyas is our new Valet/Driver. Hopefully everyone has also met Kimbra Westervelt who began working at our Concierge desk in June. If you have not had an opportunity to meet these wonderful people, please let us know and we will arrange an introduction.

Continued on page 7....



 **Happy
Birthday**

Residents

- 7/3 Rosa Odow
- 7/11 Evelyn Robb
- 7/23 Dorothy Brown
- 7/26 Gloria Elphand

Employees

- 7/13 Amy Delgado
- 7/19 Minerva Fregoso
- 7/21 Hailee Hanna
- 7/25 Elias Arevalo Galicia

 **Resident
Party**

**July Birthday
Celebration!**

Friday, July 29th, 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.



July Entertainment
Thursdays at 3:30 p.m.

- 7/7 Aaron Durr
- 7/14 Brad & Susie Q
- 7/21 Bryan & Gilmore
- 7/28 Wendy & Rik

Sundays at 3:30 p.m.

- 7/3 Phil Jeffrey
- 7/10 Tom Horvath
- 7/17 Betsy & Wayne
- 7/24 Michael Quest
- 7/31 Jimmy Brewster



July Outings

- 7/6 Moonshadow's Malibu
- 7/13 Cheesecake Factory
- 7/20 Norton Simon Museum
- 7/27 Bludso's BBQ



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 10-12
- Thursdays 10-4

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



CHERIE MANN'S

ACTIVITY ASSISTANT

Employee of the Month-JUNE 2016

Thank you for your hard work and dedication
to our residents, families and co-workers!
You're the Best!

TEAM PLAYER AWARD- JUNE 2016

KYRESHA TONEY, thanks for being a team player and always putting
the needs of our residents, families and co-workers first!
Keep up the good work!

Save the Date



Creative Writing Workshop w/Yvonne

Wednesdays, July 6 & 20 @ 10:30
in the Town Hall

Glass Art & Jewelry Class w/Kristin

Wednesday, July 13 @ 10:30
in the Town Hall

Art History Lecture w/Sharon

Monday, July 18 @ 6:00
in the Town Hall

Armchair Traveler w/Merle

Monday, July 25 @ 3:30
in the Town Hall

Healthy Learning Lecture

Thursday, July 28 @ 10:30
in the Town Hall

Podiatry Service

Tuesday, July 12

Make an appointment with
the nurse in the wellness center!

Resident Council

Monthly Meeting

Friday, July 22 @ 10:30
in the Town Hall

President: Dr. Rick Ratcliffe



Join us for our Fourth of July BBQ

Monday, July 4th
4:30-7:00

Featuring the Fabulous
Wendy & Rik & their BAND
performing at 5:30-6:30

Both in the Courtyard!

RSVP

at the concierge or
call 323-874-7711

What's ^{NEW!} New?

Join Our New Film Lecture Series:

"Memory and the
Human Lifespan"

Every Thursday @ 1:30
in the Town Hall

Our Scheduled Transportation

Sundays-Shopping/Outings
Mondays-Doctors' Appts.
Tuesdays-Doctors' Appts.
Wed.-Doctors' Appts./Outings
Thurs.-Doctors' Appts./Outings
Fridays-Doctors' Appts.
Saturdays-Shopping

FOR RESERVATIONS:

Call the Concierge
at (323) 874-7711.

APPOINTMENTS MUST BE BOOKED ONE WEEK

IN ADVANCE

& must be in a 10-mile radius

IF WE ARE FULLY BOOKED
AND THE APPT. IS LESS THAN
ONE WEEK IN ADVANCE

YOU MUST:

- 1) RESCHEDULE THE APPT.
- OR 2) PAY FOR A TAXI

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

Our drivers' phone numbers:

Oscar: (323) 839-3591

Blanca: (323) 810-3477

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY</h1>	ALL DATES SUBJECT TO CHANGE PLEASE CHECK THE DAILY SCHEDULE LOCATED AT THE CONCIERGE!	MONTHLY LECTURES W/MERLE SHORT STORY GROUP JULY 5 & 19 @ 10:30 MUSICAL THEATRE JULY 12 & 26 MOVIE CLUB EVERY SUNDAY @ 6:15 ARMCHAIR TRAVELER JULY 25 @ 3:30	MONTHLY LECTURES ARMCHAIR ASTRONOMY W/KEN JULY 10 @ 1:00 MUSIC APPRECIATION W/SETH JULY 6 & 20 @ 6:00 BIOGRAPHIES W/ALLAN JULY 8 & 22 @ 1:30 ART HISTORY W/SHARON JULY 18 @ 6:00 HEALTHY LEARNING W/MARK JULY 28 @ 10:30	<i>The Lecture Film Series:</i> "MEMORY AND THE HUMAN LIFESPAN" CONTINUES! EVERY THURSDAY @ 1:30	Butterfly Boutique-bistro 1 9:30 TH Balance Exercise Class 🌿 10:30 TH Current Events Discussion w/Greg & Joe 🌿 1:30 GR Advanced Poker 🌿 2:30 TH Shabbat Service w/Rabbi Kor 🌿 7:00 TH Movie	2 10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie
3 10:00 GR LA Times Sunday Newspaper 1:30 GR Think Tank 🌿 2:30 B Bingo 3:30 GR Entertainment w/Phil Jeffrey 6:15 TH Movie Club w/Merle 🌿	4 Independence Day 9:30 TH Balance Exercise Class 🌿 10:30 GR Think Tank 🌿 1:30 B Bingo 4:30 CT 4th of July BBQ 5:30 CT Wendy & Rik & their Band will be Performing 7:00 TH Movie	5 9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Short Story Discussion Group w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 TH Chair Dancing Workout w/Sloan 🌿 3:30 GR Blurt! 🌿 7:00 TH Movie	6 9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Creative Writing Workshop w/Yvonne 🌿 11:00 Lunch Outing to Moonshadows in Malibu 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 6:00 GR Music Appreciation w/Seth 🌿 7:00 TH Movie	7 9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Vocabulary Game 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:00 3F Bridge Club 🌿 2:30 B Bingo 3:30 GR Happy Hour w/Aaron Durr 7:00 TH Movie	8 9:30 TH Balance Exercise Class 🌿 10:30 GR Think Tank 🌿 1:30 GR Biographies w/Allan 🌿 2:30 B Advanced Poker 🌿 3:30 GR Geography Game 🌿 7:00 TH Movie	9 10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie
10 10:00 GR LA Times Sunday Newspaper 10:30 TH Songs for the Soul-Nondenominational Worship Service 🌿 1:00 TH Armchair Astronomy Lecture w/Ken 🌿 2:30 B Bingo 3:30 GR Entertainment w/Tom Horvath 6:15 TH Movie Club w/Merle 🌿	11 9:30 TH Balance Exercise Class 🌿 10:30 GR MBA Activity Chat 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:30 GR 20/Questions 🌿 7:00 TH Movie	12 Podiatrist Today! 9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Musical Theatre w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 TH Chair Dancing Workout w/Sloan 🌿 3:30 GR Jeopardy w/Jeremy 🌿 7:00 TH Movie	13 9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Glass Art Class w/Kristin 🌿 11:30 Lunch Outing to The Cheesecake Factory 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 7:00 TH Movie	14 9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Vocabulary Game 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:00 3F Bridge Club 🌿 2:30 B Bingo 3:30 GR Happy Hour w/Brad & Susi Q 7:00 TH Movie	15 Oujaba Wholesale-bistro 9:30 TH Balance Exercise Class 🌿 10:30 TH Current Events w/Greg & Joe 🌿 1:30 B Poker 🌿 3:30 GR Geography Game 🌿 7:00 TH Movie	16 10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie
17 10:00 GR LA Times Sunday Newspaper 10:30 GR Think Tank 🌿 1:30 TH Silk Painting w/Rhea 🌿 2:30 B Bingo 3:30 GR Entertainment w/Betsy & Wayne 6:15 TH Movie Club w/Merle 🌿	18 9:30 TH Balance Exercise Class 🌿 10:30 CL MyGait Computer Questions? 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:30 GR 20/Questions 🌿 6:00 TH Art History Lecture w/Sharon 🌿 7:00 TH Movie	19 9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Short Story Discussion Group w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 TH Chair Dancing Workout w/Sloan 🌿 3:30 GR Blurt! 🌿 7:00 TH Movie	20 9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Creative Writing Workshop w/Yvonne 🌿 12:30 Outing to The Simon Norton Museum 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 6:00 GR Music Appreciation w/Seth 🌿 7:00 TH Movie	21 9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Vocabulary Game 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:30 GR Chat with the Chef 🌿 3:30 GR Happy Hour w/Bryan & Gilmore 7:00 TH Movie	22 9:30 TH Balance Exercise Class 🌿 10:30 TH Resident Council meeting 🌿 1:30 GR Biographies w/Allan 🌿 2:30 B Advanced Poker 🌿 3:30 GR Geography Game 🌿 7:00 TH Movie	23 10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie
24 10:00 GR LA Times Sunday Newspaper 2:30 B Bingo 3:30 GR Entertainment w/Michael Quest 6:15 TH Movie Club w/Merle 🌿	25 9:30 TH Balance Exercise Class 🌿 10:30 CL MyGait Computer Questions? 🌿 1:30 GR Poker 🌿 2:30 GR Mind Aerobics 🌿 3:30 TH Armchair Traveler w/Merle 🌿 7:00 TH Movie	26 9:30 TH Sit & Be Fit Exercise Class 🌿 10:30 TH Musical Theatre w/Merle 🌿 1:30 B Bingo 2:00 3F Bridge Club 🌿 2:30 GR Jeopardy w/Jeremy 🌿 3:30 TH Chair Dancing Workout w/Sloan 🌿 7:00 TH Movie	27 9:30 TH Sit & Be Fit Exercise 🌿 10:30 GR Think Tank 🌿 11:30 Lunch Outing to Bludso's BBQ 1:30 TH Boot Camp Exercise w/Lori 🌿 2:30 GR Advanced Poker 🌿 3:30 GR Wheel of Fortune 🌿 7:00 TH Movie	28 9:30 TH Sit & Be Fit Exercise 🌿 10:30 TH Healthy Learning Lecture 🌿 1:30 TH Lecture Film Series-Memory and the Human Lifespan 🌿 2:00 3F Bridge Club 🌿 2:30 B Bingo 3:30 GR Happy Hour w/Wendy & Rik 7:00 TH Movie	29 9:30 TH Balance Exercise Class 🌿 10:30 GR Think Tank 🌿 11:00 JK July Birthday Celebration 1:30 GR Advanced Poker 🌿 2:30 L Shabbat Service w/Rabbi Kor 🌿 7:00 TH Movie	30 10:00 TH Tai Chi w/Wu 🌿 1:00 GR Advanced Trivia w/Fritz 🌿 2:00 TH Jewelry Class 🌿 3:30 GR Scrabble 🌿 7:00 TH Movie
31 10:00 GR LA Times Sunday Newspaper 2:30 B Bingo 3:30 GR Entertainment w/Jimmy Brewster 6:15 TH Movie Club w/Merle 🌿						



Memorial Day in the NBHD!



RESIDENT SPOTLIGHT

Meet Rosa Odow

A resident of Belmont Hollywood since July 2014. She was born on Bunker Hill in Los Angeles and has fond memories of the area, including Angels Flight (the angled, funicular trolley that connects Hill and Olive Streets in downtown), Farmers' Market, the Brown Derby Restaurant on Wilshire Boulevard (whose sign hearkened diners to "Eat in the Hat"), the Ambassador Hotel with its famed Coconut Grove night club, the Palladium Ballroom in Hollywood, and many other well-known landmarks. ..continue on page 7

Circle of Friends & Neighborhood

Hello summer! Just wanted to take a moment to thank all the friends, families and loved ones that came to our Hot Summer Days Picnic at the community. What a great way to kick off the summer! Speaking of summer, as we venture into the fun, vacation filled months of the summer, our goal as part of our normal programming is to get both the Neighborhood, as well as our Circle of Friends groups, outside so we can enjoy the sunshine. It's amazing what a little fresh air can do for one's morale! Also, in building our programming so that we can meet the needs of all of our residents, I wanted to mention some exciting news about a walking club that we are going to

be incorporating into our program. The plan is to take a small group of residents to a nearby park where we will walk for about 30 minutes. More details to come, but please feel free to ask any questions you may have. Happy Fourth of July!





Health News



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 every day 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

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As I mention each month, I would like to welcome our new residents who moved to our community in June/July. We hope that you enjoy living here with us; and that as you settle in you will join in the various activities and resident meetings that take place each month. We hope that you will note the dates assigned to our regular monthly Resident Council, Chef's Chat and Resident Activity meetings. We greatly appreciate your ideas and feedback, and all residents are welcome to attend these important meetings.

Happy July everyone!
Patricia.

Resident Spotlight Continues...

Rosa was blessed to have a mother who was an artist, specializing in oil painting, and subsequently, Rosa inherited her talent for painting in watercolors. Prior to World War II she studied fashion design and illustration at The Chouinard Art Institute in L.A., where the renowned Hollywood costume designer, Edith Head, was on the faculty. (During the war, Rosa and her parents were interned in a relocation camp in Wyoming, due to their Japanese ancestry and the fact that Japan was at war with the U.S.) After the war, Rosa and her parents moved to Denver, Colorado, where she worked as a fashion illustrator for several of the city's specialty and department stores. In 1969, Rosa and her family returned to L.A., where she was employed as a freelance fashion illustrator for 20 years, sketching for department stores in the Los Angeles area.

Rosa's son, Brian Mayeda, is currently employed as a legal word processor and legal secretary at the firm of Stroock & Stroock & Lavan in Century City. While working in law, Brian earned both his Master's and Doctoral Degrees in Clinical Psychology. He is now a licensed psychologist who has a side practice.

Memorial Day Memories, 2016!



George



Jane & her daughter



Evelyn & her daughter



Joe



Dr. Johnson & his Family



Marjem & Alma

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,
Geneva Road, Oak Park, Glenview

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