



Belmont Village of Oak Park Village NEWS



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

June 2016

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The Origins of Wedding Traditions

Wedding bells ring for many couples during the month of June, and whether they say "I do" in a government office or an elaborate ceremony, there's likely to be an element of the event that stems from tradition. Take a look at these wedding customs and how they began.

The shower. The popular gift-giving party has roots in Holland when, centuries ago, a young woman's father refused to give her a dowry because he didn't approve of her fiancé. Friends stepped in and showered the couple with gifts to start their new home.

The ring. The circular shape of the wedding ring has symbolized everlasting love for thousands of years, but why is it worn on the third finger of the left hand? Ancient Romans believed a vein in that finger ran directly to the heart.

The cake. During the Roman Empire, wedding cakes were baked with wheat or barley and crumbled over the bride to

symbolize fertility. Guests would rush for pieces to take home for luck. Later in Europe, the tradition of tiered cakes started when many small cakes were placed on top of each other with the newlyweds exchanging a kiss over the stack.

The bouquet. Before the use of flowers, brides' bouquets were made of aromatic herbs, such as garlic and thyme, which were meant to drive away bad luck.

History of June

June is named for the Roman goddess of marriage Juno. Considered good luck to be married during June, it is the most popular month for weddings. This month also boasts the longest daylight hours of the year in the northern hemisphere.



Mike Amici, Executive Director




Happy Birthday

Resident Birthdays

Al B #209 June 7th
 Ralph H #627 June 7th
 Jean G #232 June 10th
 Ursula V #429 June 11th
 Bea B #508 June 13th
 Ken N #216 June 21st
 June B #320 June 27th

Employee Birthdays

Crystal Miller June 1st
 Marla Martin June 4th
 Allison Hayes June 4th
 Sharvez Spellman June 16th
 Frances Loftus June 17th
 Lisa Hlavik June 19th
 Derrick Hamilton June 30th



Employee Anniversaries

Kala Brownlow 1 Year
 Carmella Pride 1 Year
 Jerrick Turner 1 Year
 Mario Pineda 1 Year
 Shandia Withchard 1 Year
 Larry Alvarez 2 Years
 Frances Loftus 4 Years
 Devin Booker 5 Years
 Cathy Raymond 9 Years

Neighborhood News

In May the folks in the Neighborhood collaborated with students from Proviso East High School during two large scale service days. The students and residents participated in intergenerational activities that had profound impact on everyone involved. On one of the days there were 30 students! In June keep your eyes open for an invitation to our Longest Day Alzheimer's Association Luau Fashion Show Fundraiser. You will be able to buy votes to cast for your favorite Neighborhood runway models and all proceeds will go to the Alzheimer's Association!



Circle of Friends News

Speaking of collaboration, the whole Memory Programming Activity Team has been working with Ned, the Memory Programs Coordinator on creating terminology for all of the techniques and skills they use when running their Modified Socratic Circles with the residents. So far we have identified 8 Steps to a Dynamic Memory Programming Circle. It has been very enlightening to put into words all of the hard work and open hearted relating that our Activity Leaders put into their typical work day. Kudos to everyone and special thanks to our Circle of Friends participants who have made a commitment to exercising their brains on a daily basis!

June Employee of the Month



Charles Butler

Charles is our Dining Room Coordinator and has worked with Belmont for about four years. Charles has held many roles in Josephine's Kitchen, including dishwasher and server. Prior to coming to Belmont, Charles worked in his Aunt's restaurant in various capacities. The thing Charles enjoys most about working with Belmont is the people and the relationships that are forged! When he is not at work, Charles enjoys singing and cooking.

*Charles was nominated by the residents!



Volunteer Day With Proviso East High School



Mixin' it up!



Playing games!



It's puzzle time!

A HUGE thank you to the students of Proviso East High School for spending the day with us! We did all sorts of things, from puzzles to making food to playing games and playing volleyball!

There were 30 students in the building and our residents had a wonderful time!



SIMPLE TIPS TO PREVENT FALLS
Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes, health conditions and sometimes the medications used to treat those make falls more likely.

- 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.
- Keep moving. Physical activity can go a long way toward fall prevention.
- 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.
- 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.



Transportation Schedule

Sign up early for outings! Space in our van is limited; make sure you see the concierge so you don't get left behind!

Sunday

Church Transportation
Errands
Scenic Excursion

Monday and Friday

Jewel/Walgreens/Walmart
9 a.m.
Lunch Outings and Trips





Tuesday, Wednesday and Thursday

Doctor, Dentist, Etc.
Appointments
8 a.m.–3:30 p.m.

Saturday

Scenic Excursion
(Except Where Otherwise Noted in Calendar AND Weather Permitting)
Errands

We will honor as many transportation requests as possible.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Computer lessons are available upon request! *Let Sam know if you have suggestions or ideas for the calendar!</p>			<p>9:30 TH Balance Class 10:00 TH Chat with Rabbi Mirelman 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 Parkinson's Class 1:45 GR New Resident Meet/Greet 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!</p>	<p>9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 TH Senior Health Program 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy</p>	<p>9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 1:30 TH Laughter Club w/ Cathy 1:30 O Scenic Drive 2:00 GR Fun Table Games 2:30 TH Music History w/ Jason 3:30 GR LCR Dice Game 6:30 GR Bingo Games!</p>
<p>8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 GR Artistic Coloring Session 1:30 TH Sunday Matinee: Dirk Gently 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia</p>	<p>9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 O Leave for Chicago River Tour 10:00 TH Devotions and Chat with Reverend Martin 2:30 TH Book Club 2:45 4 Tai Chi with Louie 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie</p>	<p>9:30 TH Fitness with Lana 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class 10:00 B Jewelry Class w/ Tatyana 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 Parkinson's Class 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!</p>	<p>9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 B You Be The Judge 10:30 O Leave for Lunch at Hancock 10:30 TH Drum Circle with Chris 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy</p>	<p>9:30 B Coffee & Chitchat 10:00 B Crocheting w/ Tatyana 1:30 O Scenic Drive 2:00 GR Fun Table Games 3:30 GR LCR Dice Game 5:30 GR Violin Music Program 6:30 GR Bingo Games!</p>
<p>8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 GR Artistic Coloring Session 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia</p>	<p>9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Devotions and Chat with Reverend Martin 1:30 TH Resident Council Mtg. 1:45 JK Terry's Social Hour 2:30 TH Book Club 3:30 TH Chorus Rehearsal 6:30 TH History with John</p>	<p>9:30 TH Boot Camp 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 TH History with Tim 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class 10:00 B Jewelry Class w/ Tatyana 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 B Making Sandwiches for Shelter 1:30 Parkinson's Class 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!</p>	<p>9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 TH Zumba Fun Fitness 10:15 GR You Be The Judge 1:00 TH Richard's Matinee: Alice in Wonderland 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy</p>	<p>9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 1:30 O Scenic Drive 1:30 TH Laughter Club w/ Cathy 2:00 GR Fun Table Games 2:30 TH Music History w/ Jason 3:30 GR LCR Dice Game 6:30 GR Bingo Games!</p>
<p>8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 11:00 JK Father's Day Lunch w/ Entertainment 1:15 GR Artistic Coloring Session 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia</p>	<p>9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Writing Workshop with Nora 1:30 TH Travel Presentation w/ Bill 2:30 TH Book Club 2:45 TH Tai Chi with Louie 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie</p>	<p>9:30 TH Fitness with Lana 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class 10:00 TH Travel Presentation w/ Ernie 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 Parkinson's Class 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!</p>	<p>9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:00 TH Zumba Fun Fitness 10:15 GR You Be The Judge 12:00 JK Resident Birthday Lunch 12:00 O Movie Outing: TBA 1:30 TH Book Club 2:00 GR Special Letter Bingo 3:00 TH Variety Show w/ Jason 7:00 B Carol Burnett/I Love Lucy</p>	<p>9:00 TH Alzheimer's Support Group 9:30 B Coffee & Chitchat 10:00 B Crocheting w/ Tatyana 1:30 O Scenic Drive 2:00 GR Fun Table Games 3:00 GR Happy Hour 3:30 GR LCR Dice Game 6:30 GR Bingo Games!</p>
<p>8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:15 GR Artistic Coloring Session 1:30 TH Nondenominational Service with Music and Bible Study with Pastor Clyde 1:45 O Sunday Scenic Drive 2:30 GR Table Games 3:30 GR Tenzi Dice Game 7:15 GR Fun Trivia</p>	<p>9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Brain Games with Sam 11:00 O Leave for Brewery Tour and Lunch 1:45 JK Terry's Social Hour 2:30 TH Book Club 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie</p>	<p>9:30 TH Boot Camp 10:00 TH Crossword Challenge 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Laughter Corner 2:45 GR Current Events 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class 10:00 TH Health Presentation with Paxxon 10:15 GR Word Puzzles 1:15 TH Book Club 1:30 CHF Exercise 2:15 GR Wine and Cheese Social 3:30 TR History You Never Knew 6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 11:00 TH Communion Service 1:30 B Dancing with Louie 1:30 Parkinson's Class 2:00 TH Useless Information Chat 2:15 TH Brain Games with Sam 3:15 TH Travelogue Video 6:30 GR Bingo Games!</p>	<p>celebrate SUMMER! </p>	<p></p>



Resident Council

President:
Natalie Clark
Vice President:
Richard Larson

All residents are encouraged to attend the meetings and to participate in welcoming newcomers to our community! These meetings are a forum for residents to discuss concerns about Belmont Village and have an opportunity to ask questions of the administration.

This month's meeting will be held on Monday, June 13th, at 1:30 p.m. in Town Hall.



NFL

"Belmont Village is honored to be a Designated Assisted Living Provider of the NFL Player Care Plan."



"This Month In History"

JUNE

1910: The state of Washington marks the nation's first Father's Day. It would not be proclaimed a U.S. holiday until 1972.

1928: Amelia Earhart becomes the first woman to fly solo across the Atlantic Ocean.

1939: Hot dogs and strawberry shortcake are served to King George VI when he visits President Franklin Roosevelt's Hyde Park, N.Y., estate. The king was the first

reigning British monarch to visit the U.S.

1944: Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

1953: The first Corvette rolls off the production line in Flint, Mich.

1969: The New York Yankees retire No. 7 during a ceremony on Mickey Mantle Day at the stadium.

1972: Video gaming company Atari is founded in Santa Clara, Calif.

1984: Rock singer-songwriter Bruce Springsteen releases his landmark album "Born in the USA."

2004: Phylicia Rashad wins the Tony for best leading actress in a play for her role in "A Raisin in the Sun." She was the first African-American to win the award.

2007: At one time on the brink of extinction, the bald eagle is removed from the endangered species list.

2009: Phil Jackson, coach of the Los Angeles Lakers, breaks an NBA record after winning his 10th championship title.

2010: After 25 years, Larry King retires as host of his nightly TV interview program on CNN.

Welcome New Residents

Please join us every first Thursday of the month at 1:45 p.m. in the Great Room or Bistro to meet the new faces of Belmont! You can meet those who moved in over the past few weeks and take a moment to introduce yourself!

Marion O.	#103
Charlie T.	#312
Neva R.	#314
Bea B.	#508

Friendship Advice

"Truly great friends are hard to find, difficult to leave and impossible to forget." —Author Unknown



Our amazing therapy team, Paxxon Healthcare Services, leads a presentation for us every month. The topics are educational and health-related, and are always fun! The presentations are every last Wednesday of the month at 10 am in Town Hall.

This month's topic: Wheelchair/Walker Cleanup.
Tip of the month: "Increase your energy so you enjoy the beautiful summer weather by participating in the exercise classes with Paxxon Therapy!"





Memories ...

Ask, Listen, Document

If I have learned one thing in the last year, it's that everyone has a story to tell and most are eager for someone to listen to it.

Consider Mary*. She left Germany by boat during WW2 for a safer life in America. She had her infant son with her who slept in an orange crate for the duration of the journey. Aside from her baby and \$20 sewn into the collar of her coat, she had nothing as she docked in a foreign country with people speaking a language different from her own.

Mary tells me this as if she's recounting something that happened just yesterday. Her mental acuity is starting to slip due to Alzheimer's. I have to remind her of my name each time we meet and keep the questions short and focused to keep her on track, but she could tell me that it was about 45 degrees, windy, and raining when she arrived to America that day.

I've been working with her and other seniors at Belmont Village for the past year, hosting monthly memoir writing workshops. Many of them start with doubts. I've heard "I can't write well" or "I don't have anything important to say." But I urge them on. I tell them that I want to hear it. That simple reassurance is usually all they need to get going.

We've talked about the best

advice they've ever received.

"Don't give up the ship."

We've talked about getting in trouble as a kid.

"I stole some eggs to make mud pies. My mother was not happy."

Have you asked your loved ones these questions? A workshop is not required! We can all serve, as William Zinsser put it, as the "custodians of memory." So take stock of those special people around you. Someday our grandparents, parents, aunts and uncles will be gone, and with them goes their stories. Sit down with them. Ask questions, and more importantly, listen. Jot down notes or even use a phone to record their responses if they don't write it down themselves. If you need help, let me know.

Nora Kerr is the Founder of Memoir for Me, offering interviewing, writing, photo retouching, and print services to capture one's life story.

*Name changed.



Center for Life Enhancement Hours

Monday-Friday
8 a.m.-4 p.m.



Golden Years Salon

Sign up at the Concierge desk to make an appointment. Open on Tuesdays, Wednesdays and Thursdays.



Josephine's Kitchen

Breakfast
7-9 am
Lunch
11-1 pm
Dinner
4:30-7 pm



Belmont Village Scene



Brushing up on our Italian!



Lunch at Garfield Park Conservatory



Bobby Darin Tribute Concert



Our Wonderful Girl Scout Gardeners!



Proviso East Making Mexican Dip for Cinco de Mayo!



Piñata-Making Contest!

BELMONT *Village*

SENIOR LIVING
OAK PARK

1035 Madison Street
Oak Park, IL 60302

SC Lic. 47837
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