



Belmont Village of Oak Park Village NEWS

1035 Madison Street • Oak Park, IL 60302 • Phone 708-848-7200 • Fax 708-848-7204

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

July 2016

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Cool as a Cucumber

It may be the hottest time of the year, but there are ways to keep your cool both outdoors and indoors.

Plan outside activities in the morning, before the sun heats things up. Dress appropriately by wearing loose-fitting, lightweight clothing in light colors. Some new synthetic fabrics are specially designed to wick away moisture from perspiration and help you feel cooler. Make sure you replace that moisture by drinking plenty of water.

Eat light meals, such as salads and fruit. They are easy to digest, and produce such as lettuce, cucumbers and watermelon are mostly water and help with hydration.

If you are trying to stay cool indoors, first block the sun. Closing blinds or curtains can greatly reduce the amount of heat getting into your home.

On especially hot days, place frozen water bottles or a bowl of ice cubes in front of a fan to cool the airflow.

Consider running the air conditioner and a fan at the same

time, especially at night while you are sleeping. You can set the air conditioner at lower power and still feel cool because the air conditioner lowers humidity while the fan moves heat away from you.

Another trick is to make a "cold compress." Fill an old tube sock with rice, tie off the end and put it in the freezer. At bedtime, slide it between the sheets. Rice will retain the cold for hours.



Mike Amici, Executive Director





Happy Birthday



Resident Birthdays

- 2nd Helen M #510
- 9th Arlene L #105
- 10th Margaret H #414
- 14th Ray W #222
- 28th Ken D #310
- 28th Joan M #502
- 30th Louie R #109

Employee Birthdays

- 4th Esmeralda Raigoza
- 9th Teresa Hopkins
- 12th Lashika Harris
- 21st Luis Leanos
- 23rd Nicole Lavaty
- 26th Jwonda Rodgers



- Antoinette Young 1 Year
- Sharvez Spellman 2 Years
- Alejandra Gutierrez 3 Years
- Marquita Mitchell 4 Years
- Gladys Hrobowski 4 Years
- Erycka Howard 5 Years
- Rome Williams 8 Years
- Teresa Hopkins 8 Years
- Tammie Powell 8 Years

Remember When: Drive-In Movies

Premiering in 1933, drive-in movie theaters grew in popularity, hitting their peak in the 1950s and capitalizing on America's love for the automobile. From families with pajama-clad children to couples on a date night, carloads of folks took in big-screen features from the comfort of their own vehicles—both in them and on top of them. Since admission was often charged per person, some patrons took to hiding passengers in their car trunks.



Mission to Mars

This month marks the anniversary of Mariner 4's Mars flyby, resulting in the first photographs of another planet sent from deep space. The NASA explorer was launched Nov. 28, 1964, from Cape Canaveral, Fla. When it reached Mars on July 14, 1965, it took 21 black-and-white surface images. The photos showed a vast, barren wasteland pockmarked by frost-covered craters. The spacecraft also measured magnetic fields, radiation levels, cosmic dust and solar wind. The evidence led scientists to conclude that life on Mars was unlikely, due to its thin atmosphere and a surface fully exposed to solar and cosmic radiation.



July Employee of the Month

Janet is part of our Concierge Team AND our Activity Assistant Team! She has been working with Belmont for 12 years, and prior to that, she worked at Marriott in a similar capacity with their Concierge. One part of Belmont that Janet loves is her RESIDENTS! When she is not at Belmont, Janet enjoys making amenities for parties, weddings, showers and puppet shows! Congratulations, Janet!



Janet Williams



Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, seniors need to keep stimulated by exercising 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)
- Promote neurogenesis (development of new brain cells)
- Improve attention spans and the ability to concentrate
- Strengthen brain synapses (communication pathways)
- Increase 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.

- Create a scrapbook – this type of 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.



Tongue-Tying Trio

Knapsack strap snap.
Green Greek grapes.

The skunk sat on a stump and think the stump stunk, but the stump think the skunk stunk.



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
						
3	4	5	6	7	8	9
<p>8:00 Church Transportation</p> <p>9:30 B Catholic Mass Televised Live</p> <p>10:15 TH Communion</p> <p>10:30 GR Resident Card Making</p> <p>1:15 GR Artistic Coloring Session</p> <p>1:45 O Sunday Scenic Drive</p> <p>2:00 TH Richard's Movie Matinee</p> <p>3:30 GR Table Games</p> <p>7:15 GR Fun Trivia</p>	<p>Independence Day</p> <p>9:00 O Walgreens/Walmart</p> <p>9:30 TH Sit and Be Fit</p> <p>2:30 TH Book Club 🍀</p> <p>2:45 4 Tai Chi with Louie</p> <p>3:30 TH Chorus Rehearsal</p> <p>6:30 GR Bingo with Natalie</p>	<p>9:30 TH Boot Camp</p> <p>10:00 TH Crossword Challenge 🍀</p> <p>10:45 TH Mass/Communion</p> <p>1:30 CFLE Parkinson's Class</p> <p>2:30 GR Laughter Corner</p> <p>2:45 GR Current Events 🍀</p> <p>3:30 GR Sing-Along w/ Johnny</p> <p>6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class</p> <p>10:00 TH Writing Workshop w/ Nora</p> <p>10:15 GR Word Puzzles</p> <p>1:15 TH Book Club 🍀</p> <p>1:30 CFLE CHF Exercise</p> <p>2:15 GR Wine and Cheese Social</p> <p>3:15 GR Activity Brainstorming Mtg</p> <p>3:30 TR History You Never Knew 🍀</p> <p>6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp</p> <p>10:00 B Art Class w/ Beth</p> <p>10:15 B Trivia Challenge 🍀</p> <p>11:00 TH Communion Service</p> <p>1:30 CFLE Parkinson's Class</p> <p>1:45 GR New Resident Meet/Greet</p> <p>2:00 TH Useless Information Chat</p> <p>2:15 TH Brain Games with Sam 🍀</p> <p>3:15 TH Travelogue Video</p> <p>6:30 GR Bingo Games!</p>	<p>9:00 O Jewel/Walgreens</p> <p>9:30 TH Sit and Be Fit</p> <p>10:00 TH Senior Health Program</p> <p>1:00 GR Patriotic Presentation</p> <p>2:00 GR Special Letter Bingo</p> <p>2:00 TH Memorial for Nurse Juliette</p> <p>7:00 B Carol Burnett/I Love Lucy</p>	<p>9:30 B Coffee & Chitchat</p> <p>10:15 TH Yoga w/ Judy</p> <p>1:30 TH Laughter Club w/ Cathy</p> <p>1:30 O Scenic Drive</p> <p>2:00 GR Fun Table Games</p> <p>2:30 TH Music History w/ Jason</p> <p>3:30 GR LCR Dice Game</p> <p>6:30 GR Bingo Games!</p>
10	11	12	13	14	15	16
<p>8:00 Church Transportation</p> <p>9:30 B Catholic Mass Televised Live</p> <p>10:15 TH Communion</p> <p>10:30 GR Resident Card Making</p> <p>1:15 GR Artistic Coloring Session</p> <p>1:30 TH Richard's Movie Matinee</p> <p>1:45 O Sunday Scenic Drive</p> <p>2:30 GR Brown Cow Ice Cream Social</p> <p>3:30 GR Table Games</p> <p>7:15 GR Fun Trivia</p>	<p>9:00 O Walgreens/Walmart</p> <p>9:30 TH Sit and Be Fit</p> <p>10:00 TH Chat with the Rabbi</p> <p>11:00 O Leave for Lunch Outing: TBA</p> <p>1:30 TH Resident Council Mtg.</p> <p>1:45 JK Terry's Social Hour</p> <p>2:30 TH Book Club 🍀</p> <p>3:30 TH Chorus Rehearsal</p> <p>6:30 TH History with John</p>	<p>9:30 TH Boot Camp</p> <p>10:00 TH Crossword Challenge 🍀</p> <p>10:45 TH Mass/Communion</p> <p>1:30 TH History with Tim</p> <p>1:30 CFLE Parkinson's Class</p> <p>2:30 GR Laughter Corner</p> <p>2:45 GR Current Events 🍀</p> <p>3:30 B Jewelry with Tatyana</p> <p>6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class</p> <p>10:00 B Travel Presentation w/ Ernie</p> <p>10:15 GR Word Puzzles</p> <p>1:15 TH Book Club 🍀</p> <p>1:30 CFLE CHF Exercise</p> <p>2:15 GR Wine and Cheese Social</p> <p>3:30 TR History You Never Knew 🍀</p> <p>6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp</p> <p>10:00 B Art Class w/ Beth</p> <p>11:00 TH Communion Service</p> <p>1:30 CFLE Parkinson's Class</p> <p>2:00 TH Useless Information Chat</p> <p>2:15 TH Brain Games with Sam 🍀</p> <p>3:15 TH Travelogue Video</p> <p>4:30 JK Violin Dinner Music</p> <p>6:30 GR Bingo Games!</p>	<p>9:00 O Leave for Botanic Garden Tour</p> <p>9:00 O Jewel/Walgreens</p> <p>9:30 TH Sit and Be Fit</p> <p>10:15 GR You Be The Judge 🍀</p> <p>1:30 TH Book Club 🍀</p> <p>2:00 GR Special Letter Bingo</p> <p>3:00 TH Variety Show w/ Jason</p> <p>7:00 B Carol Burnett/I Love Lucy</p>	<p>9:30 GR Bingo with L'arche</p> <p>9:30 B Coffee & Chitchat</p> <p>10:15 TH Yoga w/ Judy</p> <p>1:30 O Scenic Drive</p> <p>2:00 GR Fun Table Games</p> <p>2:30 TH Music History w/ Jason</p> <p>3:30 GR LCR Dice Game</p> <p>6:30 GR Bingo Games!</p>
17	18	19	20	21	22	23
<p>8:00 Church Transportation</p> <p>9:30 B Catholic Mass Televised Live</p> <p>10:15 TH Communion</p> <p>10:30 GR Resident Card Making</p> <p>1:15 GR Artistic Coloring Session</p> <p>1:45 O Sunday Scenic Drive</p> <p>3:30 GR Table Games</p> <p>7:15 GR Fun Trivia</p>	<p>9:00 O Walgreens/Walmart</p> <p>9:30 TH Sit and Be Fit</p> <p>10:00 TH Chat/Devotions with Rev. Martin</p> <p>1:30 TH Travel Presentation w/ Bill</p> <p>2:30 TH Book Club 🍀</p> <p>2:45 TH Tai Chi with Louie</p> <p>3:30 TH Chorus Rehearsal</p> <p>4:30 JK Dinner Entertainment w/ Woof</p> <p>6:30 GR Bingo with Natalie</p>	<p>9:30 TH Boot Camp</p> <p>10:00 TH Crossword Challenge 🍀</p> <p>10:45 TH Mass/Communion</p> <p>12:00 O Movie Outing: TBA</p> <p>1:30 CFLE Parkinson's Class</p> <p>1:45 GR Card/Board Games</p> <p>2:30 GR Laughter Corner</p> <p>2:45 GR Current Events 🍀</p> <p>3:30 GR Sing-Along w/ Johnny</p> <p>6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class</p> <p>10:00 B Jewelry Class w/ Tatyana</p> <p>10:15 GR Word Puzzles</p> <p>1:15 TH Book Club 🍀</p> <p>1:30 CFLE CHF Exercise</p> <p>2:15 GR Wine and Cheese Social</p> <p>3:30 TR History You Never Knew 🍀</p> <p>6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp</p> <p>10:00 B Art Class w/ Beth</p> <p>10:15 B Trivia Challenge 🍀</p> <p>11:00 TH Communion Service</p> <p>1:30 CFLE Parkinson's Class</p> <p>1:30 B Making Sandwiches for Shelter</p> <p>2:00 TH Useless Information Chat</p> <p>2:15 TH Brain Games with Sam 🍀</p> <p>3:15 TH Travelogue Video</p> <p>6:30 GR Bingo Games!</p>	<p>9:00 O Jewel/Walgreens</p> <p>9:30 TH Sit and Be Fit</p> <p>10:00 TH Zumba Fun Fitness</p> <p>10:00 GR You Be the Judge 🍀</p> <p>1:30 TH Book Club 🍀</p> <p>2:00 GR Special Letter Bingo</p> <p>3:00 TH Variety Show w/ Jason</p> <p>7:00 B Carol Burnett/I Love Lucy</p>	<p>9:00 TH Alzheimer's Support Group</p> <p>9:30 B Coffee & Chitchat</p> <p>10:00 B Crochet Class w/ Tatyana</p> <p>1:30 O Scenic Drive</p> <p>2:00 GR Fun Table Games</p> <p>3:00 GR Happy Hour!</p> <p>3:30 GR LCR Dice Game</p> <p>6:30 GR Bingo Games!</p>
24	25	26	27	28	29	30
<p>8:00 Church Transportation</p> <p>9:30 B Catholic Mass Televised Live</p> <p>10:15 TH Communion</p> <p>10:30 GR Resident Card Making</p> <p>1:15 GR Artistic Coloring Session</p>	<p>9:00 O Walgreens/Walmart</p> <p>9:30 TH Sit and Be Fit</p> <p>10:00 O Brookfield Zoo Dolphin Show</p> <p>1:45 JK Terry's Social Hour</p> <p>2:30 TH Book Club 🍀</p> <p>3:30 TH Chorus Rehearsal</p> <p>6:30 GR Bingo with Natalie</p>	<p>9:30 TH Boot Camp</p> <p>10:00 TH Crossword Challenge 🍀</p> <p>10:45 TH Mass/Communion</p> <p>1:30 CFLE Parkinson's Class</p> <p>1:30 TH Belmont Buck Flea Market</p> <p>1:45 GR Card/Board Games</p> <p>2:30 GR Laughter Corner</p> <p>2:45 GR Current Events 🍀</p> <p>6:30 GR Bingo Games!</p>	<p>9:30 TH Balance Class</p> <p>10:00 TH Health Presentation with Paxxon</p> <p>10:15 GR Word Puzzles</p> <p>1:15 TH Book Club 🍀</p> <p>1:30 CFLE CHF Exercise</p> <p>2:15 GR Wine and Cheese Social</p> <p>3:30 TR History You Never Knew 🍀</p> <p>6:45 B Midweek Movie & Popcorn</p>	<p>9:30 TH Boot Camp</p> <p>10:00 TH Music History w/ Jason</p> <p>10:00 B Art Class w/ Beth</p> <p>11:00 TH Communion Service</p> <p>1:30 B Dancing with Louie</p> <p>1:30 CFLE Parkinson's Class</p> <p>2:00 TH Useless Information Chat</p> <p>2:15 TH Brain Games with Sam 🍀</p> <p>3:15 TH Travelogue Video</p> <p>6:30 GR Bingo Games!</p>	<p>9:00 O Jewel/Walgreens</p> <p>9:30 TH Sit and Be Fit</p> <p>12:00 JK Resident Birthday Lunch</p> <p>1:30 TH Book Club 🍀</p> <p>2:00 GR Special Letter Bingo</p> <p>3:00 TH Variety Show w/ Jason</p> <p>7:00 B Carol Burnett/I Love Lucy</p>	<p>9:30 B Coffee & Chitchat</p> <p>10:00 TH Tai Chi with Louie</p> <p>1:30 O Scenic Drive</p> <p>2:00 GR Fun Table Games</p> <p>3:30 GR LCR Dice Game</p> <p>6:30 GR Bingo Games!</p>
31						
<p>10:30 GR Resident Card Making</p> <p>1:15 GR Artistic Coloring Session</p> <p>1:45 O Sunday Scenic Drive</p> <p>3:30 GR Table Games</p> <p>7:15 GR Fun Trivia</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, July 11th, 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" JULY

1865: "Alice's Adventures in Wonderland" is published. Lewis Carroll's story of a girl who falls down a rabbit hole into a magical world became one of history's most popular children's tales.

1921: Eight players from the Chicago White Sox stand trial for throwing the 1919 World Series against the Cincinnati Reds. The players in the infamous Black Sox scandal were acquitted but banned from playing pro baseball.

1922: The Hollywood Bowl, Los Angeles' landmark natural amphitheater, opens its first season with a performance by the city's philharmonic.

1940: Franklin D. Roosevelt is nominated for a third term as U.S. president. He would go on to serve a record four terms in office.

1955: Walt Disney welcomes the first guests to the opening of Disneyland, his first theme park, built in Anaheim, Calif.

1957: Althea Gibson becomes the first African-American player to win the Wimbledon tennis championship.

1958: NASA, the National Aeronautics and Space Administration, is established.

1960: Nicknamed Little Miss Dynamite, 15-year-old singer Brenda Lee records her signature song, "I'm Sorry."

1994: The movie "Forrest Gump" opens. The box-office smash earned six Academy Awards, including best picture.

2002: President George W. Bush announces the creation of a new federal agency, the Department of Homeland Security.

Welcome New Residents



Bea B. #508
Jeanne B. #604

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!

A Friend Indeed

Staying in touch with friends is good for your heart. Researchers have linked social support with a lower risk of heart disease. Also, people who do have heart attacks manage better if they have a social network.

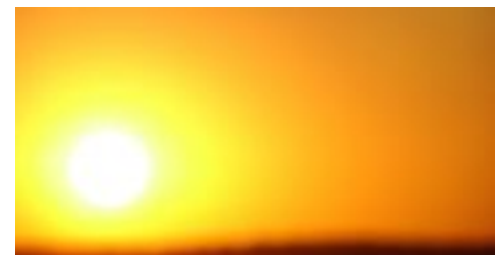


Our amazing therapy team, Paxxon Healthcare Services, leads a presentation for us every month. The topics are educational and health related and are always fun! The presentations are every last Wednesday of the month at 10 am in Town Hall.

This month's topic: Heart Healthy Living

Tip of the month:

"To prevent heat stroke, take a walk in the morning rather than in the afternoon when the weather is hotter!"





Writing About People: A Few Tips

By Nora Kerr

Good writers can tell a story. Great writers make sure you're invested in the characters in the story. You cheer for them, understand their flaws, and love them anyway. In a memoir or personal narrative, the characters in the story are not only you, but also the people around you. You need to do them justice in your story, just as well as you are trying to portray your own ideas and personal plotline. Here are a few tips on writing about people.

- **Look for the obvious and not so obvious physical attributes.** Sure we can describe someone by his or her height, eye color, or weight, but that doesn't speak to who the person really is. If Joseph is so tall he has to duck to get through doorways, that's a defining feature. If Mary has a lazy eye that droops after she's had too much to drink, that's a nice detail.
- **Clothing makes the (wo)man.** Does this person wear subdued or loud clothing? Are his shoes scuffed up or polished? These details tell more about a person than just what he or she is wearing.

- **What are they saying?** Dialogue speaks volumes and is the best way to "show, don't tell." Incorporating dialect, slang, or other geographic details into speech is another great technique. Your friend from Texas might be saying something simple, but the way in which she says it, complete with a Southern drawl, can help define her.

See below for a description of my own father, using all three of these tips above.

Outwardly, Bob Walsh was a big presence in any room. He had a heart-shaped face, a big smile and a wise-crack to go with it. By the time I came along, the hair on his head was numbered but he combed it with care. He wore oversized and busy sweaters, of which I can only call Cosby-style. He had a reddish complexion, the stereotypical fair Irish skin that was quick to flush or burn, depending on exposure to his scotch or the sun respectively. He had blue eyes with a twinkle in them that gave fair warning that he was about to say something off-color.

"Nora Ann, I said something to your mother and now it seems I'm in trouble."

Nora's Writing Workshop meets every month at Belmont! Check the calendar for dates!



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



Brookfield Zoo Tour!



We love to play Rummikub.



Fitness Class with Lana!



Mat-Making with Lucy.



Helping Amber with the Sugar!



Balloon Volleyball!

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