



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

March 2016

Belmont Village of Oak Park Community Management Team

Michael Amici x102

Executive Director
mamici@belmontvillage.com

Frances Loftus x103

Human Resources Specialist
floftus@belmontvillage.com

Samantha Knoblauch x104

Activity Programs Coord.
sknoblau@belmontvillage.com

Art Tillman x105

Building Engineer
atillman@belmontvillage.com

Silvia Mosqueda x106

Chef Manager
smosqueda@belmontvillage.com

Pat Porter x107

Community Relations
pporter@belmontvillage.com

Rollin Smith x108

Community Relations
rsmith@belmontvillage.com

Carol Mangan x109

Dir. Resident Care Services
cmangan@belmontvillage.com

Ned Wagner x110

Memory Programs Coord.
nwagner@belmontvillage.com

To reach any of our community staff, please call our main number: (708) 848-7200.

St. Patrick's Day History

St. Patrick's Day, celebrated each March 17, marks the date the patron saint and national apostle of Ireland died, after 40 years of missionary work, in 461 A.D.

Legend and myth surround St. Patrick, who was said to have freed Ireland of snakes, a metaphor illustrating Christianity's rise over paganism. His use of Ireland's sacred three-leaf shamrock to symbolize the holy trinity is a well-known story.

Patricius Magonus Sucatus was born around 390 A.D. to Roman citizens in Britain. He was kidnapped by raiders as a teenager and sold into slavery in Ireland. Toiling as a shepherd, Patrick found comfort in religion.

After six years, Patrick escaped, journeying home hundreds of miles over land and sea. Now devout, he studied for the priesthood, was ordained a bishop and returned to Ireland to spread Christianity.

In the fifth century, Patrick built churches, ordained priests and converted thousands of Irish people. The wandering bishop had a knack for combining Christianity and Irish culture, easing the transition for converts. For instance, he superimposed the Irish-revered sun over the

Christian cross, creating the Celtic cross.

A tireless missionary, Patrick was honored as a saint not long after his death.



Mike Amici, Executive Director

Not Just Lucky

According to Irish legend, the four petals of a four-leaf clover stand for hope, faith, love and luck.





RESIDENT BIRTHDAYS

5th	Pat Q #208
10th	Ruth K. #318
19th	Robert H. #406
24th	Tom B. 505
25th	Melinda G. #214
28th	Nancy N. #504
29th	Mary M. #507

EMPLOYEE BIRTHDAYS

7th	Curtis Morris
8th	Elsie Norberg
9th	Jessica Fullilove
11th	Careese Stuckey
12th	Gladys Hrobowski
16th	Melissa Diaz
19th	Mike Barnes
20th	Imelda lara
22nd	Terry Brown
25th	Humberto Romo
28th	Janet Williams

EMPLOYEE ANNIVERSARIES

Amber Mickens	1 Year
Jessica Mendoza	1 Year
Sheronda Smith	1 Year
Carolyn Evans-Porter	1 Year
Doann Barda	2 Years
Stephanie Sanchez	2 Years
Sheena Moore	2 Years
Allison Hayes	4 Years
Joanne Williams	5 Years
Dorothy Gates	7 Years
Jearline Herron	8 Years

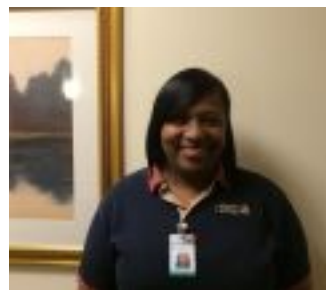
Neighborhood News

When you come to the Neighborhood you will be seeing some changes in our approach to Activity Programming. The most visible change is the parallel programming circle that will be conducted in the parlor outside the dining room. This circle, which is additional to the circle conducted by the Enrichment Leader, will be for folks who benefit from a smaller, more intimate group activity. Please join in when you walk past. We will be practicing low stress brain stimulation in a more social/recreational context.



Circle of Friends News

The Circle of Friends is also being refreshed. We have started a 3rd Circle in the West Parlor. It is also designed as a more low impact, low stress brain stimulation activity session for residents who enjoy a smaller, quieter setting. We are also raising the bar in our A and B Circles. Watch us Turn On – Tune In – and Reach Out! Smaller groups will be utilizing the daily Activity Themes to work out minds and bodies and the Enrichment Leaders will be utilizing techniques such as co-communication to increase the social interaction between members and increased participation in our Dynamic Circles.



Marquita Mitchell

March Employee of the Month

Marquita is the Nursing Office Manager and has been working with Belmont for about four and a half years. Marquita is the liaison for doctors and nurses who come see their residents living at Belmont Village. Before she came to Belmont, Marquita was a Hospice Nurse and she really enjoys caring for seniors.

When she is not at Belmont, Marquita enjoys spending time with her family.



Warning Signs of a Heart Attack

Some heart attacks are sudden and intense—the “movie heart attack,”

where no one doubts what’s happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

Chest discomfort that originates in the center of the chest lasting more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Upper body discomfort that includes pain in your arms, the back, neck, jaw or stomach.

Women are more likely to experience chest pain with nausea, vomiting, back or jaw pain.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or light-headedness.

Even if you’re not sure it’s a heart attack, you should call for the nurse to have it checked out.



Wit & Wisdom
“No man can taste the fruits of autumn while he is delighting his scent with the flowers of spring.”

—Samuel Johnson

“In the spring, I have counted 136 different kinds of weather inside of 24 hours.”

—Mark Twain

“An optimist is the human personification of spring.”

—Susan J. Bissonette

“Spring is when you feel like whistling even with a shoe full of slush.”

—Doug Larson

“The true harbinger of spring is not crocuses or swallows returning to Capistrano, but the sound of the bat on the ball.”

—Bill Veeck

“Spring is nature’s way of saying, ‘Let’s party!’”

—Robin Williams

“In the spring, at the end of the day, you should smell like dirt.”

—Margaret Atwood

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.”

—Anne Bradstreet

“If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall.”

—Nadine Stair



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
		1	2	3	4	5
		9:30 TH Boot Camp 10:00 TH Crossword Challenge 🍀 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Current Events 🍀 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	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	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 2:15 TH Number/Word Puzzles w/ Sam 🍀 3:15 TH Travelogue Video 6:30 GR Bingo Games!	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	9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 1:30 O Scenic Drive 2:00 GR UNO Game w/ Natalie 3:00 GR LCR Dice Game 6:30 GR Bingo Games!
6	7	8	9	10	11	12
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:00 B Sunday Movie Matinee 1:30 O Sunday Scenic Drive 2:30 GR Tenzi Dice Game 3:30 O Music Program at Grace Lutheran 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Chat with Reverend Martin 1:30 O Leave for 19th Century Club 1:45 JK Popcorn w/ Terry 2:30 TH Brain Games 🍀 2:45 4 Tai Chi with Louie 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	9:30 TH Boot Camp 10:00 TH Crossword Challenge 🍀 10:45 TH Mass/Communion 1:30 Parkinson's Class 1:30 TH History with Tim 2:30 GR Current Events 🍀 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	9:30 TH Balance Class 10:00 TH Travel Presentation w/ Ernie 10:15 GR Word Puzzles 12:00 O Leave for York Theater 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	9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 🍀 11:00 TH Communion Service 1:30 TH Writing Workshop w/ Nora 1:30 Parkinson's Class 2:15 TH Number/Word Puzzles w/ Sam 🍀 3:15 TH Travelogue Video 6:30 GR Bingo Games!	9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 10:15 B You Be The Judge 🍀 10:30 TH Drum Circle w/ Chris 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	9:30 B Coffee & Chitchat 10:00 B Crocheting w/ Tatyana 1:30 O Scenic Drive 2:00 GR UNO Game w/ Natalie 3:00 GR LCR Dice Game 3:00 GR Happy Hour/Social Hour 6:30 GR Bingo Games!
13	14	15	16	17	18	19
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:00 B Sunday Movie Matinee 1:30 O Sunday Scenic Drive 2:30 GR Tenzi Dice Game 3:30 GR Music w/ Double D Band 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Chat with the Rabbi 🍀 1:30 TH Resident Council Mtg. 1:45 GR Popcorn w/ Terry 2:30 TH Brain Games 🍀 3:30 TH Chorus Rehearsal 6:30 TH History with John	9:30 TH Boot Camp 10:00 TH Crossword Challenge 🍀 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Current Events 🍀 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	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	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 1:30 B Making Sandwiches for Church 2:15 TH Number/Word Puzzles w/ Sam 🍀 3:45 GR Irish Dancers 4:30 JK St. Patrick's Day Dinner 6:30 GR Bingo Games!	9:00 O Jewel/Walgreens 9:00 Leave for Cheesecake Factory 9:30 TH Sit and Be Fit 10:15 TR Book Club 🍀 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	9:30 B Coffee & Chitchat 10:15 TH Yoga w/ Judy 1:30 O Scenic Drive 2:00 GR UNO Game w/ Natalie 3:00 GR LCR Dice Game 3:30 GR Student Music Program with Reception 6:30 GR Bingo Games!
20	21	22	23	24	25	26
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:00 B Sunday Movie Matinee 1:30 O Sunday Scenic Drive 2:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 10:00 TH Chat w/ Reverend Martin 1:30 TH Travel Presentation w/ Bill 1:45 JK Popcorn w/ Terry 2:30 TH Brain Games 🍀 2:45 TH Tai Chi with Louie 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	9:30 TH Boot Camp 10:00 TH Crossword Challenge 🍀 10:45 TH Mass/Communion 1:15 TH Belmont Buck Auction 1:30 Parkinson's Class 2:30 GR Current Events 🍀 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	9:30 TH Balance Class 10:00 TH Balance Fair w/ 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	9:30 TH Boot Camp 10:00 B Art Class w/ Beth 10:15 B Trivia Challenge 🍀 11:00 TH Communion Service 1:30 GR Easter Egg Hunt 1:30 Parkinson's Class 2:15 TH Number/Word Puzzles w/ Sam 🍀 3:15 TH Travelogue Video 6:30 GR Bingo Games!	9:00 O Jewel/Walgreens 9:30 TH Sit and Be Fit 12:00 JK Resident Birthday Lunch 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	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 UNO Game w/ Natalie 3:00 GR LCR Dice Game 6:30 GR Bingo Games!
27	28	29	30	31		
8:00 Church Transportation 9:30 B Catholic Mass Televised Live 10:15 TH Communion 10:30 GR Resident Card Making 1:00 B Sunday Movie Matinee 1:30 O Sunday Scenic Drive 2:30 GR Tenzi Dice Game 7:15 GR Fun Trivia	9:00 O Walgreens/Walmart 9:30 TH Sit and Be Fit 1:30 O Leave for 19th Century Club 1:45 GR Popcorn with Terry 2:30 TH Brain Games 🍀 3:30 TH Chorus Rehearsal 6:30 GR Uno w/ Natalie	9:30 TH Boot Camp 10:00 TH Crossword Challenge 🍀 10:45 TH Mass/Communion 1:30 Parkinson's Class 2:30 GR Current Events 🍀 3:30 GR Sing-Along w/ Johnny 6:30 GR Bingo Games!	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	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 GR Gin Rummy w/ Sam 2:15 TH Number/Word Puzzles w/ Sam 🍀 3:15 TH Travelogue Video 6:30 GR Bingo Games!		



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, March 14th, 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" MARCH

1790: The first U.S. census is taken and records a population of 3.9 million.

1899: A German pharmaceutical company patents aspirin.

1912: Oreos, the cream-filled chocolate sandwich cookies, are introduced by the National Biscuit Company.

1923: Time magazine debuts.

1933: Frances Perkins is appointed secretary of labor, becoming the first woman to serve in the Cabinet.

1941: The National Gallery of Art opens in Washington, D.C.

1951: The comic strip "Dennis the Menace" by Hank Ketcham begins syndication in 16 newspapers.

1968: Country music singers Johnny Cash and June Carter marry.

1981: TV anchorman Walter Cronkite, often called "the most trusted man in America," retires from the "CBS Evening News."

1994: Hockey great Wayne Gretzky nets his 802nd NHL goal, breaking the previous record held by legend Gordie Howe.

1997: Singer, songwriter and former Beatle Paul McCartney is knighted by Queen Elizabeth II.

2002: Halle Berry wins the Oscar for best actress for her role in "Monster's Ball." She was the first African-American to receive the award.

2006: The first tweet goes out at the launch of social media website Twitter.

Welcome New Residents

Don P.	#226
Pat G.	#618
Nancy N.	#504
Barbara F.	#317

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!



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 is "Low Vision"

Paxxon always offers a bonus tip, too!

"Remove clutter from your living space to prevent falls and be sure to walk carefully when there are potential hazards such as throw rugs and furniture! If you're feeling your balance is not as good as it used to be, check in with the therapy department to ask about their upcoming balance fair! Everyone is welcome to attend the presentation!"



The Last Great Race on Earth

Every March, while Alaska is still bitter cold, experienced mushers and sled dogs race the Iditarod, known as The Last Great Race on Earth. It's a grueling 1,000-mile journey from Anchorage in the south to Nome in the west that traverses mountains, frozen waterways, and miles upon miles of snow-packed tundra.

The Iditarod Trail follows a sled-dog route first used around the turn of the 20th century to deliver mail and supplies to gold-mining towns.

In January and February 1925, an emergency relay of mushers and sled dogs raced 700 miles up the trail, risking their lives in wind chills of 85 degrees below zero to deliver medicine to Nome, which was quarantined due to a fast-moving outbreak of the lethal respiratory illness diphtheria.

Today's popular Iditarod race was created in 1973 to keep the sled dog tradition going and to honor those who risked their lives decades earlier. Each team is made up of one musher and 12 to 16 dogs, usually huskies.

In 2011, John Baker became the fastest musher, finishing the race in eight days, 18 hours, 46 minutes and 39 seconds. Those who reach Nome last, sometimes weeks later, are awarded the Red Lantern.

Follow the race in real time at www.Iditarod.com.

Leprechaun Lore

The Irish fairy known as a leprechaun is a familiar figure during St. Patrick's Day celebrations. Here's more about this wee little man:

- Leprechauns are shoemakers, and legends say they can be detected by the tap-tap-tapping of a tiny cobbler's hammer.
- Nowadays leprechauns are said to always wear green, but early tales have them dressed in red.
- If a leprechaun is caught, he will offer three wishes in exchange for his freedom.

'Irish Eyes' an American Tribute

"When Irish eyes are smiling, sure, 'tis like the morn in spring." Those words from the famously popular 1912 ballad were actually written by Americans Chauncey Olcott and George Graff Jr., with music by Ernest Ball.



Cheers!

Toast like the Irish on St. Patrick's Day by saying "Cheers" in Gaelic: "Sláinte" (pronounced *slaan-cheh*).



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



Art Class with Beth: Watercolors!



Celebrating Mardi Gras!



Mardi Gras Party!



Saturday Card Games!



Tatyana's Crochet Class!



Visiting the Animal Care League!

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

