



Belmont Village of Rancho Palos Verdes Village NEWS

5701 Crestridge Road • Rancho Palos Verdes, CA 90275 • Phone 310-377-9977 • Fax 310-377-4499

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

July 2016

Our Team

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Kimberly M., Nerissa, Judi, Anthony, Anna, Terese, Kim S., David, Rene

Judi's Notes

Happy Fourth of July! This month, we celebrate our nation's birthday. With the signing of the Declaration of Independence, our forefathers began a series of events that resulted in the freedom and prosperity we treasure today. As a reminder to all our residents, fireworks are not permitted on the property. Have a happy

Independence Day!

Beat the Heat... while exercising in the great outdoors might be exhilarating during cooler weather, the hazy days of summer can have you panting for air as you're trying to burn calories. Thankfully, our community has an air conditioned fitness center right here in the building.

Our center is equipped with fitness machines designed to give you the workout you need. The fitness center is open every day, so come by and get the benefits of a great workout without the oppressive heat!

Swimming Guests! Please feel free to enjoy the pool during the hot summer months, especially if you plan on having guests. But please remember that residents must accompany their guests in the pool area at all times. Enjoy the summer fun!

July is also Peach Month. Behold

the Power of the Peach! Peaches are the third most popular fruit grown in American. Before global marketing, peaches were only available to the United States during the summer months.

Today, peaches are available year-round, with the majority of imported peaches coming from Chili. Although peaches are most commonly associated with Georgia; Johnston, South Carolina is considered the peach capital of the world. Peaches are so important to these two states that both have adopted the peach as the state fruit.

Scientists are studying peaches, as well as other orange and yellow fruits, for their health-promoting potential. Peaches contain varying amounts of antioxidants and phytochemicals, both important for the fight against cancer. One medium-sized provides almost three quarters of the daily vitamin C requirement and is rich in iron and potassium. Because peaches are more than 80 percent water, they are naturally low in calories and are a good source of dietary fiber. The combination of water and fiber make them a perfect remedy for constipation! Next time you get a snack attack consider the power of the peach and choose wisely!



Happy Birthday



July Resident Birthdays!

Betty Jean Bernard	July 1
Betty Woznicki	July 10
Pauline Hayakawa	July 14
Yvonne Carnes	July 18
Michael Pucci	July 22
Maria Saucedo	July 24
Carlo Tabellario	July 29
Rhody Rodolico	July 31

Please join us on July 5th, at 12 p.m., in Josephine's Kitchen for a Birthday Cake Celebration!

July Employee Birthdays

Elsie Serrano	July 1
Christina Guico	July 2
Beverly Golding	July 5
Olga Galindo	July 5
Vannessa Rios	July 7
Laura Ochoa	July 7
Charles Castillo	July 12
Carlos Vargas	July 16
Karina Ortega	July 17
Yvette Villegas	July 17
Ana Maria Meza	July 18
Patricia Ramirez	July 18
Mary Wysocki	July 21
Mayra De La Cruz	July 22
Monica Dawkins Pitt	July 23
Erma Flor Gedaya	July 26
Alejandra Herrerea	July 27



Red, White & Blue "Pre" 4th of July BBQ!

We all know that a majority of our family members head out of town on July 4th or plan a fun beach day. Whatever your plans might be, come "Pre" celebrate with us on *Friday, July 1, from 11-1 p.m., in our outdoor courtyard.*

Come and kick start your holiday with great food and entertainment by the Dixie Dazzlers! Feel free to bring your swimsuit so you can take dip in our pool!

Resident of the Month




Robert McCaman

Come join Robert McCaman for his 15 Minutes of Fame! Every month we select a resident to give a talk about their life history, experiences and interesting careers.

Join us on Thursday, July 7th, at 2:30 p.m., in the Town Hall.



Pearla Arciniega Garcia

Employee of the Month!

Please join us in congratulating Perla Arciniega Garcia as the Employee of the Month! Perla has helped our community as Dining Room Server, PAL and Concierge. She's been a great asset since she joined our staff in September 2013. Perla's smile and friendly attitude has what it takes to make Belmont Village shine as number 1. She's helpful, enthusiastic, a Team-Player, and keeps our residents happy and satisfied. The staff enjoys working with Perla because she always helps to make everything run smoothly. Thanks, Perla!



Array of Speakers!

This month we are featuring three speakers

Learn how to Protect your Skin this Summer!

Presented by Vera David MD, MSc, FAAD

From Good Dermatology
Wednesday, July 6th, at 11:00 a.m., in Town Hall

Wills of Famous Women

Presented by U.S Trust Michael McCarthy Managing Director Office of Chief Fiduciary
Wednesday, July 20th, at 11:00 a.m., in Town Hall

Finding Gifts Within Change

Presented by Gloria Wills Sparkle Life Coaching
Thursday, July 21st, at 1:30 p.m., in Town Hall



Pearl Presentation by the Yonamie Family

Ear Screening



Be sure to stop by the Ear Screening with Joe Curran from Miracle Ear. He will be doing screenings on Wednesday, July 20th, from 2:00 - 4:00 p.m., in the 3rd Back Parlor. Ear screenings take about 10 - 15 minutes long so no appointment required.



South Coast Botanic Garden Tram Outing!

Take a trip to the South Coast Botanic Gardens on 7/17/16 at 12 p.m. Join us for a Tram Ride around the gardens. Tickets are \$11. Residents must be able to go up steps to board the tram. There is once space available for a wheelchair but they must be able to transfer. Please see Kim for details.



Out & About

July Outings!

Lunch Outing- Port O' Call
Tuesday, July 12th, at 11:00 a.m.

Peninsula Drop-Offs
Wednesday, July 13th, at 11:00 a.m.

Botanical Gardens Tram
Sunday, July 17th, at 12:00 p.m.
(Must be ambulatory, can accommodate 1 wheelchair & must be able to transfer)

Dinner Outing- Catalina Kitchen
Thursday, July 21st, at 4:00 p.m.

Movie Outing- AMC Theaters
Tuesday, July 26th, TBD



Betty with a vintage classic Packard

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Saideh Boutique 1 9:30 TH Balls & Bands 🌿 11:00 Pre- 4th of July BBQ W/ Entertainment by the Dixie Dazzlers ★ 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Sherrill 6:30 TH Evening Movie	2 9:30 TH Brain & Body Yoga 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 3:30 GR High Tea W/ Armando 6:30 TH Evening Movie
3 9:30 TH Nondenominational Christian Communion Service 🌿 10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo 3:30 GR Entertainment by Danielle 6:30 TH Evening Movie or News	4 Independence Day 9:30 TH Tai Chi 🌿 11:00 TH Poker 3:30 Patriotic Show by Music to Remember 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	5 9:30 TH Sit & Be Fit 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 12:00 JK Birthday Cake Celebration 1:15 GR Singing Class 🌿 2:00 JK Marketplace 2:30 TH Current Events 🌿 3:30 TH Bingo 6:30 TH Evening Movie or News	6 9:30 TH Brain & Body Yoga 🌿 11:00 TH Lecture: Solar Protection W/ Dr. David, Dermatologist 🌿 1:30 TH Art Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	7 9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Italian Class 🌿 2:30 TH Resident of the Month 15 Mins. of Fame! 3:00 TH Balance & Meditation W/ Debbi 🌿 6:30 TH Evening Movie or News	8 9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Tony D. 6:30 TH Evening Movie	9 9:30 TH Sit & Be Fit 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 GR Musical Trivia 🌿 3:30 GR High Tea W/ Marvin 6:30 TH Evening Movie
10 10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo 6:30 TH Evening Movie or News	11 9:30 TH Kickboxing Balance Exercise 🌿 11:00 TH Poker 1:30 TH Knitting & Crochet 🌿 2:30 TH Jeopardy W/Kim 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	12 9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 10:45 CL Computer Assist 🌿 11:00 Lunch Outing to Port O' Call 11:00 TH French Class 🌿 1:15 GR Singing Class 🌿 2:00 JK Marketplace 2:30 GR Resident Council 3:30 TH Bingo 6:30 TH Evening Movie or News	13 Oujaba Boutique 9:30 TH Brain & Body Yoga 🌿 11:00 Peninsula Drop-Off 11:00 TH Music & Poetry 🌿 2:30 TH Beading Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	14 9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Spanish Class 🌿 1:30 TH Danielle's Piano Program 3:00 TH Aqua Aerobics W/ Debbi 🌿 6:30 TH Evening Movie or News	15 9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Jackie Bowe 6:30 TH Evening Movie	16 9:30 TH Brain & Body Yoga 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 3:30 GR High Tea W/ George Rossi 6:30 TH Evening Movie
17 9:30 TH Nondenominational Christian Communion Service 🌿 10:00 3B Worship 🌿 10:30 TH Communion 🌿 12:00 Outing to Botanical Gardens 1:00 TH There & Back History 🌿 2:45 TH Bingo 6:30 TH Evening Movie or News 6:30 TH Night at the Movies W/ Theo Sigel 🌿	18 9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 11:00 TH Poker 1:15 TH Drum Circle 🌿 2:30 TH Knitting & Crochet 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	19 9:30 TH Sit & Be Fit Exercise 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 2:00 JK Marketplace 2:30 TH Current Events 🌿 3:30 TH Bingo 6:30 TH Evening Movie or News	20 9:30 TH Brain & Body Yoga 🌿 11:00 TH Wills of Famous Women & The Lessons They Teach 1:30 TH Art Class 🌿 2:00 3B Ear Screening ✓ 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	21 9:30 TH Tai Chi 🌿 10:15 TH Boot Camp 🌿 1:30 TH Presentation "How to Find the Gifts Within Change" 🌿 3:00 TH Balance & Meditation W/ Debbi 🌿 4:00 Dinner Outing to Catalina Kitchen 6:30 TH Evening Movie or News	22 9:30 TH Balls & Bands 🌿 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Clarence Ulrich 6:30 TH Evening Movie	23 9:30 TH Sit & Be Fit 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 3:30 GR High Tea W/ Rose Marie 6:30 TH Evening Movie
24 10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo 3:30 GR Champagne & Entertainment By Kevin Laurence	25 9:30 TH Kickboxing Balance Exercise 🌿 11:00 TH Poker 1:30 TH Knitting & Crochet 🌿 3:30 TH Discussion Group on Aging W/ Robin 🌿 6:15 GR Trivia W/ Fritz 🌿 7:30 TH Evening Movie or News	26 9:30 TH Sit & Be Fit 🌿 10:00 TH FAB Fitness 🌿 10:00 TH Coordination Boot Camp 🌿 10:45 CL Computer Assist 🌿 11:00 TH French Class 🌿 1:00 Movie Theater Outing TBD 1:15 GR Singing Class 🌿 2:00 JK Marketplace 3:30 TH Bingo 6:30 TH Evening Movie or News	27 9:30 TH Brain & Body Yoga 🌿 11:00 Peninsula Drop-Off 11:00 TH Music & Poetry 🌿 2:30 TH Beading Class 🌿 3:00 GR Word Game W/ Wine & Cheese 🌿 6:30 TH Evening Movie or News	28 9:30 TH Sit & Be Fit 🌿 10:00 TH Walk Fit 🌿 11:00 TH Spanish Class 🌿 3:00 TH Aqua Aerobics W/ Debbi 🌿 6:30 TH Evening Movie or News	29 9:30 TH Balls & Bands 🌿 10:30 GR Meet & Greet Social 11:00 TH Texas Hold 'Em 1:30 TH Bible Study 🌿 2:45 TH Senior Strength & Balance 🌿 3:30 GR Happy Hour W/ Bob Levy 6:30 TH Evening Movie	30 9:30 TH Sit & Be Fit 🌿 10:00 CVS Drop-Off 10:30 TH Blackjack W/ Siam 1:15 TH Rubber Block Printing 🌿 3:30 GR High Tea W/ Tom Horvath 6:30 TH Evening Movie
31 9:30 TH Nondenominational Christian Communion Service 🌿 10:00 3B Worship 🌿 10:30 TH Communion 🌿 1:00 TH There & Back History 🌿 2:45 TH Bingo	7:30 TH Evening Movie or News	6:30 TH Evening Movie or News	6:30 TH Evening Movie or News	6:30 TH Evening Movie or News	6:30 TH Evening Movie	6:30 TH Evening Movie



Circle of Friends & Neighborhood



Jean, Tab, Roberta & Mitch firing up the Grill!



Flower Arrangement Day in the Neighborhood



Out at Lunch with Francis & Bruce!



Neighborhood News!

In June, our neighborhood residents enjoyed our Father's Day BBQ party celebration. Everyone had a great time eating hamburger, hot dogs and baby back ribs, and not to mention, a freshly made Peach Pie from Hoff Hut Restaurant. This month, we will celebrate our 4th of July with another BBQ party, ice cream social and evening movie. Our neighborhood residents will be visiting "Cabrillo Aquarium in San Pedro" family and friends are welcome to come and join our outings every month.

Circle of Friends News!



Color Me Mine Outing!

Last month, our Circle of Friends went to "Color Me Mine" and made their personalized arts and crafts. Residents were very pleased and enjoyed creating their very own painted mugs and plates.



Drum Circle Class



Circle of Friends at the Classic Car Outreach

Outings for July!

- July 5- COF/Enrichment Group- Very own Scenic Dive and Ice Cream Social
- July 12 - COF/Enrichment Group - Movie Outing
- July 19 - COF/Enrichment Group - Torrance Museum of Art
- July 26 - COF/Enrichment Group - Lunch Outing @ El Pollo Inka



Nerissa's Notes:

Key Facts about Influenza (Flu) & Flu Vaccine, from CDC (Centers for Disease Control and Prevention)

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. **Hand washing is the most effective preventive measure.**

Signs and symptoms of flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

How flu spreads

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might

also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop, and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

How serious is the flu?

Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (such as asthma, diabetes, or heart disease).

Welcome New Residents

Meet & Greet

Welcome, new residents! We are so happy you are here. If there is anything we can do to make your transition here any easier, please let us know.

New Residents:

- Tommie Baisden
- BJ Bernard
- Lois Duda
- Stuart Bisk

We would like to invite you to our

Meet & Greet Social
on Wednesday, July 29th, at
10:30 a.m., in
the Great Room

Enjoy cookies, coffee & conversations!



Meal Hours

Breakfast: 7:00 - 9:00 a.m.

Lunch: 11:00 - 1:00 p.m.

Dinner: 4:30- 7:00 p.m.

Due to limited space we request parties of five or more to please inform a manager. Please remember there is no reserved seating.

The Start of a Beautiful Summer



Memorial Day Celebration!



Memorial Day Dove Release



Enjoying the special holiday meal



Nurses Week Luncheon



Point Vicente Interpretive Center
Outing



Pals enjoying the classic cars

BELMONT *Village*

SENIOR LIVING
RANCHO PALOS VERDES

5701 Crestridge Road
Rancho Palos Verdes, CA 90275

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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