



Belmont Village at Sabre Springs VillageNEWS

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

January 2013

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Inan's Corner



Belmont Village is especially honored to have two Purple Heart recipients. Shown here is **Ralph Siegfried** with his wife **Edie**. Also recognized was **Howard Waldron**. The ceremony was captured by KFMB and can be viewed on youtube.com.



Sabre residents, along with Santa's Helpers **Gerri** (above), **Adam and Jack**, decorated our Christmas tree. December was

filled with many wonderful festivities and one that touches all our hearts is the **Resident/Employee Appreciation Party**. Residents **Fran Severns and Jane Van Benthuysen** managed the cause which almost hit \$40,000 and was shared among our 112 hourly staff to give them a Very Bright Holiday ... **THANK YOU!!**



To honor our veterans during the month of November, **The Elizabeth Hospice** hosted a "Pinning Ceremony." Over 50 male and female veterans who served in WWII, Korea and Vietnam were honored. Pictured above are staff: **Jack George**, 30 years Navy, subs; **Adam McRoy**, Navy; **Todd Stier**, Army; **Beth Romeo, R.N.**, Navy and **Karl Mathews, LVN**, Marines.



January Birthdays

Residents

3	Sylvia M.
4	Evelyn B.
4	Louise C.
4	Phillip M.
7	Felix W.
8	John C.
10	Edwin S.
11	Conover S.
15	Robert E.
15	Catherine W.
16	Marion H.
16	Art R.
17	Melvin J.
17	Faye J.
17	Eddie S.
18	Connie G.
27	Betty B.
29	Ruth G.
30	Fran R.
30	Betty S.
31	Elaine C.

Employees

01	Mark K.
07	Lourdes G.
12	Melinda S.
12	Joni S.
24	Shauna S.
28	David K.
28	Noel E.

Employee Anniversaries

05	Olivia R. (2 yrs.)
10	Lilibeth M. (5 yrs.)
11	Josefina R. (3 yrs.)
14	Teresita A. (5 yrs.)
20	Brenda S. (3 yrs.)
21	Christian M. (4 yrs.)
31	Melinda S. (11 yrs.)

News DRCS: Beth Romeo

January is National Eye Care and Glaucoma Awareness Month. Our eye sight is very important to us, greater than 2.2 million Americans age 40 and older have Glaucoma. There are no early symptoms, sometimes people have no symptoms at all, which leads to over half of those affected with glaucoma unaware they have the disease.

The cause of Glaucoma is unknown. But what happens is an increase in eye pressure pushes on the optic nerve, causing damage to it. Once vision loss occurs, the damage is already severe. Signs and symptoms include loss of peripheral vision or tunnel vision. Advanced Glaucoma can lead to blindness.

There are four major types of Glaucoma: Open-angle Glaucoma is the most common and generally runs in families;

Angle-closure Glaucoma which can mean severe pain in one eye, cloudy vision, red eye, or a swollen eye; Congenital Glaucoma which generally occurs when the child is a few months old, cloudiness in front of the eye is noted, and enlargement of one or both eyes; Secondary Glaucoma is caused by drugs such as corticosteroids, systemic diseases or trauma.

Early detection is imperative to retaining healthy eyes. A complete eye exam is needed to diagnosis glaucoma. Treatment depends on the type of Glaucoma you have, but most often includes eye drops, laser therapy and/or oral medication to reduce pressure.

Please see your nurse at Belmont Village Wellness Center if you are experiencing any signs or symptoms of any eye condition.



Rocky's personality is hard to miss! He's always making people laugh.

Employee of the Month December: Rocky R.

This month's recognition goes to Rocky R., Neighborhood & Assisted Living PAL. Born and raised in the Philippines, his favorite thing to do as a kid was going out with the grandparents. Nowadays, he still loves being around the seniors, reading, and family.

Belmont Village is Rocky's first job in the health care field. He hopes to advance his career here by getting great experience as a PAL in two different departments. Job well done, Rocky!



Thanks for the Memories



This month we travel to Detroit, Michigan where Jerry Hansen was born and raised. An only child, Jerry graduated from Denby High School in 1943. Soon after high school, he was drafted into the US Marine Corp. He participated in three major campaigns including the invasion of Okinawa. He also spent a year after the war in Japan as part of the occupying force.

Jerry left the USMC in 1946 and went back to Michigan to enroll at Wayne University. In 1950 he graduated with a BA in English. During his time in college Jerry worked for the Detroit Free Press and eventually became a reporter. He then left the Free Press and started working for the Detroit News in 1968. In 1973, he wrote an excellent article on the energy crisis the United States would face in the future. If you get

a chance, you will want to read it.

In 1971, Jerry would marry long time friend and local star of television, Rita Bell. Together in 1977, they started a company called "Bell & Hansen Inc.," a public relation firm. From that they would start four other companies. They moved to San Diego in 1987 and ended up in Rancho Bernardo. In 1992, they retired to spend their time enjoying each other and life. Rita passed away in 2003, and Jerry moved to Belmont in April 2007.

Jerry loves living at Belmont and spends most of his time on the computer. He confirmed that out of the three senior living facilities he has lived in, Belmont Village is by far the best in the city. Thanks for sharing your memories with us Jerry Hansen.

Activities to Consider

Have you read a good book, short story or article lately? Would like to share it with us? Our first *Book Club* meeting is **Friday, Jan. 11, at 10:40 a.m.** in the **Town Hall**. Come prepared with ideas so we can jump into our first reading and discussion session soon.

Calling all poker players! It's **"Dealers Choice Poker"** **Thursday, Jan. 17, at 1:30 p.m.** in the **Club Room**. Come early because the seats fill up fast.

Transportation

- Mon. 9:30 a.m. NBH Outing
1 p.m. AL/IL Drive
- Tues. 8:30 a.m.–3:30 p.m.
Doctors' Appointments
- Wed. AL/IL Large Outing
- Thur. 8:30 a.m.–3:30 p.m.
Doctors' Appointments
Noon COF Outing
- Fri. 9:30 a.m. AL/IL
Treasure Hunt
1 p.m. Walk Outing
1:30 p.m. Errands
- Sat. 9:30 a.m. NBH Outing
12:30 p.m. AL/IL
Scenic Drive
2:30 p.m. Errands
- Sun. 8:15 a.m. Church Runs
12:30 p.m. AL/IL
Scenic Drive

January Errand Schedule

- Jan. 4 Rancho Bernardo
- Jan. 5 Carmel Mountain
- Jan. 11 Carmel Mountain
- Jan. 12 Poway
- Jan. 18 Poway
- Jan. 19 Rancho Bernardo
- Jan. 25 Rancho Bernardo
- Jan. 26 Carmel Mountain

Thursday Happy Hours

- Jan. 3 Phil Gates
- Jan. 10 Fyne Tones
- Jan. 17 Bernardo Heights
Quartet
- Jan. 24 Tony Dettore
- Jan. 31 Gil Alcantar



Calendar Key



GR/1Fl Great Room
JK Josephine's Kitchen
B/1Fl Bistro
D/2Fl Den
CFLE Wellness Center
CFL/1 ... Center Learning
TH/3Fl Town Hall
CR/3Fl Club Room
LBY/3Fl Library
3Fl Salon

Residents' Advisory Board

Erma Amatore
John Getgood
Connie Guy
Barbara Foley
Barbera McMenamin
Joe McMenamin
Herman Menck
Fran Severns
Edie Siegfried
Vice Pres. C.T. Stanger
Pres. Jane Van Benthuisen



Janice Christensen is a two time winner of the Spell-A-Thon.

Sunday	Monday	Tuesday
		Happy New Year 1 10:15 Trivia (GR) 2:00 Wii Bowling (TH) 3:30 Large Crossword (GR) 7:00 Tues. Night Movie (TH)
Lou Holtz's Birthday (1937) 6 8:15 Church Runs 12:30 Scenic Drive 2:00 Vincent on Piano (GR) 3:00 Church Service (TH) 3:15 Trivia (GR) 7:00 Sunday Movie (TH)	9:30 Ad. Stretch & Flex (TH) 10:00 Water Aerobics (Pool) 10:30 MarketPlace Open (1FL) 1:00 Mystery Ride 1:15 World News/Politics (TH) 2:30 Welcome Committee Meeting (TH) 3:00 Music Joy Circle (GR) 3:30 Password (TH) 7:00 Bingo (TH)	9:30 Boot Camp: (TH) Ad. TheraBand-ercise 10:45 European History (TH) 1:15 Communion (TH) 2:00 Food for Thought (B) 2:00 Wii Bowling (TH) 2:45 Board Games (CR/3) 3:15 Large Crossword (GR) 7:00 Tues. Night Movie (TH)
Radio Broadcast Birth 1910 13 8:15 Church Runs 1:00 Large Crossword (GR) 1:15 Jewelry Design (CR/3) 2:00 Dana on Sax (GR) 3:00 Church Service (TH) 3:15 Trivia (GR) 7:00 Sunday Movie (TH)	9:30 Stretch & Flex (TH) 10:00 Water Aerobics (Pool) 10:30 Educational Seminar: "Fall Prevention" (TH) 10:30 MarketPlace Open (1FL) 1:00 Mystery Ride 1:15 World News/Politics (TH) 2:30 Resident Meeting (TH) 3:30 Password (TH) 7:00 Bingo (TH)	First Super Bowl (1967) 15 9:30 Boot Camp: (TH) Ad. TheraBand-ercise 10:00 Hearing Clinic (Spa/3F) 10:40 Jazz by Jeff (TH) 1:00 Movie Matinee 1:15 Communion (TH) 2:00 Wii Bowling (TH) 3:15 European History (TH) 7:00 Tues. Night Movie (TH)
Camcorder Developed (1982) 20 8:15 Church Runs 12:30 Scenic Drive 2:00 Diane on Accordion (GR) 3:00 Church Service (TH) 3:15 Trivia (GR) 7:00 Sunday Movie (TH)	Martin Luther King Jr. Day 21 9:30 Stretch & Flex (TH) 10:40 Travels With Doris (TH) 1:00 Mystery Ride 1:15 Today in History: (TH) "Dr. Martin Luther King" 2:30 MBA Meeting (TH) 3:00 Music Joy Circle (GR) 3:30 Password (TH) 7:00 Bingo (TH)	Celebration of Life Day 22 9:30 Boot Camp: (TH) Ad. TheraBand-ercise 10:45 European History (TH) 1:15 Communion (TH) 2:00 Wii Bowling (TH) 2:00 Silver Fox Variety (GR) 3:15 Board Games (CR/3) 3:30 Large Crossword (GR) 7:00 Tues. Night Movie (TH)
Mozart's Birth (1756) 27 8:15 Church Runs 1:00 Concert Outing: "Spreckels Organ Pavilion" 2:00 Rosemarie on Piano (GR) 3:00 Church Service (TH) 3:15 Trivia (GR) 7:00 Sunday Movie (TH)	Challenger Explosion (1986) 28 9:30 Stretch & Flex (TH) 10:00 Water Aerobics (Pool) 10:30 MarketPlace Open (1FL) 1:00 Mystery Ride 1:15 World News/Politics (TH) 2:30 Belmont Musicals (TH) 3:30 Password (TH) 7:00 Bingo (TH)	Freethinker's Day 29 9:30 TheraBand-ercise 10:00 Boot Camp: (TH) Ad. TheraBand-ercise 10:45 European History (TH) 1:15 Communion (TH) 2:00 Wii Bowling (TH) 3:00 Koffee Klatch: Inan (D) 3:30 Large Crossword (GR) 7:00 Tues. Night Movie (TH)

January 2013

Wednesday	Thursday	Friday	Saturday
Roger Miller's Birth (1936) 2 9:30 Stretch & Flex (TH) 10:00 Water Aerobics (Pool) 1:00 Mission Trails Museum Outing 1:00 Educational Video (TH) 2:30 Balance Class (TH) 7:00 Texas Hold 'em (JK) 7:00 Wed. Night Movie (TH)	Alaska Admission Day (1959) 3 9:30 Boot Camp: Ad. TheraBand-ercise 10:30 Mind Fitness (B) 1:00 Astronomy Class (TH) 2:00 Blackjack (CR/3) 3:00 Happy Hour (GR) "Phil Gates" 4:00 Computer Class (CFL/2) 7:00 Thur. Night Movie (TH)	4 9:30 Boot Camp: (TH) Resistance 10:45 Spell-A-Thon (TH) 1:00 Wii Archery (TH) 1:00 Walking Club 1:30 Rancho BD Errands 3:00 Wii Hurdle Bowling (TH) 3:30 Ladies Wine Club (CR/3) 7:00 Friday Night Movie (TH)	Diane Keaton's Birthday 1946 5 10:00 Music Therapy (TH) 12:30 Scenic Drive 1:00 Bingo in Town Hall 2:15 Zumba Exercise (TH) 2:30 Carmel Mt. Errands 3:15 Flower Arrangements: "Simon & Miho" (TH) 3:30 Trivia (GR) 7:00 Sat. Night Movie (TH)
Pres. Nixon's Birth (1913) 9 9:30 Sycuan Casino Outing 9:30 Stretch & Flex (TH) 10:00 Water Aerobics (Pool) 2:30 Balance Class (TH) 2:30 Bible Study (CR/3) 3:30 History Matters (TH) 7:00 Texas Hold 'em (JK) 7:00 Wed. Night Movie (TH)	10 9:30 Boot Camp: Ad. TheraBand-ercise 10:15 Pet Visit (GR) 1:00 Advisory Board (CR/3) 2:00 Blackjack (CR/3) 3:00 Happy Hour (GR) "Fyne Tones" 4:00 Computer Class (CFL/2) 7:00 Thur. Night Movie (TH)	11 9:30 Treasure Hunt Outing 9:30 Boot Camp: Resistance (TH) 10:40 Book Club (TH) 1:00 Walking Club 1:15 Resident Showcase (TH) 1:30 Carmel Mt. Errands 3:00 Wii 100 Pin Bowling (TH) 3:30 Men's Wine Club (CR/3) 7:00 Friday Night Movie (TH)	12 First Woman Senator 1932 10:30 Wii Bowling (TH) 12:30 Scenic Drive 1:00 Bingo in Town Hall 2:15 Zumba Exercise (TH) 2:30 Poway Errands 3:30 Trivia (GR) 7:00 Sat. Night Movie (TH)
Gulf War Begins (1991) 16 9:30 Stretch & Flex (TH) 10:00 March Air Force Base Outing & Lunch 10:00 Water Aerobics (Pool) 1:00 Educational Video (TH) 2:30 Balance Class (TH) 7:00 Texas Hold 'em (JK) 7:00 Wed. Night Movie (TH)	17 9:30 Boot Camp: Ad. TheraBand-ercise 10:30 Mind Fitness (B) 1:00 Meet the Chef (JK) 1:30 Poker (CR/3) "Dealer's Choice" 3:00 Happy Hour (GR) "Bernardo Heights Quartet" 4:00 Computer Class (CFL/2) 7:00 Thur. Night Movie (TH)	Lewis & Clark Exped. 1803 18 9:30 Boot Camp: Resistance (TH) 10:40 What's My Line? (TH) 1:00 Wii Archery (TH) 1:00 Walking Club 1:30 Poway Errands 3:30 Ladies' Wine Club (CR/3) 3:45 Wii Bowling (TH) 7:00 Friday Night Movie (TH)	19 Janis Joplin's Birth (1943) 10:00 Music Therapy (TH) 12:30 Scenic Drive 1:00 Bingo in Town Hall 1:00 Love on a Leash (GR) 2:15 Laughter Yoga (TH) 2:30 Rancho BD Errands 3:15 Ventriloquist Show: (TH) "Joe Gandelman" 7:00 Sat. Night Movie (TH)
John Hancock's Birth (1737) 23 9:30 Stretch & Flex (TH) 10:00 Water Aerobics (Pool) 10:30 Temecula Winery Outing & Lunch 1:00 Educational Video (TH) 2:30 Balance Class (TH) 2:30 Bible Study (CR/3) 7:00 Texas Hold 'em (JK) 7:00 Wed. Night Movie (TH)	National Compliment Day 24 9:30 Boot Camp: Ad. TheraBand-ercise 10:30 Word Game (B) 1:30 Blackjack (CR/3) 3:00 Happy Hour (GR) "Tony Dettore" 4:00 Computer Class (CFL/2) 7:00 Thur. Night Movie (TH)	25 9:30 Boot Camp: Resistance (TH) 10:40 The Price Is Right (TH) 12:00 Birthday Luncheon (JK) 1:00 Wii Archery (TH) 1:00 Walking Club 1:30 Rancho BD. Errands 3:00 Wii Tournament (TH) 3:30 Men's Wine Club (CR/3) 7:00 Friday Night Movie (TH)	26 10:30 Wii Bowling (TH) 12:30 Scenic Drive 1:00 Bingo in Town Hall 2:15 Laughter Yoga (TH) 2:30 Carmel Mt. Errands 3:15 Impersonator Show: "Elvis' Birthday Honoring" (GR) 7:00 Sat. Night Movie (TH)
FDR's Birth (1882) 30 9:30 Sprinter Ride & Lunch Outing 9:30 Stretch & Flex (TH) 10:00 Water Aerobics (Pool) 1:00 Educational Video (TH) 7:00 Texas Hold 'em (JK) 7:00 Wed. Night Movie (TH)	First S.S. Check (1940) 31 9:30 Boot Camp: Ad. TheraBand-ercise 10:30 Mind Fitness (B) 1:30 Blackjack (CR/3) 3:00 Happy Hour (GR) "Gil Alcantar" 4:00 Computer Class (CFL/2) 7:00 Thur. Night Movie (TH)	Please note, the calendar is always subject to changes. Changes will be noted on the Daily Activity Sheet printed and posted each day.	



Resident Council 2012

President	Jane Van Benthuisen
Vice President	C.T. Stanger
Secretary	Barbara Foley

Welcome Committee

Pat Scanlon—Chairperson
Ermina Amatore
Alice Berridge
Miko Cascio
Barbara Foley
Jane Van Benthuisen

Meet the Chef

Every **Third Thursday** from 1 to 1:30 p.m., "Meet the Chef" in the Dining Room.



Santa Jack with **Jeanette!**



Janice & Edie at Spell-A-Thon!



January's Exciting Outings

Join us this month as we venture to many fun places, including a ride on the Sprinter!

Wednesday, Jan. 2 - Mission Trails Museum.

Bus leaves at 1 p.m.

Wednesday, Jan. 9 - Sycuan Casino.

Bus leaves at 9:30 a.m.

Wednesday, Jan. 16 - March Air Force Base.

Bus leaves at 10 a.m.

Wednesday, Jan. 23 - Temecula Winery.

Bus leaves at 10:30 a.m.

Wednesday, Jan. 30 - Sprinter Ride.

Bus leaves at 9:30 a.m.



Sunday Afternoon Concert Outing

Every month we try to make it to the theatre to see a classic play or an elegant concert. On **Sunday, Jan. 27, at 1 p.m.**, we will journey to the "Spreckels Organ Pavilion." The cost is absolutely free and Jack will be your driver and host. Please sign up at the front desk right away.



Themes of the Month

With January being both Dr. Martin Luther King Jr.'s and Elvis Presley's birth, we thought it'd be good to center and theme some activities around them. For starters, don't miss out on these:

Monday, Jan. 21 - History of the Month

Featuring: "Dr. Martin Luther King"

1:15 p.m. in the Town Hall

Saturday, Jan. 26 - Impersonator Show

Featuring: "Elvis Presley"

3:15 p.m. in the Great Room



Circle of Friends News



Tom & Maggie at the Tree Trim Party!

Well now that the hustle and bustle of the holidays has passed, we can focus on the potential of what the New Year brings! As our residents themselves have stated, "The Circle of Friends is just that, a supportive community of friendly people."

And in 2013, the Circle of Friends has decided they would like to extend that friendly support to the community at large through a series of community service projects. For the first project, the Circle will be working together to make warm and cozy fleece baby blankets for brand-new moms who are living in San Diego's many shelters.

We are so excited to begin these ongoing community service projects. Nothing feels better than helping those in need!

Neighborhood News



Bill pinned at Veterans Ceremony!

Dementia is a condition which is defined as short-term memory loss, plus a minimum of two other symptoms such as personality change, loss of judgment, change in sleep cycle, incontinence, or lack of impulse control. There are many causes of dementia, most often a progressive disease process, which we will discuss further in depth in the coming months.

However, there are certain situations in which an individual might display dementia symptoms that are unrelated to any progressive disorder. Some of these include side effects of medication, drug or alcohol abuse, head injury, and most commonly dehydration and urinary tract infection (UTI).

Keeping properly hydrated is so important, and can be a challenge for some of our residents, especially for those with dementia who might forget to drink water regularly.

Resident Services

Hearing Clinic

First Tuesday of the month at 9:30 a.m. in the 3rd Floor Spa, next to Salon.

Alzheimer's Support Group

Third Wednesday of the month at 6:30 p.m. in the Den.

Podiatrist Visits

Second Monday of the month at 1:30 p.m. in the 3rd Floor Spa.

Dental Screenings

Last Tuesday of the month at 1:30 p.m. in the 3rd Floor Spa.



Frank reaches to the top!

Belmont Village Scene



Doris stands at Hotel Dell!



You're on the news, Nurse **Beth**!
Veterans Ceremony!



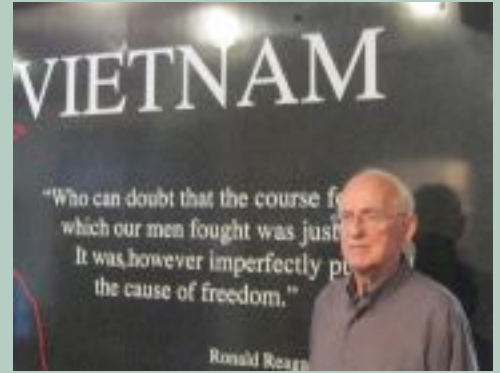
Cook **Brikel** serves **Terry** for
Thanksgiving!



Part of the Crew at the Marine Corps
Museum!



Belmont was well *occupied* for all
that Thanksgiving grub!



Henry at the Marine Corps Museum!



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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, Houston, Atlanta (Buckhead
and Johns Creek), Dallas (2013)