



Belmont Village at Sabre Springs

VillageNEWS

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

June 2016

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Lori's Corner



Lori and Belmont's President, Patricia Will, trek the halls of Sabre Springs

JUNE – The month we celebrate Flag Day and Father's Day! Both are worthy of honor and reverence.

FLAG DAY - During the American Revolutionary War, the Continental Congress decided that the country needed a flag to represent the united colonies so on June 14, 1777 the Second Continental Congress passed a Flag Resolution. On August 3rd, 1949, 172 years after the resolution, President Truman signed an Act of Congress designating June 14th of each year as National Flag Day. Our flag represents Freedom and Liberty and we thank those who fought to protect both. For those reasons we proudly and respectfully fly our flag at the entrance to our community.

FATHER'S DAY- In 1957,

Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers. In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers and designating the third Sunday in June as Father's Day, but it was six years later, in 1972, when Richard Nixon signed a proclamation making Father's Day a federal holiday. Today, there are more than 70 million fathers in the United States and on June 19th we will celebrate, remember and thank our fathers for giving us life.

So here's to our Flag and our Fathers. We salute both!

Happy Father's Day



Meet new residents **Grace & Ed Meza**



June Birthdays

Residents

- 1 Ryle S.
- 4 George C.
- 4 Nena S.
- 9 Marge E.
- 13 Erma A.
- 14 Lu J.
- 14 Charles N.
- 18 Barbara McK.
- 19 Don B.
- 21 Trevor H.
- 22 Pearl B.
- 22 Helen Sw.
- 23 Mary Kn.
- 29 Ella M.
- 30 Althea R.

Employees

- 1 Estela V.
- 1 Jovi U.
- 2 Mario R.
- 5 Janebee A.
- 7 Jeniferia A.
- 7 Donna Wi.
- 9 Cristina D.
- 12 Jack G.

Employee Anniversaries

- 1 Pedro R. - 15 years
- 3 Maria C. - 1 year
- 19 Cristina D. - 4 years
- 27 Karl M. - 15 years
- 28 Myzell S. - 5 years
- 29 Jackie R. - 7 years
- 29 Reian F. - 1 year
- 30 Maureen M. - 2 years

News From Beth Romeo, R.N.

June is National Safety Month
Adults 55 and older are more prone to becoming victims of falls, and the resulting injuries can diminish the ability to lead active, independent lives. The number of fall deaths among those 65 and older is four times the number of fall deaths among all other age groups.

We can all encourage residents to participate in daily exercise classes. Staying active has been shown to reduce fall risks in older adults. Belmont Village and Rehab Care offer various exercise and wellness programs to suit everyone's fitness level.

Check apartments daily for any tripping hazards. Phone lines and oxygen tubing should never be obstructing a walkway. Please alert the wellness center if you are

taking any new medications, as many side effects could trigger a fall.

Residents should always use their walking aide, even inside their apartments. Check to make sure your walker is by your bedside at night. Walkers and canes should be checked for any loose or malfunctioning parts. Families, residents, and employees should immediately report any safety concerns in the community.

Spills should be reported immediately and attended to swiftly to prevent any slips on wet surfaces. Always use wet floor signs when necessary.

Most importantly try to exercise good judgment and never attempt an obstacle or task that you feel might not be safely handled alone. Don't hesitate to ask for assistance; prevention is key for staying healthy.



Employee of the Month: May

Congrats to **Lauren**, one of our longterm servers at both Cardiff and Sabre Springs, who has given excellent service! She's wonderful with residents and always a team player. Her favorite thing at Belmont is residents' stories.

Born in the San Francisco area, Lauren moved to San Diego for high school. During those years she became a nationally recognized soccer goalie and enjoyed traveling with her family. After school, she earned a B.A. in Cosmetology & got married. She now enjoys time with her 2 year old son & still loves soccer.



Thanks for the Memories



Twice a Belmont Resident - Welcome Back, Ellen Koelker!
 Philadelphia, Pennsylvania
 1924 - A doctor estimated the weight of a newborn baby, named **Ellen**, to be just 5 lbs. Ellen grew up with 3 brothers and her Irish parents. Her father was one of the few men that held a job during the Depression (when a soup pot was passed up and down the back alley to assist those with nothing)!
 Thankfully, in time life turned in her favor. In addition to Ellen graduating in June 1942, she met the love of her life, Ray. They were married in October 1943. After having 2 beautiful daughters, Ellen decided she wanted to go to college in order to obtain a teaching degree. She taught for 10 great years and her husband taught school as well. Eventually, Ellen decided to take on another challenge: master's degree. Then it was back to middle school, where

she worked in the library for the next 10 years. In due time, the Koelker family added another girl.

Ellen and Ray spent 30 years in the state of Delaware until they decided that the warm California sun was where they wanted to retire. Ray retired in 1980, which ended his 50 year teaching career. Ellen retired in 1986 and they bought their dream home in Bernardo Heights in 1987, just above St. Michael's Catholic Church.

Sadly, Parkinson's Disease hit Ray really hard in 2000 and they both decided on Belmont Village as their perfect solution in 2001. After Ray passed on, Ellen moved in with her daughter in Escondido. More than a decade later after the grandkids grew up, she willingly came back to Belmont Village in 2016. Three employees were still here from her first stay: Shauna, Pete, and Karl. She is happy here now but she misses the lively boys. They kept her young! But she still gets to St. Michael's on Sundays driving near the old home.

Ellen enjoys many of our activities and outings. You will also find her walking "Lily" twice a day for exercise. She loves passing around jokes and sharing laughter with other residents. Thank you, Ellen, for the memories.

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. Errands
2:30 p.m. AL/IL
Scenic Drive |
| Sun. | 8 a.m. Church Runs
1:15 p.m. AL/IL
Scenic Drive |

June Errands Schedule

- | | |
|----|-----------------|
| 3 | Carmel Mountain |
| 4 | Poway |
| 10 | Poway |
| 11 | Rancho Bernardo |
| 17 | Rancho Bernardo |
| 18 | Carmel Mountain |
| 24 | Carmel Mountain |
| 25 | Poway |

Advisory Committee

Natalie Denton
 Edie Siegfried
 Jay Neal
 Pat Connell

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 11:00 Cork & Craft Restaurant Outing 1:00 B Educational Video 2:30 TH Balance Class 3:30 CR Canasta Card Game 4:15 TH Grief Sharing Service 7:00 JK Texas Hold 'Em	2 Sally Kellerman's B-Day 1936 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Ad. Theraband 10:40 TH Staying Well Games 1:15 TH Astronomy Class 3:00 GR Happy Hour "Sandy Devito Trio" 4:00 CP Computer Class 7:00 TH Thur. Night Movie	3 9:30 TH Resistance Training 10:00 TH Boot Camp: Resistance 10:30 CR Penny Game 1:30 TH When We Were Young 1:30 Carmel Mountain Errands 2:30 GR Helen Woodward Animal Visit 3:30 TH Wii 100 Pin Bowling 3:30 PL Wine & Pool Play	4 9:30 TH Chair Yoga 10:15 TH Music Therapy 12:30 Poway Errands 1:00 GR Love on a Leash 1:00 TH Bingo 2:30 GR Family Feud 3:30 GR Trivia 7:00 TH Saturday Movie Night
5 8:00 Church Runs 10:00 TH Shadow MT. Church 1:30 Scenic Drive 1:30 CR Bridge Club 2:00 GR Mark Shatz on Guitar 3:00 TH Bible Study 3:15 GR Trivia 7:00 TH Sunday Movie	6 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:40 TH Staying Well Games 1:00 Mystery Ride 2:30 CR Welcome Committee Meeting 3:30 TH Password 7:00 TH Bingo	7 VCR Introduced 1975 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Theraband 10:00 SP Hearing Clinic 10:30 GR Large Crossword 1:15 TH Communion 2:15 B Food for Thought 3:30 TH Blackjack 7:00 TH Wii Bowling	8 9:30 GM Stretch & Flex 10:00 GM Ad. Stretch & Flex 11:30 Padres Baseball Outing 1:00 B Educational Video 2:30 TH Balance Class 3:30 TH History Matters 7:00 JK Texas Hold 'Em	9 Donald Duck's Birthday 1934 9:30 GM Theraband-ercise 10:00 GM Boot Camp: Ad. Theraband 10:40 B Staying Well Games 1:45 TH America's Gilded Age "Self-Made Men" 3:00 GR Happy Hour "Music Doctor Duo" 4:00 CP Computer Class 7:00 TH Thur. Night Movie	10 9:30 TH Resistance Training 10:00 TH Boot Camp: Resistance 10:30 CR Penny Game 1:30 Poway Errands 1:30 B Adult Coloring Book Social 3:30 TH Wii Bowl Tournament 3:30 PL Ladies' Wine Club	11 Vince Lombardi's Birth 1913 9:00 GR Bazaar (9am-2pm) 9:30 TH Chair Yoga 10:30 TH Wii Bowling 12:30 Rancho Bernardo Errands 1:00 TH Bingo 2:30 Scenic Drive 3:30 GR Trivia 7:00 TH Saturday Movie Night
12 8:00 Church Runs 10:00 TH Shadow MT. Church 1:00 TH Jewelry Design 1:30 Scenic Drive 1:30 CR Bridge Club 2:00 GR Vincent on Piano 3:00 TH Bible Study 3:15 GR Trivia	13 First Roller Coaster (1884) 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:40 TH Staying Well Games 1:30 MP Marketplace Open 2:30 TH Resident Meeting 7:00 TH Bingo	14 Flag Day 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Theraband 10:45 TH Chris Burns on Mozart: Music & His Time 1:15 TH Communion 3:30 TH Blackjack 7:00 TH Wii Bowling	15 Magna Carta Day 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 11:15 Crab Hut Restaurant Outing 1:00 B Educational Video 1:30 TH Senior Fitness Testing 3:45 TH Protestant Communion Service 4:15 TH Grief Sharing Service	16 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Ad. Theraband 10:40 TH Staying Well Games 1:00 JK Meet the Chef 1:45 TH American Civil War Speaker: Tom Helmantoler 3:00 GR Happy Hour "The Vidals" 4:00 CP Computer Class	17 9:30 TH Resistance Training 9:30 Father's Day Fishing Trip Santee Lakes 10:00 TH Boot Camp: Resistance 1:30 Rancho Bernardo Errands 1:30 TH Activity/MBA Meeting 3:30 TH Wii Bowling 3:30 PL Wine & Pool Play	18 First American Woman in Space 9:30 TH Chair Yoga 10:15 TH Music Therapy 12:30 Carmel Mountain Errands 1:00 GR Love on a Leash 1:00 TH Bingo 2:30 Scenic Drive 3:30 GR Trivia 7:00 TH Saturday Movie Night
19 Father's Day 8:00 Church Runs 10:00 TH Shadow MT. Church 11:00 JK Father's Day BBQ Lunch 1:30 Scenic Drive 1:30 CR Bridge Club 2:00 GR Father's Day Special Tunes "A Visit from Frank Sinatra" 3:15 GR Trivia	20 First Day of Summer 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:40 TH Staying Well Games 1:00 Mystery Ride 3:00 GR Music Joy Circle 7:00 TH Bingo	21 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Theraband 10:30 GR Large Crossword 1:15 TH Communion 2:15 TH Sports Mania 3:30 TH Blackjack 7:00 TH Wii Bowling	22 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:30 Picnic at the Beach 1:00 B Educational Video 2:30 TH Balance Class 3:30 CR Canasta Card Game 7:00 JK Texas Hold 'Em	23 First Typewriter 1868 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Ad. Theraband 10:40 TH Staying Well Games 1:45 TH America's Gilded Age "The Republic for Sale" 3:00 GR Happy Hour "Laura Flores" 4:00 CP Computer Class 7:00 TH Thur. Night Movie	24 9:30 TH Resistance Training 10:00 TH Boot Camp: Resistance 10:30 CR Penny Game 12:00 JK Birthday Luncheon 1:30 Carmel Mountain Errands 1:30 TH Chair Sports: Football 3:30 PL Ladies' Wine Club 3:30 TH Wii Bowling	25 9:30 TH Chair Yoga 10:15 GR Songs for the Soul 10:30 TH Wii Bowling 12:30 Poway Errands 1:00 TH Bingo 2:30 Scenic Drive 2:30 TH Art Class: "Ceramics" 3:30 GR Trivia
26 8:00 Church Runs 10:00 TH Shadow MT. Church 1:30 CR Bridge Club 1:30 Scenic Drive 2:00 GR Patrick on Vocals 3:00 TH Bible Study 3:15 GR Trivia 7:00 TH Sunday Movie	27 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:40 TH Staying Well Games 1:00 Mystery Ride 1:30 MP Marketplace Open 3:15 TH Current Events 3:30 TH Password 7:00 TH Bingo	28 Gilda Radner's Birth 1946 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Theraband 10:40 TH Icons of America 1:15 TH Communion 2:15 TH Blackjack 3:30 TH Koffee Klatch w/ Lori 7:00 TH Wii Bowling	29 Interstate Highway Est. 1956 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:30 Barona Casino Outing 1:00 B Educational Video 2:30 TH Balance Class 3:30 CR Canasta Card Game 7:00 JK Texas Hold 'Em	30 Lena Horne's Birth 1917 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Ad. Theraband 10:40 TH Staying Well Games 1:45 TH America's Gilded Age "Big City Troubles" 3:00 GR Happy Hour "Phil Gates" 4:00 CP Computer Class 7:00 TH Thur. Night Movie		



Welcome Committee

Chair: Natalie Denton
Warren Hess
Erma Amatore
Pauline Hayes
Pat Connell
Mary Knowles

Resident Council

President Jim Roush
Vice Pres. TBD
Secretary Jay Neal

Meet the Chef

Every Third Thursday at
1:00pm



Wanda, Pearl, & Bob backstage with Doron and his accordion



Jay at Orfila Winery ready to toast



Father's Day Specials

A touch of entertainment, a BBQ meal, some fishing, and we have a celebration for dads. Father's Day is a wonderful time when we can all honor our fathers by simply remembering them. This Father's Day reminisce about that favorite thing you did with dad.

Father's Day Fishing Trip

Friday, June 17, 9:30am

Father's Day BBQ Meal

Sunday, June 19, 11:00-1:00pm

Father's Day Special: Frank Sinatra

Sunday, June 19, 2:00-3:00pm

Activities to Consider



Sports Mania

*Tuesday, June 21st 2:15pm
Town Hall*

Ever reminisce about the great moments in sports history? Do you like discussing those moments and would you want to re-watch them? Then don't miss out on this new activity.

When We Were Young

*Friday, June 3rd 1:30pm
Town Hall*

Ever reminisce about the great moments of those school days? Or your golden years? Why do these memories stick with us and why do they make us happy? Join us for a journey back in time.

Out and About in June



Join friends Barbara and Natalie, above, for good times in the sun and bluffing your way at the casino.

Cork and Craft Restaurant

Wednesday, June 1, 11:00am

Padres Baseball

Wednesday, June 8, 11:30am

Crab Hut Restaurant

Wednesday, June 15, 11:15am

Picnic at the Beach

Wednesday, June 22, 10:30am

Barona Casino

Wednesday, June 29, 10:30am



Circle of Friends



The Circle working on Mental Fitness

Last month, Megan put together a paper airplane activity that was such a success that we are now trying out some Origami as a therapeutic activity. 1. Building attention and focus: 2. Building frustration tolerance 3. Maintaining fine-motor skills 4. Exercising the occipital lobe and maintaining visual/spatial abilities.

We will be sharing the book 1000 Paper Cranes, having a discussion about the events at Hiroshima and folding cranes together. We're also hoping it will provide some fun for families – join us any time.



Stimulating the mind in the sun

Neighborhood News



The Neighborhood at Music Therapy

We have received a few questions about what Music Therapy is. From the Music Therapy Association Website:

“An established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients’ abilities are strengthened and transferred to other areas of their lives.”

We contract a company called MUSIC WORX to provide regular music therapy for our residents here at BV Sabre Springs. Seasons Hospice also provides music therapy as part of their hospice services.

Alzheimer’s

Support Group

First and third Wednesdays of every month at 6:30 p.m. in the Den. Open to the public.

Podiatrist Visits

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

Dental Screenings

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

Hearing Clinic

First Tuesday of the month at 10:00 a.m., in the 3rd Floor Spa, next to Salon.

New Residents

Louise Woodland

Pat Fry

Grace Meza

Ed Meza

Dave Luskin



Andres engages Dolores, Libby, and Bea during a Music Therapy session

Belmont Village Scene



Miko lights up Cinco de Mayo



Cathy joins mom **Stella** for Cinco de Mayo



Wayne leads the Mariachi dance



Claire & daughters sip Mother's Tea



Maggie & **Wanda** on Mother's Tea



Henrietta enjoys Passover Music

BELMONT Village
SENIOR LIVING
SABRE SPRINGS

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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