



Belmont Village at Sabre Springs

VillageNEWS

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

July 2016

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Lori's Corner



A Visit from Councilman **Mark Kersey**

July 4th is an honored holiday synonymous with barbecues, parades, and FIREWORKS! It reminds us that we had forefathers who valued freedom and had the forbearance to fight for the ideal of individual and united freedom. Thomas Jefferson is quoted as saying, "My God! How little do my countrymen know what precious blessings they are in possession of and which not other people on earth enjoy!"

Now for a few fun facts about July 4th; an American celebration that embodies our spirit; the spirit of individualism for man and unity of country.

The Declaration of Independence was signed by 56 men from 13 colonies and the first official Fourth of July party was held at the White House in 1801.

The Fourth of July was not declared a national holiday until 1941.

Benjamin Franklin proposed the turkey as the national bird, but was overruled by John Adams and Thomas Jefferson, who wanted the bald eagle (Thank goodness!).

Presidents John Adams & Thomas Jefferson died on the 4th of July within hours of each other in 1826 (50th Anniversary of Independence).

In 1776, there were 2.5 million people living in the new nation (Today, there are 311 million.).

On this wonderful day, may we be thankful our forefathers had the spirit of freedom in their minds and hearts. That spirit is in our minds and hearts today.

Happy Fourth of July!



Welcome **Peter & Marion Ruocco!**



July Birthdays

Residents

3	Craig B.
3	Josephine H.
4	Marquita B.
8	Jackie C.
9	Alice Fe.
11	Wayne Tu.
13	Raymond L.
15	Faye D.
15	Alice Sp.
16	Lu Go.
24	David S.
27	Denise A.
31	Ilah E.
31	Bob Gr.
31	Agnes R.

Employees

6	Celna C.
15	Lyndon B.
18	Joel D.
19	Allan B.
20	Rica H.
23	Aileen C.
25	Sol E.
31	Marie Lou F.

Employee Anniversaries

8	Carmi D. - 8 years
9	Turkeshia L. - 3 years
9	Alona D. - 3 years
15	Pearl P. - 8 years
15	Joyce S. - 6 years
17	Parvin K. - 4 years
21	Aisa A. - 2 years
21	Marilyn V. - 2 years
21	Gracita V. - 2 years
27	Annabelle P. - 6 years
30	Elena T. - 14 years
31	Rolando M. - 4 years

News From Beth Romeo, R.N.

Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, older adults need to keep stimulated by exercising it with games and crafts in order to enhance the growth and development for neural function.

Exercising the brain: Reduces loss of gray matter, Promotes neurogenesis (new brain cells), Improves attention span, Strengthens brain synapses (communication pathways), and Increases blood flow.

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:

- Learning a new skill – This can be a language, a hobby or a concept. Take up painting. Learn the piano. Take a community class. Think in new ways.
- Creating a scrapbook – this type of elder activity helps rebuild memories and memory skills
- Socialize! – Socializing or group activity for the elderly is a mental activity!
- Laughing! – 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
- Engaging in 'Thinking Games' – Such as crossword puzzles, Sudoku or chess is beneficial



Employee of the Month: June

Pete R., Cook, came to work for Belmont 15 years ago! He has been working with seniors and been in the restaurant business for 20 years. One day he hopes to be a manager. Here, we love his consistency, temperament, and going the extra mile to satisfy residents and staff for their food quality.

Pete was born in Tijuana, Mexico, but grew up right here in San Diego. In his younger years, his best memories are traveling all over Mexico. Today, his favorite things include jogging, swimming, biking, and baking. Congrats, Pete!



Thanks for the Memories



Jerry Bartley was born in Minneapolis, Minnesota, and had a brother to keep him out of mischief. They both eventually attended one of the local colleges, where he studied business.

The war interrupted his studies, as it did for many folks, but it did not stop him. The Navy gained a good man for a few years, where he served on the Herbert J. Thomas.

After the war, Jerry graduated from college and worked for an industrial manufacturer in Minnesota called Fairbanks-Morse. During this time, he met and married his love, Mickey. He knew he wanted to do things differently and the answer was to start their own business. They had very little money, but decided to take the plunge!

This was the start of **Bartley Supply**, a wholesale plumbing and heating business. Jerry had some very progressive and innovative ideas. He had catalogs,

profit sharing and pension funds for his 55 employees. As the business grew, so did the demand on Jerry's time. Mickey was taking care of their 3 children and felt Jerry could try and better proportion his time. Due to this, he learned how to fly and bought his own airplane. Wherever Jerry went he built strong relationships with people.

Nothing has changed. "If I caused any problems in my family life, it was that I worked too hard."

The warm climate of San Diego was incentive enough for Jerry and Mickey to relocate, and eventually they sold the business. Jerry moved to Belmont Village in 2014.

Recently, a surprise party was held in Jerry's honor in Minnesota. It was no surprise that past employees and dealers filled the banquet room and showered him with accolades and love!!

Thank you, Jerry, for sharing a snippet of your life with us, and thanks again for your service.

Activities to Consider

Art Class

**Saturday, July 23, at 2:30pm
Town Hall**

Our art instructors are excellent and keep it fresh. If you like painting, creating, and socialization, then don't forget to watch the calendar for every 4th Saturday.

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

July Errands Schedule

- 1 Poway
- 2 Rancho Bernardo
- 8 Rancho Bernardo
- 9 Carmel Mountain
- 15 Carmel Mountain
- 16 Poway
- 22 Poway
- 23 Rancho Bernardo
- 29 Rancho Bernardo
- 30 Carmel Mountain

Advisory Committee

- Natalie Denton
- Edie Siegfried
- Jay Neal
- Pat Connell
- Jim Roush

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Note: Activities are subject to change from the calendar based on the Daily Sheet posted each day.</p>		<p>National Grilling Month 1</p>	<p>2</p>
<p>8:00 Church Runs 10:00 TH Shadow MT. Church 1:30 Scenic Drive 1:30 CR Bridge Club 2:00 GR Keith on Guitar 3:00 TH Bible Study 3:15 GR Trivia 7:00 B Sunday Movie</p>	<p>Independence Day 4 9:30 Mystery Ride 10:40 TH Staying Well Games 1:30 CR Welcome Committee Meeting 2:30 GR Independence Day Show: "High Society Jazz Boys"</p>	<p>Phineas Barnum's Birth 1810 5 9:30 TH Theraband-ercise 10:00 SP Hearing Clinic 10:00 TH Boot Camp: Theraband 1:15 TH Communion 2:15 B Food for Thought 3:30 TH Blackjack 7:00 TH Wii Bowling</p>	<p>Dalai Lama's Birthday (1935) 6 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:30 Snooze Restaurant Del Mar "Breakfast for Lunch" 1:00 B Educational Video 2:30 TH Balance Class 3:30 CR Canasta Card Game 7:00 JK Texas Hold 'Em</p>	<p>Ringo Starr's Birthday 1940 7 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 "Deanna & Friends" 4:00 CP Computer Class 7:00 B Thur. Night Movie</p>	<p>9:30 TH Resistance Training 10:00 TH Boot Camp: Resistance 10:30 CR Penny Game 1:30 Poway Errands 1:30 TH When We Were Young 2:30 GR Helen Woodward Animal Visit 3:30 TH Wii Bowling 3:30 PL Wine & Pool Play</p>	<p>9:30 TH Chair Yoga 10:15 TH Music Therapy 12:30 Rancho Bernardo Errands 1:00 GR Love on a Leash 1:00 TH Bingo 2:30 TH Family Feud 3:30 GR Trivia 7:00 B Saturday Movie Night</p>
<p>8:00 Church Runs 10:00 TH Shadow MT. Church 1:00 TH Jewelry Design 1:30 CR Bridge Club 1:30 Scenic Drive 2:00 GR John on Violin 3:00 TH Bible Study 3:15 GR Trivia</p>	<p>Burr-Hamilton Duel 1804 11 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:40 TH Staying Well Games 1:00 Mystery Ride 2:30 TH Resident Meeting 3:30 TH Password 7:00 TH Bingo</p>	<p>Henry David Thoreau's Birth 1817 12 9:30 TH Theraband-ercise 10:00 TH Boot Camp: Theraband 10:45 TH Chris Burns on Beethoven: Music & His Time 1:00 Movie Matinee Outing 1:15 TH Communion 3:30 TH Blackjack 7:00 TH Wii Bowling</p>	<p>World Cup Inaugurated 1930 13 9:30 GR Stretch & Flex 10:00 GR Ad. Stretch & Flex 10:00 Coronado Ferry "Cruise and Shopping" 2:00 B Welcome Tea 2:30 TH Balance Class 3:30 TH History Matters 7:00 JK Texas Hold 'Em</p>	<p>President Ford's Birth 1913 14 9:30 GR Theraband-ercise 10:00 GR Boot Camp: Ad. Theraband 10:40 B Staying Well Games 1:45 TH America's Gilded Age "1800s Technology Innovation" 3:00 GR Happy Hour "Bernardo Heights Quartet" 4:00 CP Computer Class</p>	<p>Rembrandt's Birth 1606 15 9:30 TH Resistance Training 9:30 Walk at the Beach 10:00 TH Boot Camp: Resistance 10:30 CR Penny Game 1:30 TH Activity/MBA Meeting Guest Speaker: Braille Institute 1:30 Carmel Mountain Errands 3:30 PL Wine & Pool Play 3:30 TH Wii Bowling</p>	<p>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 Scenic Drive 3:30 GR Trivia 7:00 B Saturday Movie Night</p>
<p>8:00 Church Runs 10:00 TH Shadow MT. Church 1:30 Scenic Drive 1:30 CR Bridge Club 2:00 GR Suzanne Shea on Guitar 3:00 TH Bible Study 3:15 GR Trivia 7:00 B Sunday Movie</p>	<p>9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 10:40 TH Staying Well Games 1:00 Mystery Ride 1:30 TH When We Were Young 3:00 GR Music Joy Circle 7:00 TH Bingo</p>	<p>9:30 TH Theraband-ercise 10:00 TH Boot Camp: Theraband 10:40 GR Large Crossword 1:15 TH Communion 2:15 TH Sports Mania 3:30 TH Blackjack 7:00 TH Wii Bowling</p>	<p>Moon Landing (1969) 20 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 12:00 Mamma Kats Restaurant Outing San Marcos 1:00 B Educational Video 2:30 TH Balance Class 3:45 TH Protestant Communion Service 7:00 JK Texas Hold 'Em</p>	<p>Ernest Hemingway's Birth 1899 21 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 America's Gilded Age: "1890s: Unions Strike Back" 3:00 GR Happy Hour "Sentimental Journey" 7:00 B Thur. Night Movie</p>	<p>9:30 TH Resistance Training 10:00 TH Boot Camp: Resistance 1:30 Poway Errands 1:30 JP Chair Sports: VolleyBall 3:30 TH Wii Archery 3:30 PL Ladies' Wine Club 7:00 B Fri. Night Movie</p>	<p>9:30 TH Chair Yoga 10:15 GR Songs for the Soul 12:30 Rancho Bernardo Errands 1:00 TH Bingo 2:30 TH Art Class: "Ceramics" 5:00 Luau "The Pride of Polynesia" Outside Josephine's Patio</p>
<p>10:00 TH Shadow MT. Church 1:15 Coastal Cities Jazz Band Outing 2:00 GR Joceyln on Guitar 3:00 TH Bible Study</p>	<p>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 7:00 TH Bingo</p>	<p>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</p>	<p>Insulin Isolated 1921 27 9:30 TH Stretch & Flex 10:00 TH Ad. Stretch & Flex 1:00 B Educational Video 1:00 Marine Recruit Depot Outing in Old Town 2:30 TH Balance Class 3:30 CR Canasta Card Game 7:00 JK Texas Hold 'Em</p>	<p>World War I Begins 1914 28 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 "Middle Class Ideas" 3:00 GR Happy Hour "Fyne Tones" 4:00 CP Computer Class 7:00 B Thur. Night Movie</p>	<p>NASA Established 1958 29 9:30 Walking Club Outing 9:30 TH Resistance Training 10:00 TH Boot Camp: Resistance 10:30 CR Penny Game 12:00 JK Birthday Luncheon 1:30 TH Sports Mania 1:30 Rancho Bernardo Errands 3:30 PL Wine & Pool Play</p>	<p>Jimmy Hoffa Disappears 1975 30 9:30 TH Chair Yoga 10:30 TH Wii Bowling 12:30 Carmel Mountain Errands 1:00 TH Bingo 2:30 Scenic Drive 3:30 GR Trivia 7:00 B Saturday Movie Night</p>
<p>10:00 TH Shadow MT. Church 1:30 CR Bridge Club 1:30 Scenic Drive 2:00 GR Mark Mayville on Guitar</p>						



Welcome Committee

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

Resident Council

President Jim Roush
Vice Pres. Edie Siegfried
Secretary Jay Neal

Meet the Chef

Every Third Thursday at
1:00pm



Memorial Day honors - **Mike, Frank, Alice, and Barbara**



Helen & Erma enjoy the Coloring Book Social on a sunny Friday



Luau 2014

July's Entertainment

Independence Day Show -

Monday, July 4, at 2:30pm

The Luau

Saturday, July 23, from 5 to 7 p.m.

It will be a bang-up month. Families are welcome to both events. Get ready to kick off the fun with our classic Independence Day Show, featuring **High Society Jazz Boys**. Just a few weeks later, join us for the Luau, featuring **Pride of Polynesia**. Cost will be \$24 for adults & \$16 for children. Please R.S.V.P. with our concierge.

Casual for Cause



The "Casual for a Cause" program is a summer tradition here at Sabre Springs. Staff enjoy having a chance to participate—for a small donation to the **Alzheimer's Association** of \$1-\$2 for each Friday!

Another opportunity we'd like to offer is for residents and families to sponsor your favorite PAL for Casual for a Cause. Sponsor them for all 10 Fridays for \$50. Sponsor them for 5 Fridays at \$25. Staff will be wearing a "Casual for a Cause" sticker to promote the program

and a second sponsor sticker. **Just go by the Concierge anytime in July to leave your donation or sponsor staff!**

July Out and About



Join us to eat San Diego's great food with friends, ride the Ferry on the bay, and check out the marines (but don't enlist, please).

Snooze Restaurant Del Mar

Wednesday, July 6, at 10:30 a.m.

Coronado Ferry - Cruise & Shop

Wednesday, July 13, at 10:00 a.m.

Mamma Kats Restaurant

Wednesday, July 20, at 12:00 p.m.

Marine Recruit Depot Old Town

Wednesday, July 27, at 1:00 p.m.



Circle of Friends

The functional tasks of getting from sit to stand, the ability to walk or to stand during care are essential for Neighborhood and Circle of Friends residents.

Physical Therapy, Occupational Therapy and Speech Therapy are wonderful services that can help our beloved residents continue to be successful. Whether they are provided by our in-house team or by Home Health services through an HMO, it still sometimes requires family to advocate for recommended services.

Benefits of Physical Therapy:

Decreases pain in joints, improves mobility, strength, endurance, balance, and range of motion.

Benefits of Occupational Therapy:

Shortens recovery time, improves function and helps people become self-sufficient. An assessment and intervention can reduce the risk of a fall in elderly patients. O.C. retrains patients in the activities of daily living such as bathing, dressing, grooming and feeding.

Benefits of Speech Therapy:

Facilitates functional communication, safe oral feeding/swallowing. Speech Therapy also educates patients, caregivers, and family on compensatory strategies and home programs.

Neighborhood News



Noelle the Music Therapist

In some way, I always knew I wanted to be a music therapist because I wanted to use music to help others! I spent my younger years learning instruments and singing in groups and individually. When I went to college, I discovered music therapy and immediately knew that was my career. I love coming to Belmont and other communities.

In older adult communities, music therapists use instrumental, singing, performance, and theme-based strategies to improve functioning and facilitate changes that contribute to quality of life. In short, music is used as a vehicle to tap into positive memories and can stimulate cognitive functioning, aid in group cohesion, build relationships, improve movement, elevate mood, and overall be an enjoyable experience!

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

- Gloria Goldstein
- Peter Ruocco
- Marion Ruocco
- Anita Remish (Welcome back!)
- Erva Harris
- Helen Cohen



Molly, Bea, Carmelita, & Jayne at Queen Califia's Magical Circle

Belmont Village Scene



Veterans Honors: Councilman **Mark Kersey** with **Bea** (Air Force)



Neil is all smiles (Army, Marines & Navy)



Natalie - WAVE Navy



RuthEllen for a stroll in Coronado



Take me out to the Padres Game



Jeanne, Connie, & Illah Jo at Balboa Park

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