



Belmont Village at Sabre Springs VillageNEWS

13075 Evening Creek Dr. S. • San Diego, CA 92128 • Phone 858-486-5020 • Fax 858-486-3540

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

November 2015

Our Team

Inan Linton

Executive Director

(858) 486-5020 Ext. 104

ilinton@belmontvillage.com

Beth Romeo, R.N.

Dir. of Res. Care Services

(858) 486-5020 Ext. 105

bromeo@belmontvillage.com

Sandie Dewane

Community Relations

(858) 486-5020 Ext. 108

sdewane@

belmontvillage.com

Erik Erwin

Community Relations

(858) 486-5020 Ext. 107

eerwin@belmontvillage.com

Le Roy Patten

Chef Manager

(858) 486-5020 Ext. 112

lpatten@belmontvillage.com

Adam McRoy

Activity Programs Coord.

(858) 486-5020 Ext. 109

amcroy@belmontvillage.com

Jessica Porter

Memory Programs Coord.

(858) 486-5020 Ext. 110

jporter@belmontvillage.com

Jacklyne Reaves

Human Resources Coord.

(858) 486-5020 Ext. 106

jreaves@belmontvillage.com

Jack George

Building Engineer

(858) 486-5020 Ext. 111

jgeorge@belmontvillage.com



Alice & Chef Le Roy last Thanksgiving

We are entering one of our most favorite times of the year—the holidays! A time when Belmont Village exudes warmth, family, festivities and delicious menus of Thanksgiving, Hanukkah and Christmas. Please RSVP with the concierge for our **Annual Thanksgiving Buffet on Thursday, Nov. 26**, with two seating times: **11 a.m.-12:30 p.m. and 1-2:30 p.m.**

Leading up to the holidays, we have two very important occasions that we ask for your participation: our **Annual Satisfaction Survey** and the **Employee Appreciation Fund**. Each resident and/or family member will have received a survey by the time of this newsletter's printing. For all residents who complete and *turn in their survey to the Concierge* for mailing, they will receive a **Raffle Ticket** for an opportunity to win one of three gift cards. For our

families who are always so supportive, thank you on behalf of all the staff for completing the surveys. Our goal is to have 100% return rate and great ratings with solid feedback. Remember, we always have an open-door policy anytime during the year and endeavor to get everyone's approval for all departments. Go, Sabre Springs!

The **13th Annual Employee appreciation Campaign** is in full swing. My sincere appreciation to our dedicated residents and the Campaign Chair as they reach out, requesting your contributions to our line staff to say "thank you" for their dedication to serving you.

And one final good-bye, again, to you as November will be my scheduled retirement. I will miss you all dearly.



Inan's Retirement Award at Belmont Executive Director Meeting

Sincerely, Inan Linton



November Birthdays

Residents

- 1 Barbara F.
- 3 Quynh T.
- 4 Marilyn N.
- 7 Warren H.
- 12 Elizabeth C.
- 12 Bob Pu.
- 14 Milt R.
- 15 Bob Ca.
- 16 Barbera Mcm.
- 21 Genevieve F.
- 24 Mary Beth G.
- 24 Jim R.
- 25 Peggy C.
- 25 Richard G.
- 26 Lucille M.
- 30 Lee F.

Employees

- 2 Karl M.
- 3 Rey P.
- 6 David C.
- 11 Le Roy P.
- 14 Diane F.
- 16 Loretta L.
- 17 Carmi D.
- 22 Ma Imelda P.
- 28 Maria C.
- 30 Andres C.

Employee Anniversaries

- 7 Angelica R. - 3 years
- 10 Susan E. - 6 years
- 17 Roberto P. - 7 years
- 17 Rica H. - 7 years
- 17 Shiela Q. - 7 years

News From Beth Romeo, R.N.

Tips for a Thinner Thanksgiving

Gaining weight during the holiday season is a national pastime. Did you know that most people gain at least a pound during the holiday? Most keep that weight on permanently.

The good news is with a little knowledge you can indulge in traditional holiday fare, enjoying a guilt-free Thanksgiving.

Get Active: Eat less and exercise more during the holidays to prevent weight gain. Boost the frequency of your fitness routine the weeks ahead of the feast. Take a walk early Thanksgiving day and then again after dinner. It is a wonderful way for families to have joy on the holiday at the same time.

Eat Breakfast: Eating a small meal in the morning may give you

more control over your hunger. Preferably a breakfast with protein and fiber may help take the edge off your cravings and allow more sensible choices later.

Watch Your Portions: Before filling up your plate, evaluate the buffet table. Don't squander your calories on foods that you can have all year long. Indulge with *small* portions of traditional holiday favorites.

Best Bets on the Table: White turkey meat, plain vegetables, *roasted* sweet potatoes, mashed potatoes and *defatted* gravy are good because they are lower in fat and calories.

Skip the Seconds and Leftovers: Try to resist the temptation to go back for second helpings or leftovers, which will save room for a delectable dessert. But only one slice of that pumpkin pie!!!



October Employee of the Month

A salute to **Brad** for his fine service as second in command of the kitchen. Under pressure during big events, he does not sweat getting the job done. After a 26-year career in the Navy and rising to the rank of Senior Chief, Brad just wants to enjoy life and cooking for a wonderful population of seniors.

Born in Wisconsin, he grew up in small town America. His hobbies today include fixing up his 1984 Jeep and woodworking. He also has a great wife, daughter (18), and son (13), whom time is precious with. Thanks for your service!

Giving Thanks



Jack is thankful for our military!

He and daughter, **Tajy**, competed in the Marine Corps Boot Camp Challenge, which benefits veterans and their families. The 3-mile obstacle course had over 40 obstacles, including hay jumps, tunnel crawls, log hurdles, walls, trenches and cargo nets. Wow!



Warren Hess was honored at a ceremony in Washington, D.C., at Arlington during the changing of the **Guard of the Unknown Soldier** for his service in WWII. A private "Honor Flight" flew 80 vets with their guardians. Daughter, **Jeanette**, was his guardian.



At 96, **Erma** is thankful for her "health." **Adam** says you can have great wealth, but can't buy health. Just ask a retired football player.



Miko says she's thankful for her "sweet squeeze," **Chuck**, whom she visits regularly. Love gives us that connection to our soul.



Karla is thankful for the residents' affection and caring attitudes. "They're always asking how's the baby?" She loves it here.

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

November Errands Schedule

- 6 Carmel Mountain
- 7 Poway
- 13 Poway
- 14 Rancho Bernardo
- 20 Rancho Bernardo
- 21 Carmel Mountain
- 27 Carmel Mountain
- 28 Poway

Advisory Committee

- Maggie Cooper
- Marilyn Nichols
- Pauline Hayes
- Jane Van Benthuysen

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Saints' Day 1 8:00 Church Runs 10:00 ■ TH Shadow MT. Church 2:00 ■ GR Patrick on Vocals 3:00 ■ TH Bible Study 3:15 ■ GR Trivia 7:00 ■ TH Sunday Movie	Cookie Monster's Birthday 2 9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 1:00 Mystery Ride 1:15 ■ TH Staying Well Games 2:30 ■ GR Woodward Animal Visit 2:30 ■ CR Welcome Committee Meeting 3:30 ■ TH Password 7:00 ■ TH Bingo	National Sandwich Day 3 9:30 ■ TH Theraband-ercise 9:30 ■ 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 Bernie's Mystery Movie	9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 11:00 Niban Japanese Restaurant Kearny Mesa 1:00 ■ B Educational Video 2:30 ■ TH Balance Class 3:30 ■ CR Canasta Card Game 7:00 ■ JK Texas Hold 'Em	Art Garfunkel's B-Day (1941) 5 9:30 ■ TH Theraband-ercise 10:00 ■ TH Boot Camp: Ad. Theraband 10:40 ■ TH Staying Well Games 1:00 ■ TH Astronomy Class 3:00 ■ GR Happy Hour "Blue Zone Band" 4:00 ■ CP Computer Class 7:00 ■ TH Thur. Night Movie	9:30 ■ TH Resistance Training 10:00 ■ TH Boot Camp: Resistance 10:30 ■ CR Penny Game 1:30 Carmel Mountain Errands 3:30 ■ PL Wine & Pool Play 3:30 ■ TH Wii 100 Pin Bowling 7:00 ■ TH Fri. Night Movie	9:00 ■ GR Bazaar Event 9:30 ■ TH Chair Yoga 10:15 ■ TH Music Therapy 12:30 Poway Errands 1:00 ■ TH Bingo 1:00 ■ GR Love on a Leash 2:30 Scenic Drive 3:30 ■ GR Trivia
Margaret Mitchell's Birth (1900) 8 8:00 Church Runs 10:00 ■ TH Shadow MT. Church 1:00 ■ TH Jewelry Design 1:30 Scenic Drive 2:00 ■ GR Hot Rod Jerry On Guitar 3:00 ■ TH Bible Study 3:15 ■ GR Trivia 7:00 ■ TH Sunday Movie	Berlin Wall Opened (1989) 9 9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 1:00 Mystery Ride 1:15 ■ TH Staying Well Games 2:30 ■ TH Resident Meeting 3:30 ■ TH Password 7:00 ■ TH Bingo	9:30 ■ TH Theraband-ercise 10:00 ■ TH Boot Camp: Theraband 10:40 ■ TH Jeff on Broadway 1:00 Movie Matinee Outing 1:15 ■ TH Communion 2:00 ■ TH Wii Bowling 3:30 ■ TH Blackjack 7:00 ■ TH Bernie's Mystery Movie	Veterans Day 11 9:30 ■ GM Stretch & Flex 10:00 ■ GM Ad. Stretch & Flex 10:30 Poway Veterans Park Ceremony Outing 11:00 ■ JK Veterans Day BBQ Lunch 2:00 ■ B Welcome Tea 2:30 ■ TH Balance Class 3:30 ■ TH History Matters	9:30 ■ GM Theraband-ercise 10:00 ■ GM Boot Camp: Ad. Theraband 10:40 ■ B Staying Well Games 1:30 ■ GR Veterans Honors "Pinning Ceremony" 3:00 ■ GR Happy Hour "Smilin' Jack" 4:00 ■ CP Computer Class 7:00 ■ TH Thur. Night Movie	9:30 Walking Club Outing 9:30 ■ TH Resistance Training 10:00 ■ TH Boot Camp: Resistance 10:30 ■ CR Penny Game 1:30 ■ TH Mind Fitness 1:30 Poway Errands 2:30 ■ TH Activity/MBA Meeting 3:30 ■ PL Ladies' Wine Club 3:30 ■ TH Wii Bowl Tournament	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
America Recycles Day 15 8:00 Church Runs 10:00 ■ TH Shadow MT. Church 1:30 Scenic Drive 2:00 ■ GR RoseMarie on Piano 3:00 ■ TH Bible Study 3:15 ■ GR Trivia 7:00 ■ TH Sunday Movie	Lewis and Clark Expedition 1805 16 9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 1:00 Mystery Ride 1:15 ■ TH Staying Well Games 3:00 ■ GR Music Joy Circle 3:30 ■ TH Password 7:00 ■ TH Bingo	9:30 ■ TH Theraband-ercise 10:00 ■ TH Boot Camp: Theraband 10:30 ■ GR Large Crossword 1:15 ■ TH Communion 2:15 ■ B Cooking Exploration 3:30 ■ TH Blackjack 7:00 ■ TH Bernie's Mystery Movie	Great American Smokeout 18 9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 10:30 Julian for Shopping and Lunch 1:00 ■ B Educational Video 2:30 ■ TH Balance Class 3:30 ■ CR Canasta Card Game 7:00 ■ JK Texas Hold 'Em	Pres. Garfield's Birth (1831) 19 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 Turning Points: "1960 - Power of the Pill" 3:00 ■ GR Happy Hour "Cowboy Jack Duo" 7:00 ■ TH Thur. Night Movie	9:30 ■ TH Resistance Training 10:00 Walking Club Outing 10:00 ■ TH Boot Camp: Resistance 10:30 ■ CR Penny Game 1:30 Rancho Bernardo Errands 3:30 ■ TH Wii Bowling 3:30 ■ PL Wine & Pool Play	9:30 ■ TH Chair Yoga 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
8:00 Church Runs 10:00 ■ TH Shadow MT. Church 1:30 Scenic Drive 2:00 ■ GR Celia the Fiddle Girl 3:00 ■ TH Bible Study 3:15 ■ GR Trivia 7:00 ■ TH Sunday Movie	9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 10:30 ■ MP Marketplace Open 1:00 Mystery Ride 1:15 ■ TH Staying Well Games 3:15 ■ TH Current Events 7:00 ■ TH Bingo	Mary Beth Graves' 101st Birthday 24 9:00 ■ MP Senior Portraits 9:30 ■ TH Theraband-ercise 10:00 ■ TH Boot Camp: Theraband 1:15 ■ TH Communion 2:15 ■ TH Ed Brown Play Readers "Comedy Skits" 3:30 ■ TH Blackjack 7:00 ■ TH Bernie's Mystery Movie	Joe DiMaggio's Birth (1914) 25 9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 11:00 Chin's For Chinese Rancho Bernardo 1:00 ■ B Educational Video 3:30 ■ CR Canasta Card Game 7:00 ■ JK Texas Hold 'Em	Thanksgiving 26 7:00 ■ JK Continental Breakfast 10:00 Scenic Drive 11:00 ■ JK Thanksgiving Buffet First Seating 1:00 ■ JK Thanksgiving Buffet Second Seating 3:00 ■ GR Music: Silverwood Duo 7:00 ■ TH Thur. Night Movie	9:30 ■ TH Resistance Training 9:30 Walking Club Outing 10:00 ■ TH Boot Camp: Resistance 10:30 ■ CR Penny Game 12:00 ■ JK Birthday Luncheon 1:30 Carmel Mountain Errands 3:30 ■ TH Wii Bowling 3:30 ■ PL Ladies' Wine Club	9:30 ■ TH Chair Yoga 10:15 ■ GR Songs for the Soul 12:30 Poway Errands 1:00 ■ TH Bingo 2:30 ■ TH Art Class: "Ceramics" 2:30 Scenic Drive 3:30 ■ GR Trivia 7:00 ■ TH Saturday Movie Night
Louisa Alcott's Birth (1832) 29 8:00 Church Runs 10:00 ■ TH Shadow MT. Church 2:00 Master Chorale Opera "Carmen" 2:00 ■ GR Yochanan the Music Doctor 3:00 ■ TH Bible Study 3:15 ■ GR Trivia 7:00 ■ TH Sunday Movie	9:30 ■ TH Stretch & Flex 10:00 ■ TH Ad. Stretch & Flex 10:30 ■ MP Marketplace Open 1:00 Mystery Ride 1:15 ■ TH Staying Well Games 3:30 ■ TH Password 7:00 ■ TH Bingo					



Welcome Committee

Maggie Cooper - Chairperson
Warren Hess
Doris Hixson
Marion Traynor
Pat Scanlon
Erma Amatore
Pauline Hayes

Resident Council

President Jim Roush
Vice President
George Coulter
Secretary Jay Neal



Lorraine ready to saddle up at Olaf Wieghorst Museum El Cajon



Bud master archer at Mission Bay

Veterans Day Honors

For Veterans Day and the month of November, Belmont Village Sabre Springs endeavors to honor our many wonderful, heroic veterans—both residents and staff. The ceremony will include pinning, saluting, presentation and acknowledgments. Refreshments will be served in the Bistro.



Beth, Adam and a Marine at last year's ceremony

Veterans Pinning Ceremony
Thursday, Nov. 12, at 1:30 p.m.
Great Room

Circle of Friends



Marie, Ilah Jo & Wally enjoy the scenery at the Mission Bay Picnic

is a great opportunity. Shared experiences are a favorite way to celebrate. Admission is \$12 if you plan to reserve in advance, free and first-come, first-served the day of.

Neighborhood News

On November 20 at 11 a.m., we are inviting spouses of Neighborhood and Circle of Friends to the Town Hall for a special luncheon. November is a month of thanks, and we just can't pass up the opportunity to say thank you to these loving souls.

Being a family caregiver of someone with memory loss is difficult enough: the patience, understanding and selflessness required to support a spouse through the disease is something else all together. We'd like to invite daughters, sons, grandchildren and friends to write these spouses letters of thanks. We will present these letters as part of our luncheon.



Andres & Ruth, getting ready for music

David & Rochelle flying a kite at Coronado

On Wednesday, December 2, at 4 p.m., there is a group called "The Choice Entertainers" performing at the Escondido Center for Performing Arts. Their vocal style is do-wop, rock and blues. Please sign up with Jessica Porter to meet us there and enjoy this ensemble with your family member.

Often, families are befuddled about how to mark Thanksgiving or Christmas with someone with Alzheimer's or Memory Loss—this

Senior Portraits



Looking to get a portrait done of yourself, you and a spouse, or family to send out over the holidays? On Tuesday, Nov. 24, from 9:00 a.m. to 3:00 p.m., Belmont will feature just that opportunity with a photography session in the 1st floor parlor.

National award-winning photographer **Richard Weede** now specializes in "Senior Portraits" and will be conducting our session here. One individual complete sitting is \$35 and couples to 4 total are \$60. Please sign up at the front desk.

Thanksgiving



America's Thanksgiving is older than its independence, but it took more than 200 years to become an official holiday. What are your favorite memories? Join us as we get into the holiday spirit. Watch for some nightly movies and join these activities:

Food for Thought
Tuesday, Nov. 3, 2:15 p.m.
Cooking Exploration
Tuesday, Nov. 17, 2:15 p.m.
Thanksgiving Buffet
Thursday, Nov. 26
11:00-12:30 (1st Seating)
1:00-2:30 (2nd Seating)

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 9:30 a.m., in the 3rd Floor Spa, next to Salon.

New Residents

Alice Feldman
Zane Feldman
Coralie Howard
RuthEllen Toole
Alice Dalton



Summer Wind's Dave Scott gives **Walter, Bobbye, & daughter Karen** a cameo at the Fall Concert.

Belmont Village Scene



Quynh & Fulivia and Olaf Wieghorst



Pat the archery pro at the Picnic



Maggie & Alice with Dave Scott



Rosh Hashanah Dinner Celebration



Israeli Folk Dance



Warren, Bernie & Wes the pool crew

BELMONT *Village*

SENIOR LIVING
SABRE SPRINGS

13075 Evening Creek Dr. S.
San Diego, CA 92128

RCFE Lic. 374603279
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



© 2014 Belmont Village, L.P. All content herein and published by Belmont Village