



Belmont Village of San Jose Village NEWS

  500 S. Winchester Boulevard • San Jose, CA 95128 • Phone 408-984-4767 • Fax 408-984-0767

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

June 2016

Meet Our Team

Keith Payne

Executive Director

kpayne@belmontvillage.com

Christie Stifle

Director Resident Care Services

cstifle@belmontvillage.com

Peggy Bulger

Community Relations

pbulger@belmontvillage.com

Kimia Sedaghat

Community Relations

ksedaghat@belmontvillage.com

Allyson Fujii

Activity Program Coordinator

afujii@belmontvillage.com

Josue Dominguez

Chef Manager

jdomingu@belmontvillage.com

Nancy Vaughan

Human Resources

nvaughan@belmontvillage.com

Jon Simons

Building Engineer

jsimons@belmontvillage.com

Jessica Sanders

Memory Program Coordinator

jsanders@belmontvillage.com



San Jose Management Team (L-R):
Peggy, Josue, Nancy, Kimia,
Allyson, Jessica, Keith, Christie, &
Jon

Keith's Corner

Hello, again! June is finally here, and bringing with it warm days, BBQs, children out on summer vacations, swimming, and families taking their children and loved ones on the traditional family vacations!

June is the sixth month of the year in the Julian and Gregorian calendars and one of four months with a length of 30 days. June is the month with the longest daylight hours of the year in the Northern Hemisphere and the shortest daylight hours of the year in the Southern Hemisphere.

The month of June is named after Juno, the wife of Jupiter, and queen of the gods. It was held sacred to her, and was thought by the Romans to be the luckiest month for marriage, since Juno was the Goddess of Marriage. Wherever the goddess went, she was attended by her messenger Iris (the Rainbow), who journeyed so quickly through the air that she was seldom seen. After she had passed, often left in the sky was the radiant trail of her highly-colored robe.

I would like to say a big THANK YOU to our Chef, Josue, and his crew for preparing such a wonderful feast for all to enjoy on Mother's Day! We truly appreciate everyone's hard work and

dedication to make this a joyous day for all of our residents, and a special day for all of those with the magical title of Mother.

Tuesday, June 14th, is Flag Day. People across the United States celebrate Flag Day on June 14 each year to honor the United States flag and to commemorate the flag's adoption. On the same day, the United States Army celebrates its birthday.

Sunday, June 19th, is Father's Day. Father's Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. Many countries celebrate it on the third Sunday of June, though it is also celebrated widely on other days by many other countries.

"A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way."

As always, thank you for your continued support of Belmont Village San Jose and our staff, as we truly appreciate the opportunity to serve you and your loved one. Sincerely, Keith Payne

Father's Day Luncheon

Make a reservation for lunch and spend the day with Dad!

Sunday, June 19th

11:00 AM - 1st Seating

1:00 PM - 2nd Seating

RSVP Deadline: June 14th



June Birthday Lunch

Let's celebrate on
Friday, June 24th, at 11:30 a.m.

Resident Birthdays

June 12 Helen Stickles
June 19 Joyce Slaughterbeck
June 19 Irene Tsai
June 28 Paula Brennock



Larry, Bernie, Billie, and Karen
celebrating April birthdays



Ken and Lillian celebrating their
birthdays in April

Employee Birthdays

June 5 Aziza Mohammed
June 9 Tasha Vu
June 10 Francisco Giovaneli
June 10 Samrawit Bekele
June 13 Cynthia Garcia
June 14 Innocent Umunna
June 16 Bianca Purswani
June 26 Erika Alhambra
June 29 Jumel Testado

Dementia Care Coaching

If you have a loved one in our
Memory Programs you are
invited to attend a Support
Group Facilitated by Tiffany
Mikles.

These groups provide a safe
place for family members and
friends of dementia patients to
share feelings, concerns and
information. These groups are
where you will find support,
and learn how people cope with
the symptoms and life changes
caused by dementia,
Alzheimer's Disease and other
related disorders.

Wednesday, June 8th
5:30pm-7:00pm
Town Hall - 6th Floor

2nd Wednesday of each month.
No reservation required.

Welcome Wagon

All new residents will be invited
to an orientation about
Belmont and then a special
luncheon

Thursday, June 2nd
11:30 am

Josephine's Kitchen

Meg Ferguson

Florence Nelson

Welcome to the Belmont Village
family!

Presidential Primary Election

Belmont Village San Jose will
serve as an official polling place
for the Presidential Primary
Election

Tuesday, June 7th, 2016
Great Room

"Voting is the expression of our
commitment to ourselves, one
another, this country and this
world." -Sharon Salzberg

Employee of the Month

Melissa has been part of the Belmont Village
family for four years. She initially worked as a
PAL in the Neighborhood and has become one
of our most dedicated and compassionate
nurses. Melissa works during the night shift and
she always greets everyone with a smile and
positive attitude.

When Melissa is not at work she likes to read,
hike with her dog, Gus, watch her son play
football, and her daughter excel in gymnastics.
She also loves a good wine and cheese pairing.



Congratulations, Melissa
Wright, our Employee of
the Month for June!



Outings

San Jose Orchid Exposition

We have been invited to attend the 11th Annual Orchid Expo at the Winchester Mystery House.

See Allyson for information regarding FREE ADMISSION

Friday, June 3rd

5:30 PM Departure

RSVP with the concierge
Space is limited

Bertucelli's La Villa

Let's enjoy some local Italian food at La Villa in Willow Glen

Wednesday, June 8th

11:00 AM Departure

RSVP with the concierge
Space is limited

Winchester Mystery House Video Tour

We will watch a video tour of the "beautiful but bizarre" Winchester Mystery House

Wednesday, June 15th

1:30 PM Departure

Cost: \$12

RSVP with the concierge
Space is limited

Municipal Rose Garden

Let's take a walk around the San Jose Rose Garden and enjoy the nice summer weather

Wednesday, June 22nd

1:30 PM Departure

RSVP with the concierge
Space is limited



Welcome to our Belmont Village family, **Jessica!**

Meet Our New Memory Programs Coordinator

Jessica Sanders was born and raised in the Tar Heel State, North Carolina. A few years ago, she left her home state and came to California to pursue her master's degree in Health Care Management, which she completed in 2015. Jessica also holds a BS degree in Biology, and a BA degree in African-American Studies.

She has worked in the health care industry for six years serving the senior community, and enjoys her time working in the health care field. She enjoys movies, bowling, spending time with friends, and reading about new advances in medicine.

Please welcome Jessica to our community. We are very excited to have her be part of our Belmont Village San Jose team, and share experiences with the residents, families and staff.

Activity Chat

Learn about the activities happening throughout the month & help plan activities

Wednesday, June 1st

1:30 PM

Town Hall-6th Floor

Resident Meeting

Share your concerns with the management team, ask questions, and discuss ideas

Friday, June 24th

10:00 am

Town Hall-6th Floor

Chef Chat

Meet Josue for the monthly chef chat to discuss dining room dynamics, food, and events

Tuesday, June 28th

3:00 pm

Town Hall-6th Floor

Employee Recognition Awards 2015

Please congratulate all of our award recipients on a job well done!

Employee of the Year: Demetrio

Customers First: Tonka

Team Player: Mulu

Rookie of the Year: Sin

Preservation: Mao

Most Reliable: Guilbert

Adaptability: Krys

Cool Under Pressure: Erick

Most Cheerful: Susan

Rising Star: Claudia

Mr. Congeniality: Naveen

Miss. Congeniality: Cindy

Longevity: Wilda

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 TH Let's Get Fit! ♥ 10:00 TH Mind Your Mind ♻️ 10:00 O Shopping: Walgreens & Banks ★ 1:30 TH Activity Chat ♻️ 2:30 TH Fitness Fun ♥ 3:00 GR Stitch Circle ♻️ 6:15 GR Blackjack	2 9:30 TH Belmont Boot Camp ♥ 10:00 GR Wellness Walk ♥ 11:30 JK New Resident Lunch 1:15 TH Bingo 2:30 TH Fitness Fun ♥ 3:00 JK Wine & Cheese with Carol Thorson 6:15 GR Card Games	3 9:30 TH Let's Get Fit! 10:30 TH Catholic Mass ♻️ 1:00 TH Spanish Class ♻️ 1:30 G Fitness Fun ♥ 1:45 JK Young at Heart Performs 3:00 B Bridge Game ♻️ 5:30 O San Jose Orchid Exposition ★ 6:15 TH Movie Night 6:15 GR Card Games	4 10:00 TH Seated Tai Chi ♥ 10:00 O Shopping: Target ★ 1:00 B Bridge Game ♻️ 1:30 O Scenic Drive ★ 1:30 MP Marketplace Opens 2:00 C Teach Seniors Technology Class ♻️ 3:00 JK Bev on the Piano 6:15 GR Card Games
5 9:30 O Church Outing ★ 10:00 TH Exercise Video ♻️ 1:00 TH Xbox Kinect Gaming Hour 1:30 O Scenic Drive ★ 2:00 TH Ceramics Class ♻️ 3:00 JK Pam's Piano & Violin Students Recital 3:30 TH Christian Worship Service ♻️ 6:15 GR Bingo	6 9:30 TH Let's Get Fit! ♥ 10:00 TH Seated Exercises ♥ 10:00 JK Cupertino Choraliers Perform 10:00 O Shopping: CVS & Banks ★ 1:00 G Fitness Fun ♥ 1:30 TH Ceramics Class ♻️ 3:00 TH Beyond the Book ♻️ 6:15 TH Movie Night 6:15 GR Poker Night	7 9:30 TH Belmont Boot Camp ♥ 10:00 JK Sing-Along with Dianne 1:15 TH Bingo 2:30 TH Healthful Bites ♻️ 3:00 TH Flower Arranging ♻️ 6:15 GR Card Games	8 9:30 TH Let's Get Fit! ♥ 10:00 TH Mind Your Mind ♻️ 10:00 O Shopping: Walgreens & Banks ★ 11:00 O La Villa Lunch Outing 1:30 TH Art Class with Lawrence ♻️ 2:30 TH Fitness Fun ♥ 3:00 GR Stitch Circle ♻️ 3:00 TH Current Events with Lawrence ♻️ 6:15 GR Blackjack	9 9:30 TH Belmont Boot Camp ♥ 10:00 GR Wellness Walk ♥ 10:30 TH Catholic Services ♻️ 1:15 TH Bingo 2:30 TH Fitness Fun ♥ 3:00 JK Wine & Cheese with Kimberlye Gold 6:15 GR Card Games	10 9:30 TH Let's Get Fit! 10:30 TH Bible Study ♻️ 1:00 TH Spanish Class ♻️ 1:30 G Fitness Fun ♥ 3:00 B Bridge Game ♻️ 3:00 JK Brad Bryant Performs 6:15 TH Movie Night 6:15 GR Card Games	11 10:00 TH Seated Tai Chi ♥ 10:00 O Shopping: Kohl's ★ 1:00 B Bridge Game ♻️ 1:30 O Scenic Drive ★ 2:00 C Teach Seniors Technology Class ♻️ 3:00 JK Mark Watson Performs 6:15 GR Card Games
12 9:30 O Church Outing ★ 10:00 TH Exercise Video ♻️ 1:00 GR Board Games 1:30 O Scenic Drive ★ 2:00 TH Ceramics Class ♻️ 6:15 GR Bingo	13 9:30 TH Let's Get Fit! ♥ 10:00 TH Seated Exercises ♥ 10:00 O Shopping: CVS & Banks ★ 1:00 G Fitness Fun ♥ 2:00 TH Craft Club ♻️ 6:15 GR Poker Night 6:15 TH Movie Night	14 Flag Day 9:30 TH Belmont Boot Camp ♥ 10:00 JK Sing-Along with Dianne 1:15 TH Bingo 2:30 TH Healthful Bites ♻️ 3:00 TH Flower Arranging ♻️ 6:15 GR Card Games	15 9:30 TH Let's Get Fit! ♥ 10:00 O Shopping: Walgreens & Banks ★ 10:00 TH Mind Your Mind ♻️ 1:30 O Winchester Mystery House Video Tour ★ 2:30 TH Fitness Fun ♥ 3:00 GR Stitch Circle ♻️ 3:30 JK Ken Sosa Performs 6:15 GR Blackjack 6:15 TH Movie Night	16 9:30 TH Belmont Boot Camp ♥ 10:00 GR Wellness Walk ♥ 10:30 TH Catholic Services ♻️ 1:15 TH Bingo 2:30 TH Fitness Fun ♥ 3:00 JK Wine & Cheese with Eddie Williams 6:15 GR Card Games	17 9:30 TH Let's Get Fit! 10:00 TH Xbox Kinect Gaming Hour ♻️ 1:00 TH Spanish Class ♻️ 1:30 G Fitness Fun ♥ 3:00 JK Paulette ReNee Performs 3:00 B Bridge Game ♻️ 6:15 GR Card Games 6:15 TH Movie Night	18 10:00 TH Seated Tai Chi ♥ 10:00 O Shopping: Marshalls ★ 1:00 B Bridge Game ♻️ 1:30 O Scenic Drive ★ 2:00 C Teach Seniors Technology Class ♻️ 3:00 GR Furry Friends Visit 6:15 GR Card Games
19 Father's Day 9:30 O Church Outing ★ 10:00 TH Exercise Video ♻️ 11:00 JK Father's Day Brunch 1st Seating 1:00 JK Father's Day Brunch 2nd Seating 1:30 O Scenic Drive ★ 2:00 TH Ceramics Class ♻️ 6:15 GR Bingo	20 First Day of Summer 9:30 TH Let's Get Fit! ♥ 10:00 O Shopping: CVS & Banks ★ 10:00 TH Seated Exercises ♥ 1:00 G Fitness Fun ♥ 1:30 TH Ceramics Class ♻️ 3:00 TH Beyond the Book ♻️ 6:15 GR Poker Night 6:15 TH Movie Night	21 9:30 TH Belmont Boot Camp ♥ 10:00 JK Sing-Along with Dianne 1:15 TH Bingo 2:30 TH Healthful Bites ♻️ 3:00 TH Flower Arranging ♻️ 6:15 GR Card Games	22 9:30 TH Let's Get Fit! ♥ 10:00 TH Mind Your Mind ♻️ 10:00 O Shopping: Walgreens & Banks ★ 1:30 TH Art Class with Lawrence Harris ♻️ 1:30 O San Jose Rose Garden Outing ★ 2:30 TH Fitness Fun ♥ 3:00 TH Current Events ♻️ 3:00 GR Stitch Circle ♻️ 6:15 GR Blackjack 6:15 TH Movie Night	23 9:30 TH Belmont Boot Camp ♥ 10:00 GR Wellness Walk ♥ 10:30 TH Catholic Services ♻️ 1:15 TH Bingo 2:30 TH Fitness Fun ♥ 3:00 JK Wine & Cheese with Young at Heart 6:15 GR Card Games	24 9:30 TH Let's Get Fit! 10:00 TH Resident Meeting ♻️ 11:30 JK Birthday Luncheon 1:00 TH Spanish Class ♻️ 1:30 G Fitness Fun ♥ 2:00 TH Xbox Kinect Gaming Hour ♻️ 3:00 B Bridge Game ♻️ 6:15 GR Card Games 6:15 TH Movie Night	25 10:00 O Shopping: Walmart ★ 10:00 TH Seated Tai Chi ♥ 1:00 B Bridge Game ♻️ 1:30 O Scenic Drive ★ 2:00 C Teach Seniors Technology Class ♻️ 3:00 TH Resident in the Spotlight: Jeannette Sweetnam 6:15 GR Card Games
26 9:30 O Church Outing ★ 10:00 TH Exercise Video ♻️ 1:00 GR Board Games 1:30 O Scenic Drive ★ 2:00 TH Ceramics Class ♻️ 3:00 JK Gregory Taylor Performs 6:15 GR Bingo	27 9:30 TH Let's Get Fit! ♥ 10:00 O Shopping: CVS & Banks ★ 10:00 TH Seated Exercises ♥ 1:00 G Fitness Fun ♥ 2:00 TH Craft Club ♻️ 6:15 TH Movie Night 6:15 GR Poker Night	28 9:30 TH Belmont Boot Camp ♥ 10:00 JK Sing-Along with Dianne 1:15 TH Bingo 2:30 TH Healthful Bites ♻️ 3:00 TH Chef Chat ♻️ 6:15 GR Card Games	29 9:30 TH Let's Get Fit! ♥ 10:00 TH Flower Arranging ♻️ 10:00 O Shopping: Walgreens & Banks ★ 1:30 O Movie Theatre Outing 2:30 TH Fitness Fun ♥ 3:00 GR Stitch Circle ♻️ 6:15 GR Blackjack 6:15 TH Movie Night	30 9:30 TH Belmont Boot Camp ♥ 10:00 GR Wellness Walk ♥ 10:30 TH Catholic Services ♻️ 1:15 TH Bingo 2:30 TH Fitness Fun ♥ 3:00 JK Wine & Cheese with the Live Oak Swing Band 6:15 GR Card Games		



Circuit Training for Seniors

Circuit Format:

- Different exercises performed in a specific order and completed consecutively
- Body weight exercises, machine workouts, resistance band exercises or free weight routines for a full body workout
- Each exercise has predetermined repetitions and time period with a brief rest period between exercise stations

Benefits:

- Improves mobility, stability, physical functioning, vitality, reduced fall risk by 12.9%, reduces pain, no special equipment, better cognitive performance, mental functioning and processing speed

Intensity

- Start slow and gradually increase the intensity.
- Do not attempt new or more vigorous exercise without your doctor's approval. Listen to your body do as much as you are able without experiencing pain.

Circuit Training Class: Wed & Thur @ 1:30pm 4th Floor Gym. **Contact:** Naseem Syed, Program Director, Rehab Care



Join us as we honor our resident artist Jeannette Sweetnam, along with her husband Warren, on Saturday, June 25th, at 3pm in the Town Hall to honor and celebrate her artistic accomplishments

Resident in the Spotlight

Our featured artist for June is **Jeannette Sweetnam**. She is originally from Zurich, Switzerland, and growing up was always interested in art. She was fascinated with German Carnival (Mardi Gras) costumes and recreated them in her paintings. Jeannette attended Long Beach City College and was a member of the Long Beach Art Association. She displayed many of her pieces in exhibits but never sold one piece! The Sweetnams converted their garage into an art studio so Jeannette could paint and create!

Neighborhood News

Challenging the brain with new activities and staying social are important aspects in order to maintain our brains active and build cognitive reserve, even when individuals are experiencing cognitive impairment. We constantly incorporate those elements in our programs in the Neighborhood. Isolation and inactivity lead to depression, which contributes to certain dementias. Social interaction has real benefits for physical, emotional & cognitive health.



Circle of Friends Corner

Staying physically and mentally active is one of the main goals of the Circle of Friends program. Recent studies have greatly emphasized the correlation between physical exercise and maintaining a healthy brain. The best activities work mind and body together - like dancing. Dancing is a very social activity and an enjoyable way to participate in exercise.



Dancercise Class



Clinical Corner

June Is National Safety Month

By Christie Stifle, DRCS

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 shown to reduce fall risks in older adults. Belmont Village and Rehab Care offer various exercise and wellness programs to suite everyone's fitness level.

Check apartments daily for any tripping hazards. Phone lines and oxygen tubing should never be obstructing a walk way. 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 lose 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 safe handled alone.

Don't hesitate to ask for assistance, prevention is key for staying healthy.

New Activities!

Beyond the Book

Do you like to read books? If so, let's read together and share our reading experiences

Meets every 2 weeks

Mondays June 6th & 20th

3:00 PM in Town Hall-6th Floor

Xbox Kinect

Gaming Hour

Stay active with video games called *Exergaming!* Kinect is an attachment for the Xbox 360 that uses motion-sensing technology to perform different types of physical movements to achieve the goals of a particular game or physical activity

See daily schedules

Town Hall - 6th Floor

Tai Chi

Let's try seated Tai Chi exercises Saturdays at 10:00 AM in the Town Hall-6th Floor. Tai Chi is beneficial for our health, fitness, balance, and overall well being. Experience this low impact form of martial arts and meditation

Resident Services

Fitness Center Hours

Monday-Friday

8:30 am-4:00 pm

Beauty Shop Hours

With Rachel

Tuesday: 10 am-1 pm

Wednesday: 9 am-2 pm

Friday: 9 am-2 pm

Full-Service Salon

Including cuts (for men and women), color, shampoo, set, permanents and manicures.



Visit Rachel in the salon for a weekly up-do or just a trim, she can do it all!

Transportation

Please schedule transportation at the concierge desk. Transportation is on a first-come, first-served basis.

Tuesdays and Thursdays are designated doctor days.

Complimentary Valet Parking

Hours: 9:00am-5:30pm

Please take advantage of our new valet parking. Ease the transition of your visit by having your car valet for you.

Belmont Village Scene



Yasuko and **Joyce** arranging flowers



COF Residents working on their brain fitness during the morning brain warm-ups



Joyce S molding clay in ceramics class



Lester & Yvonne pausing for a photo during the Il Fornaio dinner outing



Join the Sing-A-Long with Dianne every Tuesday!



Peggy, Bogie, Angela, & Bev enjoying lunch at Pizza Antica on Santana Row

BELMONT *Village*
SENIOR LIVING
SAN JOSE

500 S. Winchester Boulevard
San Jose, CA 95128

RCFE Lic. 435201045
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