



Belmont Village of San Jose VillageNEWS

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

July 2016

Meet Our Team

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

Keith's Corner

Hello again! July is finally here, which means: happy birthday, America! The 4th of July is a spectacular day for families to celebrate the birth of our nation with family BBQs, fireworks for all to enjoy, fun in the sun and music, all in the name of our country's freedom.

The 4th of July became an official Federal holiday in 1870. Then, in 1938, Congress reaffirmed the holiday to make sure all workers received full pay. The use of fireworks to celebrate the 4th of July first happened in 1777. It might sound odd, but if you celebrate the Fourth of July outside the U.S., you still might see fireworks. This is because thousands of people emigrated to the U.S. in the early 1900s. Some European celebrations on the 4th take place near tourist destinations to attract U.S. travelers, or near American military bases.

I hope you and your loved ones enjoy the 4th of July BBQ that Chef Josue will cook up for us so we can all celebrate America's birthday together!

I would like to say a big THANK YOU to our Chef, Josue, and his crew for preparing such a wonderful meal for all to enjoy on Father's Day. This was

a joyous day for all residents, and a special day for the men with the esteemed title of "father."

Neighborhood Renovations

Some exciting changes are coming to our community. The second floor will be converted to accommodate an additional Neighborhood (Memory Care Unit). This will allow us to better meet the full range of resident needs for activities, services, and comfort. The renovation is anticipated to be completed by the end of July 2016. Majority of the construction process will be contained to a selected area which will help minimize the disruption for all residents, staff, and visitors.

During the construction process, please refer to the activity schedules, as the location of most activities will be shifted around for the Circle of Friends and Assisted Living residents. If you have any questions, please do not hesitate to contact me. I truly appreciate your cooperation and patience during this process and look forward to the opening of our second Neighborhood.

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

Sincerely, Keith Payne



July Birthday Lunch

Let's celebrate on
Friday, July 29th, at 11:30 AM

Resident Birthdays

July 1	Joyce Mirassou
July 5	Rhoda Raice
July 7	Nancy Parkinson
July 9	Wayne Walter
July 10	Lucy McCulloch
July 14	Helen Eberle
July 15	Fred Nicholson
July 17	Robert Parks
July 18	Nancy Mason
July 21	Claudesta Gould
July 26	Dorothy Shirk
July 27	Charlotte Parks
July 27	Betty Vandersyde



Mary Lewis celebrated her birthday in May with her brother, Henry, and daughter, Barbara at the Birthday luncheon

Employee Birthdays

July 2	Joy Otons
July 7	John Baron Munoz
July 10	Guilbert Resuma
July 11	Mabel Martinez
July 15	Lissette Perez
July 22	Gianella Gandeza
July 25	Quan Trinh
July 30	Brian Papilleras

Support Group

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

Wednesday, July 13th

5:30pm-7:00pm

Town Hall - 6th Floor

No Reservation Required

2nd Wednesday of each month

Happy Hour

Let's take the time to relax and enjoy some cocktails and snacks at the monthly Happy Hour!

Tuesday, July 12th

3:00-4:00 PM

7th Floor-Terrace

Every 2nd Tuesday of the month

Financial Elder Abuse Workshop

Attend a FREE workshop titled, "Preserve Your Independence Protect Your Assets" to learn about Common Financial Scams and Warning Signs. Discover how proper Estate Planning can help protect you

Monday, July 11th

3:00 PM Bistro-7th Floor

RSVP to the concierge by July 7th

Welcome Wagon

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

Thursday, July 7, at 11:30 am

Josephine's Kitchen

Welcome to Belmont Village:

Nancy Dodsworth

Yvonne James

Jack Martinsen

Wayne Walter

Employee of the Month

Congratulations to **Mabel Martinez** our Employee of the Month for July. Mabel has been working at Belmont Village for four years and is described as hardworking, trustworthy, and dedicated. She enjoys working at Belmont because she takes pride leaving the residents with a happy, healthy home. In Mabel's free time she enjoys cooking Salvadorian food (she's from El Salvador!), creating crafts, spending time with family and friends, and is a big sports fan. Please help us to congratulate Mabel for this well deserved recognition!



Congratulations to our July Employee of the Month, Mabel Martinez!



July Outings

Movie Theatre Outing

CinéArts at Santana Row is conveniently located next to Belmont Village. Let's go out for a good movie and tasty popcorn

Wednesday, July 6

Movie: Me Before You

Departure Time: TBD

Space is Limited

Shoreline Park Outing

Let's take a short trip to Mountain

View to explore the 750 acre wildlife and recreation area

located in a beautiful setting by

the San Francisco Bay

Wednesday, July 13th

1:30 PM Departure

Space is limited

Thai Restaurant

Lunch Outing

Tantalize your taste buds as we try new foods close to home at the

New Krung Thai Restaurant

Wednesday, July 20th

11:00 AM Departure

Space is limited

Cocola Bakery Outing

Let's enjoy a delicious snack at Cocola Bakery on Santana Row.

You can try mini cakes, tarts, pastries, sandwiches, or a refreshing drink to spice up your afternoon

Wednesday, July 27th

1:30 PM Departure

Space is Limited

Spiritual Offerings

Christian Services

All are welcome to attend the **Christian Worship Service** and **Bible Study** led by Pastor Derek Engfelt from the Immanuel Lutheran Church

Christian Worship Service

Sunday, July 3rd

3:30 PM

Bistro-7th Floor

Bible Study

Friday, July 8th

10:30 AM

Bistro-7th Floor

Catholic Services

People of all faiths are invited to attend the **Catholic Mass and Services** held weekly led by a Priest of St. Martin of Tours Church at 10:30 AM in the **Bistro-7th Floor**

Catholic Mass

Friday, July 1st

Catholic Services

Every Thursday

Recitation of the Rosary

10:10 AM before every Mass and Service

Learn Tai Chi

Tai chi is an ancient Chinese tradition often described as meditation in motion

Every Saturday

10:00 AM

Bistro-7th Floor

Activity Chat

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

Friday, July 1st

3:00 PM

Bistro-7th Floor



All eyes were on Belly Dancer Regine, a new performer to Belmont San Jose

Chef Chat

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

Tuesday, July 19th

3:00 pm

Bistro-7th Floor



Residents reviewed new menus with Josue during the chef chat






Resident Meeting

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

Friday, July 29th

10:00 am

Bistro-7th Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
3 9:30 O Church Outing★ 10:00 B Exercise Video♣ 1:30 O Scenic Drive★ 2:00 B Ceramics Class♣ 3:30 B Christian Worship Service♣ 6:15 GR Bingo	4 Independence Day 9:30 B Exercise Video♥ 11:00 JK Fourth of July Luncheon 3:00 JK Steven Gary Performs 6:15 GR Poker Night 6:15 TH Movie Night	5 9:30 B Belmont Boot Camp♥ 10:00 JK Sing-Along with Dianne 1:15 B Bingo 2:30 B Healthful Bites♣ 3:00 B Flower Arranging♣ 6:15 GR Card Games	6 9:30 B Let's Get Fit!♥ 10:00 B Beyond the Book♣ 10:00 O Shopping: Walgreens & Banks 1:00 O Movie Theatre Outing: Me Before You★ 2:30 B Fitness Fun♥ 6:15 TH Movie Night 6:15 GR Blackjack	7 9:30 B Belmont Boot Camp♥ 10:00 O Wellness Walk♥ 10:30 B Catholic Services♣ 11:30 JK New Resident Lunch 1:15 B Bingo 2:30 B Fitness Fun♥ 3:00 JK Wine & Cheese with Belly Dancer Regine Constant 6:15 GR Card Games	8 9:30 B Let's Get Fit! 10:30 B Bible Study♣ 1:00 B Spanish Class♣ 1:30 G Fitness Fun♥ 3:00 JK Brad Bryant Performs 6:15 TH Movie Night 6:15 GR Card Games	9 10:00 B Seated Tai Chi♥ 10:00 O Shopping: Kohl's★ 1:00 B Resident Art Show: Yasuko Takaki (1-4p) 1:30 O Scenic Drive★ 3:00 JK Mark Watson Performs 6:15 GR Card Games
10 9:00 B Resident Art Show: Yasuko Takaki (9a-2p) 9:30 O Church Outing★ 1:30 O Scenic Drive★ 2:00 B Ceramics Class♣ 5:00 TH SF Giants vs AZ Diamondbacks 6:15 GR Bingo	11 9:30 B Exercise Video♥ 10:00 B Seated Exercises♥ 10:00 O Shopping: CVS & Banks★ 1:00 G Fitness Fun♥ 1:30 B Ceramics Class♣ 3:00 B Financial Elder Abuse Presentation♣ 6:15 TH Movie Night 6:15 GR Poker Night	12 9:30 B Belmont Boot Camp♥ 10:00 JK Sing-Along with Dianne 1:15 B Bingo 2:30 B Healthful Bites♣ 3:00 T Happy Hour 3:00 B Flower Arranging♣ 6:15 GR Card Games	13 9:30 B Let's Get Fit!♥ 10:00 B Beyond the Book♣ 10:00 O Shopping: Walgreens & Banks 1:30 B Art Class with Lawrence♣ 1:30 O Shoreline Park Outing 2:30 B Fitness Fun♥ 3:00 B Current Events with Lawrence♣ 6:15 GR Blackjack	14 9:30 B Belmont Boot Camp♥ 10:00 O Wellness Walk♥ 10:30 B Catholic Services♣ 1:15 B Bingo 2:30 B Fitness Fun♥ 3:00 JK Wine & Cheese with Kimberlye Gold 6:15 GR Card Games	15 9:30 B Let's Get Fit! 1:00 B Spanish Class♣ 1:30 G Fitness Fun♥ 2:00 B Movie Matinee 6:15 GR Card Games	16 Shopping Trip & Scenic Drive Cancelled 10:00 B Seated Tai Chi♥ 2:00 JK Classical Piano & Violin Performance 3:00 GR Furry Friends Visit 5:40 TH SF Giants vs San Diego Padres 6:15 GR Card Games
17 Belmont Church Transportation & Scenic Drive Cancelled 10:00 B Exercise Video♣ 2:00 B Ceramics Class♣ 3:00 JK Mandolin Performance by Satoshi Mukaida 6:15 GR Bingo	18 9:30 B Exercise Video♥ 10:00 B Seated Exercises♥ 10:00 O Shopping: CVS & Banks★ 1:00 G Fitness Fun♥ 2:00 B Craft Club♣ 3:00 B Laughter Yoga♣ 6:15 TH Movie Night 6:15 GR Poker Night	19 9:30 B Belmont Boot Camp♥ 10:00 JK Sing-Along with Dianne 1:15 B Bingo 2:30 B Healthful Bites♣ 3:00 B Chef Chat♣ 6:15 GR Card Games	20 9:30 B Let's Get Fit!♥ 10:00 O Shopping: Walgreens & Banks 10:00 B Beyond the Book♣ 11:00 O New Krung Thai Restaurant Lunch Outing★ 2:30 B Fitness Fun♥ 6:15 GR Blackjack 6:15 TH Movie Night	21 9:30 B Belmont Boot Camp♥ 10:00 O Wellness Walk♥ 10:30 B Catholic Services♣ 1:15 B Bingo 2:30 B Fitness Fun♥ 3:00 JK Wine & Cheese with Tatjana Geary 6:15 GR Card Games	22 9:30 B Let's Get Fit! 10:00 B Mind Your Mind♣ 1:00 B Spanish Class♣ 1:30 G Fitness Fun♥ 3:00 JK Danny Kennedy Performs 6:15 TH Movie Night 6:15 GR Card Games	23 10:00 O Shopping: Walmart★ 10:00 B Seated Tai Chi♥ 1:30 O Scenic Drive★ 3:00 JK Frank Cefalu Performs 6:15 GR Card Games
24 9:30 O Church Outing★ 10:00 B Exercise Video♣ 2:00 B Ceramics Class♣ 3:00 JK Maureen's Piano Students Perform 6:15 GR Bingo	25 9:30 B Exercise Video♥ 10:00 O Shopping: CVS & Banks★ 10:00 B Seated Exercises♥ 1:00 G Fitness Fun♥ 1:30 B Ceramics Class♣ 3:00 B Mind Your Mind♣ 6:15 GR Poker Night 6:15 TH Movie Night	26 9:30 B Belmont Boot Camp♥ 10:00 JK Sing-Along with Dianne 1:15 B Bingo 2:30 B Healthful Bites♣ 3:00 B Flower Arranging♣ 6:15 GR Card Games	27 9:30 B Let's Get Fit!♥ 10:00 B Beyond the Book♣ 10:00 O Shopping: Walgreens & Banks 1:30 O Cocola Bakery Outing★ 1:30 B Art Class with Lawrence Harris♣ 2:30 B Fitness Fun♥ 3:00 B Current Events♣ 6:15 GR Blackjack 6:15 TH Movie Night	28 9:30 B Belmont Boot Camp♥ 10:00 O Wellness Walk♥ 10:30 B Catholic Services♣ 1:15 B Bingo 2:30 B Fitness Fun♥ 3:00 JK Wine & Cheese with Young at Heart 6:15 GR Card Games	29 9:30 B Let's Get Fit! 10:00 B Resident Meeting♣ 11:30 JK Birthday Luncheon 1:00 B Spanish Class♣ 1:30 G Fitness Fun♥ 6:15 GR Card Games 6:15 TH Movie Night	30 10:00 O Shopping: Dollar Tree★ 10:00 B Seated Tai Chi♥ 1:30 O Scenic Drive★ 3:00 JK Piano Performance by Deborah 6:15 GR Card Games
31 9:30 O Church Outing★ 10:00 B Exercise Video♣ 2:00 B Ceramics Class♣ 3:00 JK Gregory Taylor Performs 6:15 GR Bingo						



The Health Benefits of Walking for Seniors

Walking is a “low impact” form of exercise:

Many seniors suffer from arthritis and other joint conditions that make it difficult or painful to perform certain types of exercises.

Walking can be done at your own pace and helps improve your muscle tone, flexibility and increase the strength of your heart.

Walking can be done anywhere

Start out with as little as you can do and feel comfortable with, whether that be 5 or 15 minutes.

You will notice that your endurance will quickly improve if you continue with your walks.

It improves muscle strength and flexibility in seniors

The more you use your body, the better it works and the better you feel. When you stop exercising for a period of time, certain parts of your body start to ache and break down.

Walking helps to improve mood and build relationships

It is well known that exercise is a good combat for depression and other mental conditions.

It helps to stabilize blood sugar which also affects mood.

Find a walking partner because it is a lot more enjoyable than walking alone.

*Questions? Contact: Naseem Syed,
Program Director*



Join us as we honor our resident artist Yasuko Takaki with a glimpse of her art, featuring oils, pastels, watercolor, and collage pieces for a two-day show on Saturday, July 9th, from 1-4pm, and Sunday, July 10th, from 9am-4pm, on the 7th floor.

Resident in the Spotlight

Our featured artist for July is Yasuko Takaki. Yasuko aspired to be an artist at the young age of 15 and continued to master her talents as she participated in art shows, learned new techniques, & conducted an Art Circle for students of all ages in Japan and Los Angeles. Due to health problems she did not attend a university but she believes you don't need formal schooling to be an artist. In Art “your creativity cannot be taught, nor is it academic, rather it becomes an expression of your emotions and spirit.”

Best of the Best

Belmont Village Earns Argentum 2016 Award for Circle of Friends

Argentum's *Best of the Best* awards recognize innovative programs and services that advance excellence in senior living.

First implemented in 2007, Circle of Friends® was developed to address an unmet need in memory care. Under the leadership of nationally recognized gerontologist, Beverly Sanborn, the Belmont team translated research findings into a first-of-its-kind program for Mild Cognitive Impairment and mild to moderate dementia.

The program focuses on brain health and promotes a higher level of cognitive, physical and social engagement, with the goal of slowing cognitive decline. To maintain effectiveness and

resident interest, the evidence-based program relies on regular evaluations, conducted in consultation with Vanderbilt University's Center for Quality Aging.

Belmont Village Senior Living is the first provider to earn the 2016 **Commitment to Quality Programming** certification for all of its 24 communities by Argentum, the largest national association for senior living providers.

Designed to complement and further excel existing state laws and regulations, this first-ever certification program recognizes communities that have met or exceeded 12 quality standards for senior living, including resident-centered care, staff training and qualifications, infrastructure, programming and resident rights.



Clinical Corner

Tips to Improve Your Memory

Make time for friends and fun:

When you think of ways to improve memory, do you think of “serious” activities such as wrestling with the New York Times crossword puzzle or mastering chess strategy? Or do more lighthearted pastimes—hanging out with friends or enjoying a funny movie—come to mind? If you’re like most of us, it’s probably the former. But countless studies show that a life that’s full of friends and fun comes with cognitive benefits.

Healthy relationships: the ultimate memory booster?

Humans are highly social animals. We’re not meant to survive, let alone thrive, in isolation. Relationships stimulate our brains—in fact, interacting with others may be the best kind of brain exercise.

Research shows that having meaningful relationships and a strong support system are vital not only to emotional health, but also to brain health. In one recent study from the Harvard School of Public Health, for example, researchers found that people with the most active social lives had the slowest rate of memory decline.

Laughter is good for your brain: You’ve heard that laughter is the best medicine, and that

holds true for the brain as well as the body. Unlike emotional responses, which are limited to specific areas of the brain, laughter engages multiple regions across the whole brain.

Start with these basics to bring more laughter in your life:

Laugh at yourself. Share your embarrassing moments. The best way to take ourselves less seriously is to talk about the times when we took ourselves too seriously.

When you hear laughter, move toward it. Most of the time, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, “What’s funny?”

Spend time with fun, playful people. These are people who laugh easily—both at themselves and at life’s absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.

Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.

Pay attention to children & emulate them. They are the experts on playing, taking life lightly, and laughing.

Resident Services

Fitness Center Hours

Monday-Friday

9:00 am–4:00 pm

RehabCare: 408-241-3064



Join Bianca for morning & afternoon exercises everyday!

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.

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



Bev & Yvonne viewing orchids at the San Jose Orchid Expo in June



Margarita, Gwen, Wes, & Bob visited the Winchester Mystery House



¡Hola! Join the Spanish Class taught by Margaret every Friday!



Mary B, Meg, Margarita, Joyce, Barbara, & Mary Z smile for a photo during the BBQ



Betty, Sylvia, Jean, & Janice shaking their maracas during dance class



Shirley & Bogie celebrated their birthdays in May

BELMONT *Village*
SENIOR LIVING
SAN JOSE

500 S. Winchester Boulevard
San Jose, CA 95128

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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