



# Belmont Village at Scottsdale VillageNEWS

13850 N. Frank Lloyd Wright Blvd. • Scottsdale, AZ 85260 • Tel 480-945-3600 • Fax 480-945-3676

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

June 2016

## Our Team

### Executive Director

Tim Cowen  
tcowen@belmontvillage.com

### Director of Resident Care Services

Emily Dawson, R.N., BSN  
eunale@belmontvillage.com

### Community Relations

Charmaine Roberts  
croberts@belmontvillage.com

### Community Relations

Christy Edwards  
cedwards@belmontvillage.com

### Activity Programs Coordinator

Sarah Speratos  
ssperato@belmontvillage.com

### Memory Programs Coord.

Janina Phinao  
jphinao@belmontvillage.com

### Human Resource Generalist

Carrie Valverde  
cvalverde@belmontvillage.com

### Building Engineer

Steve Frye  
sfrye@belmontvillage.com

### Chef/Manager

Travis Vierthaler  
tvierthaler@belmontvillage.com

## Tim's Corner

There is so much for which to be thankful that I'm often puzzled by those burdened with negativity. Is the glass half-full or half-empty? You might recall one of Erma Bombeck's tomes, *"If Life is a Bowl of Cherries, What Am I doing in the Pits?"* I love that title and it's a great question. I'm convinced that one way out of the pits is to focus on the top (positive) side of life.

If we tune in, every day we can find miracles in our midst! In the past few months, our Belmont family has lost a number of wonderful residents. These residents have been what I think of as 'two-way miracles.' Families have told us that the compassionate care provided by our loving staff has been 'miraculous' and by touching our staff and other residents, these residents have been 'miracles-in-our-midst.'

We love getting emails and notes about miracle moments that our staff enable. Here's a sampling from a few notes recently received: A PAL compliment was written by the shaking hand of a 94-year-young resident (writing it was a labor of love): "Does good work. Is always Prompt. Is Trustworthy. Is Dependable. Should be Promoted. Is very kind."

Another from the daughter of a new resident: "Just wanted to drop you a note telling you how happy my mom is! She can be your poster child."

And another: "You guys are amazing how you handle this and communicate everything so quickly, professionally and with a loving message..."

Another about a PAL: "I absolutely LOVE being around her and can see what joy she brings to my parents' day. I can't describe her enthusiasm, but it is highly contagious..... she apparently gets my dad to dance on a regular basis and I myself found myself dancing too!! She truly makes my heart sing." **If one were to ask for a mission statement, can you think of a better one than 'making hearts sing' : ) ?!**

I'm reminded of the salient and prescient words of an old Jimmy Buffet song, 'Growing Older But Not Up': "Let the winds of change blow over my head, *I'd rather die while I'm living, than live while I'm dead!*" Good stuff! *Making hearts sing and enjoying miracles in our midst while we live...that's what it's all about!*

It's hard to believe that we're already into June. If there's anything we can do to assist, don't hesitate to let us know.

*Here's to Singing Hearts!*



### Resident Birthdays

- 05 Sarah N.
- 12 Elmo S.
- 17 Marilyn J.
- 19 Betty H.
- 20 Stanley L.
- 22 Dorothea K.
- 24 Susan B.
- 26 William S. III
- 27 Margareta P.
- 27 Gloria R.
- 28 Alexandra B.



### Employee Birthdays

- 04 Stacy M. (PAL)
- 05 Angelica M. (PAL)
- 06 Mary E. (PAL)
- 07 Bruce A. (AA)
- 10 Mary Jane (Nurse)
- 10 Alana D. (Server)
- 14 Shelly D. (Nurse)
- 19 Ron O. (Sales)
- 20 Justin P. (Cook)
- 30 Genia C. (conciierge)
- 30 Maribel C. (Sever)
- 30 Cynthia V. (PAL)

### Resident Monthly Birthday Party

Join us for our monthly celebration of all those born in **June**. The birthday luncheon will be **June 24th, Friday, at 12:00 noon, in Josephine's Kitchen**. Please RSVP your guests with the concierge or by calling (480) 945-3600.

## Associate of the Month



Fran and Reba S.

Just to get this photo was proof enough as to why Fran deserves this award. Fran made sure that Reba was ready for the picture and looking her best. Putting the residents before herself is something Fran does often and it is one of many reasons she's been chosen for this award.

## Pet of the Month



Mars, the cat

Meet Mars. She was dumped outside by a Tasty Freeze on a 107°F day at 2 months old. Our resident Susan B. worked in the area and immediately offered to rescue her. They have been together ever since. Mars is 17 years old. If you haven't met this cat yet, you'll want to stop by Susan's place for a visit. Mars will win over anyone's heart and is sure to impress you with her silk-like fur and harmonious purrs.

### June Outings

**Wed. 1st:** We are going to the **Musical Instrument Museum**. We will enjoy all the sounds of this large museum and stop in the gift shop for some souvenirs!

**Wed. 8th:** A request to go to a local library. Less than 5 miles from home is the **Mustang Library** hosting every genre of books and even movies!

**Wed. 15th:** Talking Stick Casino was a fun day. We decided to try another local favorite, **Fort McDowell Casino**.

**Wed. 22nd:** Nothing better to do on a hot day than shop! We will go to the nearby **Dollar Store** and leave with carts full of goodies.

**Wed. 29th:** We will go to a **movie**. Title and time will be announced.





Marjorie Reese shared this story and had us laughing all day!.....

*"The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.*

*Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.*

*Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded.*

*Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a*

*little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.*

*Doughboy is survived by his wife Play Dough, and three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.*

*The funeral was held at 3:50 for about 20 minutes."*

### **Just for Reading.....**

Take this coupon with you to the Market Place on the 2nd Floor for \$1 off any item!



Marjorie, Mae, Kathy, Sandi, Faythe & Dolores

TaylorMarie Fashions offered our residents a "once in a lifetime chance" to be in a fashion show! Not only did these wonderful ladies, pictured above, do a fabulous job, but they had so much fun and even bought the outfits they modeled!

All residents and staff enjoyed watching and applauding during the show. We plan on having another show next year with even more, "super" models.



Betty & Barbara were so glad they came to the outdoor picnic party!



JoAnna and her friends enjoyed the special picnic in our own backyard.



Pirate, "the puppy", also enjoyed being outside for some fresh air.





### **Brainteaser**

May's answer is 180 degrees

June's Brainteaser: 'Wise' is One

How many words can you come up with using the letters in "strawberries"?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar is Subject to Change. Please review your daily activity sheets for changes	<b>"Super" Model Dolores S.</b> 	<b>Walking Club, Joann, Frank &amp; Marjorie</b> 	1 9:00 Guinea Pig Pet Therapy All Day ★ 9:30 <span style="color: brown;">B</span> Az MediQuip tune up day 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Catholic Communion 🌿 10:00 <span style="color: green;">HP</span> Skip Bo Card Game 1:00 <span style="color: red;">TH</span> Afternoon Matinee Movie 1:30 <span style="color: red;">TH</span> Outing: Musical Instrument Museum 4:00 <span style="color: red;">TH</span> Book Club Meeting 🌿 6:00 <span style="color: blue;">P</span> Float like a boat 6:30 <span style="color: red;">TH</span> Bingo	2 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:15 <span style="color: red;">TH</span> Jeopardy 🌿 1:30 <span style="color: red;">TH</span> Art Revolution painting class ★ 2:00 <span style="color: red;">TH</span> Large Crossword Puzzle 3:00 <span style="color: grey;">GR</span> Happy Hour with Paul Sherman on Piano ★ 6:00 <span style="color: red;">TH</span> Evening Movie	3 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Parkinson's Exercise Class 🌿 1:30 <span style="color: grey;">GR</span> Joyful Sounds Music 🌿 4:00 <span style="color: green;">HP</span> Dominoes 6:00 <span style="color: red;">TH</span> Evening Movie	4 9:00 Errands/ Transportation 9:30 <span style="color: red;">TH</span> Yoga 🌿 10:00 <span style="color: red;">TH</span> Large Crossword Puzzle 10:15 <span style="color: red;">3</span> Mahjong 1:00 <span style="color: green;">HP</span> Scrabble 2:30 <span style="color: grey;">GR</span> Afternoon Entertainment with Hal Martin on keyboard ★ 3:30 <span style="color: red;">TH</span> Bingo with resident Frank M. 6:00 <span style="color: red;">TH</span> Evening Movie
5 8:30 Church Transportation 8:45 <span style="color: green;">CL</span> Jewish Prayer Service 🌿 9:30 <span style="color: red;">TH</span> 99 exercises with Dolores S. 🌿 10:00 <span style="color: red;">TH</span> Newsletter & Activity Review ★ 2:00 <span style="color: red;">TH</span> Bingo with Jamie 3:00 <span style="color: blue;">P</span> Swim Class 🌿 4:00 <span style="color: green;">CL</span> Jigsaw Puzzles 6:00 <span style="color: red;">TH</span> Evening Movie	6 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: brown;">B</span> Hearing aid checks 10:00 <span style="color: green;">CL</span> Computer Class 10:00 Pet Therapy with Linnea and Beau 🌿 1:00 Errands/ Transportation 1:30 <span style="color: green;">CL</span> Bible Study 🌿 2:30 <span style="color: green;">HP</span> Poker with Stan 3:00 <span style="color: red;">TH</span> Welcome Tea ★ 6:00 <span style="color: red;">TH</span> Evening Movie	7 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 1:00 <span style="color: green;">HP</span> Kings in the Corner 1:30 <span style="color: red;">3</span> Mahjong 2:00 <span style="color: red;">TH</span> Horseshoes 3:00 <span style="color: blue;">P</span> Water Aerobics with Sarah 🌿 4:00 <span style="color: red;">TH</span> Wii Bowling 6:00 <span style="color: red;">TH</span> Evening Movie	8 9:00 Guinea Pig Pet Therapy All Day ★ 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: green;">HP</span> Skip Bo Card Game 10:00 <span style="color: red;">TH</span> Catholic Communion 🌿 1:00 <span style="color: red;">TH</span> Afternoon Matinee Movie 1:30 <span style="color: red;">TH</span> Outing: Mustang Library 4:00 <span style="color: blue;">P</span> Float like a boat 6:30 <span style="color: red;">TH</span> Bingo	9 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Today's Chronicle and activity review 🌿 3:00 <span style="color: grey;">GR</span> Happy Hour with Kristina O'Boyle singing ★ 4:00 <span style="color: red;">TH</span> Trivia 6:00 <span style="color: red;">TH</span> Evening Movie	10 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Parkinson's Exercise Class 🌿 1:30 <span style="color: red;">TH</span> Music Therapy with Sunjoo 🌿 3:00 <span style="color: red;">TH</span> Resident Meeting ★ 4:00 <span style="color: green;">HP</span> Dominoes 6:00 <span style="color: red;">TH</span> Evening Movie	11 9:00 Errands/ Transportation 9:30 <span style="color: red;">TH</span> Yoga 🌿 10:00 <span style="color: red;">TH</span> Large Crossword Puzzle 10:15 <span style="color: red;">3</span> Mahjong 1:00 <span style="color: green;">HP</span> Scrabble 2:00 <span style="color: grey;">GR</span> Afternoon Entertainment with Les Koel ★ 3:45 <span style="color: red;">TH</span> Bingo with resident Frank M. 6:00 <span style="color: red;">TH</span> Evening Movie
12 8:30 Church Transportation 9:30 <span style="color: red;">TH</span> 99 exercises with Dolores S. 🌿 10:00 <span style="color: red;">TH</span> Current Events with Sarah 🌿 2:00 <span style="color: red;">TH</span> Bingo with Jamie 3:00 <span style="color: blue;">P</span> Swim Class 🌿 4:00 <span style="color: green;">CL</span> Jigsaw Puzzles 6:00 <span style="color: red;">TH</span> Evening Movie	13 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: green;">CL</span> Computer Class 1:00 Errands/ Transportation 1:30 <span style="color: green;">CL</span> Bible Study 🌿 1:30 <span style="color: grey;">GR</span> Afternoon Entertainment with Lenny Zazick ★ 3:30 <span style="color: green;">HP</span> Poker 4:00 <span style="color: grey;">GR</span> MBA Club Meeting 🌿 6:00 <span style="color: red;">TH</span> Evening Movie	14 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 1:00 <span style="color: red;">TH</span> Flag Day History 🌿 1:00 <span style="color: brown;">B</span> Hearing Aid Checks ★ 1:30 <span style="color: red;">3</span> Mahjong 2:00 <span style="color: red;">TH</span> Horseshoes 3:00 <span style="color: blue;">P</span> Water Aerobics with Sarah 🌿 4:00 <span style="color: blue;">JK</span> Bluebonnet's Women's Club 6:00 <span style="color: red;">TH</span> Evening Movie	15 9:00 Guinea Pig Pet Therapy All Day ★ 9:30 <span style="color: brown;">B</span> Az MediQuip tune up day 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: green;">HP</span> Skip Bo Card Game 10:00 <span style="color: red;">TH</span> Catholic Communion 🌿 10:15 <span style="color: red;">TH</span> Ask a Nurse ★ 11:00 Outing: Fort McDowell Casino 1:00 <span style="color: red;">TH</span> Afternoon Matinee Movie 4:00 <span style="color: blue;">P</span> Float like a boat 6:30 <span style="color: red;">TH</span> Bingo	16 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Scattergories 1:30 <span style="color: red;">TH</span> Spelling Bee 🌿 3:00 <span style="color: grey;">GR</span> Happy Hour with Glenn Torrico ★ 4:00 <span style="color: red;">TH</span> Spiritual Activity 🌿 6:00 <span style="color: red;">TH</span> Evening Movie	17 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Parkinson's Exercise Class 🌿 1:00 <span style="color: green;">CL</span> Shabbat with Rabbi Levi 🌿 2:00 <span style="color: green;">HP</span> Scrabble 4:00 <span style="color: green;">HP</span> Dominoes 6:00 <span style="color: red;">TH</span> Evening Movie	18 9:00 Errands/ Transportation 9:30 <span style="color: red;">TH</span> Yoga 🌿 10:00 <span style="color: red;">TH</span> Large Crossword Puzzle 10:15 <span style="color: red;">3</span> Mahjong 1:00 <span style="color: green;">HP</span> Scrabble 2:30 <span style="color: grey;">GR</span> Afternoon Entertainment with Jay Ferris ★ 3:45 <span style="color: red;">TH</span> Bingo with resident Frank M. 6:00 <span style="color: red;">TH</span> Evening Movie
<b>Father's Day</b> 19 8:30 Church Transportation 8:45 <span style="color: brown;">B</span> Jewish Prayer Service 🌿 9:30 <span style="color: red;">TH</span> 99 exercises with Dolores S. 🌿 1:30 <span style="color: brown;">B</span> Ice Cream Social hosted by the Bluebonnets ★ 2:00 <span style="color: red;">TH</span> Bingo with Jamie 3:00 <span style="color: blue;">P</span> Swim Class 🌿 4:00 <span style="color: green;">CL</span> Jigsaw Puzzles 6:00 <span style="color: red;">TH</span> Evening Movie	20 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: green;">CL</span> Computer Class 10:30 <span style="color: red;">TH</span> Artsy Smartsy (art class) 🌿 1:00 Errands/ Transportation 1:30 <span style="color: green;">CL</span> Bible Study 🌿 3:30 <span style="color: red;">TH</span> Men & Mondays ★ 3:30 <span style="color: green;">HP</span> Poker 6:00 <span style="color: red;">TH</span> Evening Movie	21 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 1:00 <span style="color: green;">HP</span> Kings in the Corner 1:30 <span style="color: red;">3</span> Mahjong 2:00 <span style="color: red;">TH</span> Horseshoes 3:00 <span style="color: blue;">P</span> Water Aerobics with Sarah 🌿 4:00 <span style="color: red;">TH</span> Wii Bowling 6:00 <span style="color: red;">TH</span> Evening Movie	22 9:00 Guinea Pig Pet Therapy All Day ★ 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: green;">HP</span> Skip Bo Card Game 10:00 <span style="color: red;">TH</span> Catholic Communion 🌿 1:00 <span style="color: red;">TH</span> Afternoon Matinee Movie 2:00 Outing: Dollar Tree Shopping 6:00 <span style="color: blue;">P</span> Float like a boat 6:30 <span style="color: red;">TH</span> Bingo	23 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Large Crossword Puzzle 1:00 <span style="color: red;">TH</span> What Am I? 🌿 3:00 <span style="color: grey;">GR</span> Happy Hour with Jesus Sanchez singing ★ 6:00 <span style="color: red;">TH</span> Evening Movie	24 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: red;">TH</span> Parkinson's Exercise Class 🌿 12:00 <span style="color: blue;">JK</span> Resident Monthly Birthday Party 1:30 <span style="color: red;">TH</span> Music Therapy with Sunjoo 🌿 2:00 <span style="color: green;">HP</span> Scrabble 4:00 <span style="color: green;">HP</span> Dominoes 6:00 <span style="color: red;">TH</span> Evening Movie	25 9:00 Errands/ Transportation 9:30 <span style="color: red;">TH</span> Yoga 🌿 10:00 <span style="color: red;">TH</span> Large Crossword Puzzle 10:15 <span style="color: red;">3</span> Mahjong 1:00 <span style="color: red;">TH</span> Bingo with Stan ★ 3:00 <span style="color: grey;">GR</span> Afternoon Entertainment with MJ Moore ★ 6:00 <span style="color: red;">TH</span> Evening Movie
26 8:30 Church Transportation 9:30 <span style="color: red;">TH</span> 99 exercises with Dolores S. 🌿 10:00 <span style="color: red;">TH</span> Current Events with Sarah 🌿 2:00 <span style="color: red;">TH</span> Bingo with Jamie 3:00 <span style="color: blue;">P</span> Swim Class 🌿 4:00 <span style="color: green;">CL</span> Jigsaw Puzzles 6:00 <span style="color: red;">TH</span> Evening Movie	27 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: green;">CL</span> Computer Class 1:00 Errands/ Transportation 1:30 <span style="color: green;">CL</span> Bible Study 🌿 2:00 <span style="color: red;">TH</span> Jewish Service with Hannah 🌿 3:30 <span style="color: green;">HP</span> Poker 4:00 <span style="color: grey;">GR</span> Welcome Committee Meeting 6:00 <span style="color: red;">TH</span> Evening Movie	28 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 1:00 <span style="color: green;">HP</span> Kings in the Corner 1:30 <span style="color: red;">3</span> Mahjong 2:00 <span style="color: red;">TH</span> Horseshoes 3:00 <span style="color: blue;">P</span> Water Aerobics with Sarah 🌿 4:00 <span style="color: red;">TH</span> Wii Bowling 6:00 <span style="color: red;">TH</span> Evening Movie	29 9:00 Guinea Pig Pet Therapy All Day ★ 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:00 <span style="color: green;">CL</span> Catholic Communion 🌿 10:00 <span style="color: green;">HP</span> Skip Bo Card Game 11:00 <span style="color: red;">TH</span> New Image Fashion Sale ★ 12:00 Movie outing TBA 1:00 <span style="color: red;">TH</span> Afternoon Matinee Movie 6:00 <span style="color: blue;">P</span> Float like a boat 6:30 <span style="color: red;">TH</span> Bingo	30 8:30 Dr. Appointment Transportation 9:30 <span style="color: red;">TH</span> Sit & Be Fit 🌿 10:15 <span style="color: red;">TH</span> Chef Chat 3:00 <span style="color: grey;">GR</span> Happy Hour with Anna Chepikova ★ 6:00 <span style="color: red;">TH</span> Evening Movie	Barbara and Verna 	Susan and Her Cat Mars 





## TRANSPORTATION

### Monday

9:30 a.m. Neighborhood Scenic Drive

1-4 p.m. Errands

### Tuesday

8:30 a.m.-3:30 p.m.

Doctor's Appointments

### Wednesday

Assisted Living Outing Day

Check Calendar

### Thursday

8:30 a.m.-3:30 p.m.

Doctor's Appointments

### Friday

Circle of Friends Outing Day

Check Calendar

### Saturday

9 a.m.-4 p.m. Errands

### Sunday

8 a.m.-Noon

Church Transportation



TO DRINK PLENTY OF WATER THIS  
SUMMER

## Tips for Staying Hydrated

- Keep a bottle of water with you during the day.
- If you don't like the taste of plain water, try adding a slice of lemon.
- When you're feeling hungry, drink water.

## Record-Setting High

The summer heat may have you sweating it out, but compare it to this scorcher: The mercury hit 134 degrees Fahrenheit in July 1913 at Furnace Creek Ranch in California's Death Valley, setting the record for highest temperature ever recorded.

### Know the Signs

Heat stroke is a major summertime threat. Watch your friends and loved ones for signs of the condition, such as confusion, dry skin, headache, nausea and rapid pulse. If you suspect heat stroke, get the person to a cool area and seek medical help immediately.

## From the Desk of Emily Dawson, DRCS, R.N.

### June Is National Safety Month

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.

*'Report any safety concerns to the concierge 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.



## News Janina Phinao Memory Program Coordinator

It's a special time of year for many reasons, like summer holidays and time by the pool, but most importantly, it's time to honor the fathers of the world. Last month, the moms received all attention with flowers and cards and now it is time to honor the role fathers play in our lives. We recently asked the Circle of Friends and the Neighborhood residents to share memories of their fathers and we hope you enjoy their thoughts:

"My dad never yelled at us unless he needed us to be careful or we were in danger. He never spanked us, but would give us a look and point his finger and we knew it was time to knock it off." -Bonnie M.

"Dads need to keep families financially and remember to have other qualities. My dad listened well, was funny and told lots of stories about his life and dogs. One could learn a lot from his stories." -Bob

"Fathers should give attention to children to keep them on the 'right' side of the fence and teach their children to take care of themselves." -John

"I didn't spend a lot of time with my dad, but I remember him being nice." -Dorothy

"Dads need to be nice and

respectful to their family."

-Barbara

"A good father should be loving, patient, understanding and help with problems." -Doris

"He was a good man. He loved his family and going to church. I remember he drove the car to church every Sunday and we would be sitting in the backseat." -Eileen

"My father was very generous. That's the way he always was since we were little." -Leonora

"He made sure that he always provided for us, not just financially, but also other ways. He was there for us when we needed him." -Beverly

"My father was a good man and was religious. He was also so handsome." -Grace

"My father was tall. He liked people and people liked him." -Mary G.



## Circle of Friends Outings

**Friday, June 3:** Scenic Drive and Trivia Time

Depart at 1:00 p.m. **Friday, June 10:** Dessert Mary Coyle Ol' Fashioned Ice Cream shop Depart at 1:00 p.m. **Friday, June 17:**

Personal Pizzas and Games in COF Starting in COF at 1:15 p.m.

**Friday, June 24:** Lunch at Mimi's Café Gather at 10:45 a.m.



Bernie, Lea, Cathy & Herb in arts and crafts



Circle of Friends gardening group. Pearl & Doris enjoying the weather



Dorothy L. showing off her green thumb skills in gardening club





# Village Scene



Dolores hosts Sunday Exercise class



Betty's PAL Juvy



Vanessa & Susan B.



Erma loves her fresh hairstyle



Alana welcomes back Allie!



Packed house with Anna on piano

**BELMONT** *Village*

SENIOR LIVING  
SCOTTSDALE

13850 N. Frank Lloyd Wright Blvd.  
Scottsdale, AZ 85260  
Lic. AL8622C

Tel: (480) 945-3600  
Fax: (480) 945-3676  
[www.belmontvillage.com](http://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