



# Belmont Village at Scottsdale Village NEWS

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

July 2016

## Our Team

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## Tim's Corner



Chef Travis, Sous Chef John and Exec. Director Tim Cowen say "Happy Independence day!"

### Old Glory!

'Old Glory' waves proudly at Belmont Village, twenty-four hours/day. We keep an eye on it to make sure she doesn't show signs of fatigue. **But even if Old Glory becomes a bit tattered, weathered or worn, it will still fly proudly. Even if it develops a few tears or ragged edges, it still speaks to us.** *What does it say to you?* Among other things, to me, our flag says: sacrifice, freedom, dedication, resolve and independence. The price paid for the freedoms we enjoy should never be taken for granted. Our remembrances of and thanksgiving for those who paid the ultimate price should be celebrated daily, in addition to our Independence and Memorial holidays.

**It dawned on me that like our flag, all of us also may start to**

show signs of wear and tear. We may become a bit tattered, weathered and worn, but we still 'fly proudly' and our lives 'speak volumes.' I hear you and love your stories and life histories. *They are stories and lives filled with accomplishment, dedication, sacrifice, appreciation and thankfulness. I hope you know that your lives are inspiring to those of us on the staff.*

Yes, 'it's a Grand Old Flag, it's a high flying flag'...and so are each of you!

July is a very busy month. For sure, we will have high temperatures and the monsoons, haboobs and who knows what else, will come our way. We have many wonderful activities planned. **The message this month is simple and yet complex: keep on flying proudly & bravely! Old Glory may occasionally be 'Faded Glory'...but it's still Glory!**

A resident at one of our sister communities has a plaque in her home. It reads: *Live Well...Laugh Often...Love Much.* Great advice. And to that I'd add: Keep Learning! Because of sacrifices made, we have the opportunity to Live, Laugh, Love and Learn...and that's a 'wow'!

*Be safe & have a great month of July!*



### Resident Birthdays

- 02 Natalie S.
- 04 Mary Gladden
- 06 Priscilla C.
- 06 Max L.
- 13 Jerry G.
- 17 Roland T.
- 30 Dr. Jack M.

### Employee Birthdays

- 05 Kandie D.
- 05 Yamile R. (Sever)
- 15 John G. (PAL)
- 17 Hanan K. (PAL)
- 18 John G. (Sous Chef)
- 22 Thana B. (LVN)
- 27 Patti J.



Happy Birthday John!

### Resident Monthly Birthday Party

Join us for our monthly celebration of all those born in July. The birthday luncheon will be July 29th, Friday, at 12:00 noon, in Josephine's Kitchen. Please RSVP your guests with the concierge or by calling (480) 945-3600.

### Team Member of the Month



John Gatluk

Congratulations, John, our July employee of the month. When our residents hear "John is coming in tonight" we see nothing but smiles and hear nothing but compliments on his work.

### Pet of the Month



Van and her cat Cricket

Cricket is our pet of the month. She is a 4 year old cat that Van found on the side of the road as a kitten. Cricket's enjoyed her life as a barn kitty for 3 years and is now enjoying her luxurious life at Belmont Village. She is a gorgeous cat with 3 colors and soft fluffy fur. Stop by and say hello to Van & Cricket.

### July Outings

**Wed. 6th:** Movie Outing to be announced. We will most likely go to Harkins theatres on Shea Blvd.

**Wed. 13th:** Mimi's Café at Desert Ridge Mall for lunch. Leaving at 11:00.

**Wed. 20th:** Shopping at Target. Bring your credit cards and cash and shop until you.... can't shop anymore. We will leave at 1:30 pm.

**Wed 27th:** Dinner outing to Red Lobster. Leaving at 4:00 pm.

**Sign Up With the Concierge for These Outings and  
Please Make Time to Enjoy All We Have to Offer  
Within the Community**





## Storied Lives

Maddie and a group of her classmates attending Desert Mountain High School will be interviewing some of our residents to learn about their exciting lives. Those who are interviewed will then have their story presented in front of their friends and neighbors at Belmont Village. Only 8 participants will be chosen to keep the program under an hour. We are so excited to be a part of this project and look forward to hearing some great stories. Join us for our closing ceremony planned in November to listen in on the incredible life journey of our residents (*We know ALL of you have amazing stories to share which is why we plan on having this special event again in the future*).



“My name is Maddie O’Rourke

and I have been a Girl Scout for 7 years. Currently, I am 14 and going into my sophomore year in high school. I am working with Storied Lives to get my Gold Award. Together, we hope to tell about the lives of as many elders as possible! I have always had a close relationship with my grandparents so I really enjoy working with the older generation.”

### Activity Highlights for July

- Mosaic art class.
- Gardening Club makes miniature landscapes
- Sand Bottle Craft.
- Silver Rose the comedian will come and make us laugh.
- Kelly the singing mechanic is back by popular demand.
- Water Aerobics will continue to be 3 times a week.
- Display and Discuss: a time to share and learn about our neighbors.
- Computer class is also a time to get help with your cell phone questions

### July Brainteaser

Can you guess which resident has a 174 piece miniature shoe collection?



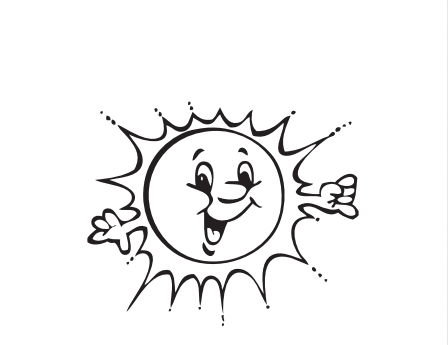

## Comedy the Old Fashioned Way

*Love to laugh?* On Saturday, July 16th, we welcome comedian Silver Rose to Belmont Village! Silver’s unique show is unlike any stand-up comedy you have seen. Blending her own funny stories with one-liners from the comedy greats, Silver utilizes modern technology, **showing photos and videos that enhance the experience** and make the show *more enjoyable*. A Phoenix resident, Silver has been making people laugh since 4th grade. Author of many comedy books including *You’re the Reason Our Kids are Ugly*, and *Women Who Joke Too Much*, she is 2nd generation funny. She remembers jokes she heard 40 years ago but can’t remember where she lives!

**DETAILS:** Saturday, July 16th, at 1:30 pm, in the Town Hall.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Muriel, Joann, Betty, Verna, Myra, Dolores</p>		<p><b>Water Aerobics</b></p> <p>Water Aerobic class times may change due to extreme heat conditions.</p>		 <p>Theresa Loved Helping in Craft Class</p>		
<p>3</p> <p>8:30 Church Transportation 8:45 CL Jewish Prayer Service 9:30 TH Exercises with Dolores S. 2:00 TH Bingo with Jamie 3:00 P Swim Class 4:00 CL Jigsaw Puzzles 6:00 TH Evening Movie</p>	<p>4</p> <p><b>Independence Day</b> 9:30 TH Sit &amp; Be Fit 10:00 CL Computer Class 10:00 B Hearing aid checks 1:00 Errands/ Transportation 1:30 CL Bible Study 1:30 GR Live Entertainment with David Grimes 6:00 TH PBS 4th of July Special</p>	<p>5</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 1:30 3 Mahjong 1:30 HP Kings in the Corner 1:30 TH Reminiscence with Laurie 3:00 P Water Aerobics with Sarah 6:00 TH Evening Movie</p>	<p>6</p> <p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 B Az MediQuip tune up day 9:30 TH Sit &amp; Be Fit 10:00 TH Catholic Communion 10:00 HP Skip Bo Card Game 1:00 TH Afternoon Matinee Movie 4:00 TH Book Club Meeting 6:30 TH Bingo with Lovely Linda</p>	<p>7</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 10:15 TH Jeopardy 2:00 P Water Aerobics 3:00 GR Happy Hour with Jay Ferris 6:00 TH Evening Movie</p>	<p>1</p> <p>9:30 TH Sit &amp; Be Fit 10:00 TH Parkinson's Exercise Class 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>2</p> <p>9:00 Errands/ Transportation 9:30 TH Yoga 10:00 TH Large Crossword Puzzle 2:00 GR Afternoon Entertainment with Kelly the singing mechanic 3:15 TH Bingo with Stan 6:00 TH Evening Movie</p>
<p>10</p> <p>8:30 Church Transportation 9:30 TH Exercises with Dolores S. 2:00 TH Bingo with Jamie 3:00 P Swim Class 4:00 CL Jigsaw Puzzles 6:00 TH Evening Movie</p>	<p>11</p> <p>9:30 TH Sit &amp; Be Fit 10:00 CL Computer Class 1:00 Errands/ Transportation 1:30 CL Bible Study 2:00 HP Poker with Stan 4:00 GR MBA Club Meeting 6:00 TH Evening Movie</p>	<p>12</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 1:00 B Hearing Aid Checks 1:30 3 Mahjong 1:30 TH Craft Class: Mosaic trivets 3:00 P Water Aerobics with Sarah 3:30 TH Bluebonnet's Women's Club 6:00 TH Evening Movie</p>	<p>13</p> <p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit &amp; Be Fit 10:00 TH Catholic Communion 10:00 HP Skip Bo Card Game 1:00 TH Afternoon Matinee Movie 6:30 TH Bingo with Lovely Linda</p>	<p>14</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 10:00 TH Today's Chronicle and activity review 2:00 P Water Aerobics 3:00 GR Happy Hour with April Yeager singing 6:00 TH Evening Movie</p>	<p>15</p> <p>9:30 TH Sit &amp; Be Fit 10:00 TH Parkinson's Exercise Class 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>16</p> <p>9:00 Errands/ Transportation 9:30 TH Yoga 10:00 TH Large Crossword Puzzle 1:30 TH Silver Rose the Comedian is here! 3:00 GR Afternoon Entertainment with Paul Lubben 6:00 TH Evening Movie</p>
<p>17</p> <p>8:30 Church Transportation 8:45 B Jewish Prayer Service 9:30 TH Exercises with Dolores S. 2:00 TH Bingo with Jamie 3:00 P Swim Class 4:00 CL Jigsaw Puzzles 6:00 TH Evening Movie</p>	<p>18</p> <p>9:30 TH Sit &amp; Be Fit 10:00 CL Computer Class 10:30 TH Artsy Smartsy making chalk pastel desert landscapes 1:00 Errands/ Transportation 1:30 CL Bible Study 2:00 HP Poker with Stan 3:30 TH Men &amp; Mondays 6:00 TH Evening Movie</p>	<p>19</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 10:00 GR Jim Grey sings for us 1:30 HP Kings in the Corner 1:30 TH Art Revolution painting class 1:30 3 Mahjong 3:00 P Water Aerobics with Sarah 6:00 TH Evening Movie</p>	<p>20</p> <p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit &amp; Be Fit 9:30 B Az MediQuip tune up day 10:00 TH Catholic Communion 10:00 HP Skip Bo Card Game 1:00 TH Afternoon Matinee Movie 2:30 TH Miniature Landscaped gardens 6:30 TH Bingo with Lovely Linda</p>	<p>21</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 10:00 TH Scattergories 1:30 TH Spelling Bee 2:00 P Water Aerobics 3:00 GR Happy Hour with Todd on accordion 4:00 TH Spiritual Activity 6:00 TH Evening Movie</p>	<p>22</p> <p>9:30 TH Sit &amp; Be Fit 10:00 TH Parkinson's Exercise Class 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>23</p> <p>9:00 Errands/ Transportation 9:30 TH Yoga 10:00 TH Large Crossword Puzzle 1:30 TH Bingo with resident Stan 3:00 GR Afternoon Entertainment with MJ Moore 6:00 TH Evening Movie</p>
<p>24</p> <p>8:30 Church Transportation 9:30 TH Exercises with Dolores S. 2:00 TH Bingo with Jamie 3:00 P Swim Class 4:00 CL Jigsaw Puzzles</p>	<p>25</p> <p>9:30 TH Sit &amp; Be Fit 10:00 CL Computer Class 1:00 Errands/ Transportation 1:30 CL Bible Study 2:00 TH Jewish Service with Hannah 2:00 HP Poker with Stan 2:30 HP Sand bottle Craft 4:00 GR Welcome Committee Meeting 6:00 TH Evening Movie</p>	<p>26</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 1:30 HP Kings in the Corner 1:30 3 Mahjong 3:00 P Water Aerobics with Sarah 6:00 TH Book Club Movie★</p>	<p>27</p> <p>9:00 Guinea Pig Pet Therapy All Day★ 9:30 TH Sit &amp; Be Fit 10:00 HP Skip Bo Card Game 10:00 TH Catholic Communion 1:00 TH Afternoon Matinee Movie 6:30 TH Bingo with Lovely Linda</p>	<p>28</p> <p>8:30 Dr. Appointment Transportation 9:30 TH Sit &amp; Be Fit 10:15 TH Chef Chat 1:30 TH Reminiscence with Laurie 2:00 P Water Aerobics 3:00 GR Happy Hour with Anna Chepikova 4:00 TH Large Crossword Puzzle 6:00 TH Evening Movie</p>	<p>29</p> <p>9:30 TH Sit &amp; Be Fit 10:00 TH Parkinson's Exercise Class 12:00 JK Resident Monthly Birthday Party 2:00 HP Scrabble 4:00 HP Dominoes 6:00 TH Evening Movie</p>	<p>30</p> <p>9:00 Errands/ Transportation 9:30 TH Yoga 10:00 TH Large Crossword Puzzle 2:00 GR Afternoon Entertainment with Les Koel 3:15 TH Bingo with resident Frank M. 6:00 TH Evening Movie</p>
<p>31</p> <p>8:30 Church Transportation 9:30 TH Exercises with Dolores S. 2:00 TH Bingo with Jamie 3:00 P Swim Class 4:00 CL Jigsaw Puzzles</p>						



## 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

## Transportation Memo

To better serve those within our community we request that all transportation requests come in as early as possible. Minimum 48 hour notice. Belmont Village offers wheelchair and ambulatory transportation provided by two drivers with a combined experience of 42 years. All transportation requests start with the concierge at 480-945-3600. For further or immediate transportation needs, please contact Sarah Speratos (Activity Coordinator) at 480-689-1052.



Mary Jane and her dog, Max. They can often be found hard at work on the 2nd floor.

## Dog Days of Summer

With our summer reaching record setting triple digits our staff want to remind you to stay hydrated!

For our residents with pets, please take care when walking outside. Try early morning or early evening walks, utilize the cool grass instead of the hot cement and drink plenty of water.

Please be advised our weekly outings may be cancelled or changed due to extreme heat conditions. Please call Sarah Speratos (Activity Coordinator) for updates at 480-689-1052

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

### Improving Memory Tips

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.

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





## News Janina Phinao Memory Program Coordinator

Meet our new “neighborhood greeter”. You will most likely see him on the weekends. Either way, how can you resist that smile?



Yuki

### Good Boy!

Is someone in your home begging for a treat? Come see us! We have doggie biscuits in the office for your fur-children! This is a pet-friendly community, and we love to meet and greet all of our residents—four legs or two. Stop by anytime and grab a treat to go!

## Declaration Details

As freedom rings this Fourth of July, explore these facts about the Declaration of Independence.

*Initial autograph.* John Hancock, president of the Continental Congress, was the first to sign the document. His signature is the largest, and the term “John Hancock” remains a common expression for a signature.

*Striking script.* Historians say Timothy Matlack, clerk to the secretary of the Congress, is most likely the scribe who wrote out the famous script using a quill pen and ink.

*Dirty details.* The bottom left corner of the document is marred by a handprint whose story and identification are unknown. It, along with other soiling, has been left alone rather than risk damage by attempting to clean it.

*Safe storage.* During World War II, the declaration was moved from the Library of Congress and stored at Fort Knox. In 1952, it was transferred to its permanent home, the National Archives in Washington, D.C., where it is housed in a state-of-the-art case, designed to protect the antique parchment.

*Colonial copies.* Paper copies of the declaration were printed on the night of July 4 to be distributed throughout the Colonies. Only 26 of these versions exist today, and most are held in museums.



Pet Therapy comes in all shapes and SIZES. No matter what style they all bring smiles to our residents.



Beverly & Mary Ellen enjoyed the afternoon’s activities.



Elmo surely enjoyed his birthday, or maybe it was just the oversized cupcake we surprised him with!

# Village Scene



Doris has a contagious smile!



Bluebonnets out for lunch



Alexandra and Minnie in craft class



Frank hard at work on our puzzles



Welcome to Belmont Village Don!



Water Aerobics class 3 times a week

**BELMONT** *Village*  
SENIOR LIVING  
SCOTTSDALE

13850 N. Frank Lloyd Wright Blvd.  
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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