



Belmont Village of Sunnyvale VillageNEWS

1039 E. El Camino Real • Sunnyvale, CA 94087 • Phone 408-720-8498 • Fax 408-720-8499

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

June 2016

Our Team

Radhika Singh

Executive Director

rsingh@belmontvillage.com

Ernie Getuiza

Dir. of Residential Care Services

egetuiza@belmontvillage.com

Julia Torres

Community Relations

jatorres@belmontvillage.com

Kathy Nguyen

Memory Programs Coordinator

knguyen@belmontvillage.com

Romeo Sembrano

Multi-Unit Chef Manager

rsembrano@belmontvillage.com

Jayati Dasgupta

Human Resources Coordinator

jdasgupta@belmontvillage.com

Alex Burdan

Building Engineer

aburdan@belmontvillage.com

Phone: (408) 720-8498

Fax: (408) 720-8499



Message From Radhika

Alzheimer's Walk Fundraiser 2016

The Alzheimer's Association is an organization that is dear to my heart. At Belmont Village Sunnyvale, we as a team actively have fundraisers throughout the year to help contribute to the research that takes place to one day find the cure for Alzheimer's disease. The San Jose Alzheimer's Walk is just a few short months away and this month I would like to take the opportunity to talk about some of the fundraising efforts we as a team will be having here at the community.

Specifically, in June I would like to invite all of our residents, families, and friends as we will be kicking off our fundraising efforts with a "Some like it HOT" fashion show brought to you by our Circle of Friends and Neighborhood residents. This event will take place on Sunday, June 12, 2016, at 3:00 p.m in our Town Hall and courtyard. The fashion show will consist of our residents modeling

summer attire, a raffle, and great refreshments. Donations will be accepted as an entrance fee into the show. Please contact Kathy Nguyen, *Memory Program Coordinator*, for more details.

Be on the lookout for more fundraisers in the upcoming months.

Belmont Village Circle of Friends Memory Program Named Best of the Best

Belmont Village's Circle of Friends® program for mild cognitive impairment and mild to moderate dementia was recognized May 10 with the **2016 Best of the Best Memory Care Award** at the Argentum Senior Living Executive Conference in Denver. Argentum, formerly the Assisted Living Federation of America, is the largest national association for senior living providers. Its *Best of the Best* awards recognize innovative programs and services that advance excellence in senior living. The award is given to initiatives receiving the highest scores from a panel of experts, across all entry categories.

Have a great June and Happy Father's Day!

Radhika Singh

Executive Director



June Birthdays



Residents

June 7	Jack Bridges
June 8	Mikki Pehrson
June 9	Stuart Hauser
June 10	Milton Toorans
June 12	Steve Wissig
June 18	Dorothea Brown
June 19	Dee Fulgham
June 19	Harvey Sharfstein
June 21	Mary Gee
June 21	Harry Portolan
June 23	Eileen Krenzer
June 28	Phyllis Campbell

You Always Have A Choice.
- Unknown

Employees

June 5	Lily Lau
June 5	Katherine Umipig
June 6	Lasondra Laliberte
June 15	MinRose Adriano
June 19	Mercedita Alamo
June 21	Mary Jane Gomez
June 25	Arlene Gleason



Father's Day BBQ

Come join us on June 19 to celebrate our awesome dads, uncles and granddads. The guys will get a nice SF Giants treat!

Father's Day BBQ
Sunday, June 19
11 am



Some Like it HOT! Fashion Show

Benefiting



Some Like It HOT!

We're excited to kick off the Walk to End Alzheimer's Fundraising series of events with the first ever fashion show at our community. Our residents will be modeling cool, yet hot summer attire. All proceeds will directly benefit the Alzheimer's Association.

Some Like It HOT!
Fashion Show
Sunday, June 12
3 pm, Courtyard

Family & friends are invited to RSVP at the concierge

Employee of the Month

Congratulations to Allie Espinoza, June's Employee of the Month.

Allie has been a nurse with our Wellness Center for almost four years. This is her first ever recognition as employee of the month.

Personal facts about Allie: She's been married for two years. And she and her husband are expecting their first child in December!



Circle of Friends

Circle of Friends members had a recent outing to the Elizabeth F. Gamble Gardens in Palo Alto, CA. The residents had the opportunity to explore the lush greenery and vibrant flowers in bloom. The place has knowledgeable docents who give guided tours of the historical home, and horticulturists to enlighten you with their expertise on the beautiful plants that grow. Luncheons and weddings have taken place here. They even have Story Time for children who visit the historical site, where stories are read, songs are sung, and finger plays are conducted. Classes are also provided where master gardeners would give tips on how to keep your very own garden healthy and ways to make it flourish. Everyone really enjoyed his or her time at the garden while getting fresh air, warm sunlight, and physical fitness. It was a very relaxing and peaceful time for the residents, as well. This was a great way to have a perfect day just being outside to experience spring in all its splendor.



Flower Arranging Class in Neighborhood 2

Neighborhood News

Recently, the residents created some ceramic art pieces with Samantha, who is a long-time talented and creative art instructor. She works very well with our residents and they fully enjoy the project ideas that Samantha brings to the community. They [the residents] are filled with joyful anticipation for what new art projects she has in store for them. This time around, the residents had made pinch pots with clay. In the next few days, it is important to keep the clay moist to prevent cracking from excessive dryness. The pinch pots will be taken to a kiln for firing. Afterwards, they will be glazed and finished by the residents with their choosing of color and design. This activity helps the residents with task sequencing, dexterity, concentration and attention. Other benefits include enhancing the imagination, sensory development, and problem solving. In addition, the residents can share their work with others and garner a sense of accomplishment. It has also been reported that working with clay projects can raise self-esteem, relieve stress, even reduce depression and anxiety. We look forward to seeing the final products and having them showcased at our annual art show.

Fitness Corner

Cardiac Training for Seniors

Circuit Format:

- - Number of different exercises performed in a specific order and completed consecutively.
- - Body weight exercises, machine workouts, resistance band exercises or free weight routines.
- - Perform each exercise for a predetermined number of repetitions or period of time.

Benefits:

- - Improves mobility & stability
- - Reduces fall risk by 12.9%
- - Improves physical functioning
- - Reduces pain

Cognitive Benefits

- - Better cognitive performance
- - Improves mental functioning

Intensity

- - Start slowly and gradually increase the intensity as the strength and endurance increases.
- - Listen to your body, and only do as much as you are able to do without experiencing pain.

Contact: Naseem Syed,
Program Director - Rehab Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please see Daily Activity Sheets as dates & times are subject to change.</p>			<p>1</p> <p>9:00 Shopping & Bank Trips 9:30 TH Let's Get Fit 10:00 TH Catholic Mass 10:30 TH Marketplace 1:00 TH Bingo 2:00 TH Balance Training 3:00 JK Wine & Cheese w/ Brad Bryant 5:30 TH Bible Study 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>2</p> <p>9:30 TH Let's Get Fit 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 2:00 TH Mahjong 2:00 CL Computer Drop-In 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia</p>	<p>3</p> <p>9:30 TH Let's Get Fit 9:30 CY Garden Club 10:00 TH Dancing Around the World 10:30 Neighborhood Scenic Drive 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 2:00 TH Cultural Explorers 2:30 COF Scenic Drive 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>4</p> <p>9:00 Shopping & Bank Trips 9:30 TH Bridge 10:30 TH Poker 3:00 TH Special Documentary 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>5</p> <p>9:30 Church Trips 10:00 GR Morning Devotion 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 6:00 GR Brain Games</p>	<p>6</p> <p>9:30 TH Let's Get Fit 10:30 TH Coloring for Adults 12:30 TH Arts & Crafts 1:30 PT Billiards/Table Tennis Club 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>7</p> <p>9:30 TH Let's Get Fit 10:00 CL Computer Drop-In 10:30 TH Tai Chi (Seated Session) 11:15 TH Tai Chi (Standing Session) 12:30 TH Wii 2:00 JK Chef Chat 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia</p>	<p>8</p> <p>9:00 Shopping & Bank Trips 9:30 TH Let's Get Fit 10:00 TH Communion for Catholics 10:30 TH Investment Club 1:00 TH Bingo 2:00 TH Balance Training 3:00 JK Wine & Cheese w/ Frank Cefalu 5:30 GR Trivia 5:30 TH Bible Study 6:00 GR Brain Games</p>	<p>9</p> <p>9:30 TH Let's Get Fit 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 2:00 CL Computer Drop-In 2:00 TH Mahjong 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia</p>	<p>10</p> <p>9:30 CY Garden Club 9:30 TH Let's Get Fit 10:30 Neighborhood Scenic Drive 12:00 TH Circle of Friends Activity 12:00 TH New Resident Lunch 1:30 TH Balance Training 2:00 TH Cultural Explorers 2:30 COF Scenic Drive 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>11</p> <p>9:00 Shopping & Bank Trips 9:30 TH Bridge 10:30 TH Poker 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>12</p> <p>9:30 Church Trips 10:00 GR Morning Devotion 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:00 CY Walk to End Alzheimer's Fashion Show 3:45 TH Wii 6:00 GR Brain Games</p>	<p>13</p> <p>9:30 TH Let's Get Fit 10:30 TH Flower Arranging 12:30 TH Arts & Crafts 1:30 PT Billiards/Table Tennis Club 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>14</p> <p>9:30 TH Let's Get Fit 10:00 CL Computer Drop-In 10:30 TH Tai Chi (Seated Session) 11:15 TH Tai Chi (Standing Session) 1:00 TH Resident Council 1:30 TH Activity Chat 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia</p>	<p>15</p> <p>9:00 Shopping & Bank Trips 9:30 TH Let's Get Fit 10:00 TH Communion for Catholics 10:30 TH Marketplace 1:00 TH Bingo 2:00 TH Balance Training 3:00 JK Wine & Cheese w/ Gregory Taylor 5:30 TH Bible Study 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>16</p> <p>9:30 TH Let's Get Fit 12:00 TH Circle of Friends Activity 1:00 TH Chef Demo 1:30 TH Low Impact Aerobics 2:00 TH Mahjong 2:00 CL Computer Drop-In 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia</p>	<p>17</p> <p>9:30 CY Garden Club 9:30 TH Let's Get Fit 10:30 Neighborhood Scenic Drive 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 2:00 TH Cultural Explorers 2:30 COF Scenic Drive 3:30 TH Shabbat Services 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>18</p> <p>9:00 Shopping & Bank Trips 9:30 TH Bridge 10:30 TH Poker 3:00 TH Special Documentary 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>19</p> <p>9:30 Church Trips 10:00 GR Morning Devotion 11:00 JK Father's Day BBQ 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 6:00 GR Brain Games</p>	<p>20</p> <p>9:30 TH Let's Get Fit 10:30 TH Coloring for Adults 12:30 TH Arts & Crafts 1:30 PT Billiards/Table Tennis Club 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>21</p> <p>9:30 TH Let's Get Fit 10:00 CL Computer Drop-In 10:30 GR Furry Friends 10:30 TH Tai Chi (Seated Session) 11:15 TH Tai Chi (Standing Session) 12:30 TH Wii 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia</p>	<p>22</p> <p>9:00 Shopping & Bank Trips 9:30 TH Let's Get Fit 10:00 TH Communion for Catholics 10:30 TH Investment Club 1:00 TH Bingo 2:00 TH Balance Training 3:00 JK Wine & Cheese w/ Irina Myachkin 5:30 TH Bible Study 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>23</p> <p>9:30 TH Let's Get Fit 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 2:00 TH Mahjong 2:00 CL Computer Drop-In 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia</p>	<p>24</p> <p>9:30 CY Garden Club 9:30 TH Let's Get Fit 10:30 Neighborhood Scenic Drive 11:00 JK Birthday Celebration 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 2:00 TH Cultural Explorers 2:30 COF Scenic Drive 4:30 JK Chef's Special Dinner 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>25</p> <p>9:00 Shopping & Bank Trips 9:30 TH Bridge 10:30 TH Poker 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>26</p> <p>9:30 Church Trips 10:00 GR Morning Devotion 1:00 TH Bingo 2:00 TH Sunday Matinee 2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 6:00 GR Brain Games</p>	<p>27</p> <p>9:30 TH Let's Get Fit 10:30 TH Flower Arranging 12:30 TH Arts & Crafts 1:30 PT Billiards/Table Tennis Club 2:00 TH Balance Training 2:45 TH Special Film Screening 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>28</p> <p>9:30 TH Let's Get Fit 10:00 CL Computer Drop-In 10:30 TH Tai Chi (Seated Session) 11:15 TH Tai Chi (Standing Session) 12:30 TH Wii 2:30 TH Bridge 3:30 TH Poker 5:30 GR Trivia</p>	<p>29</p> <p>9:00 Shopping & Bank Trips 9:30 TH Let's Get Fit 10:00 TH Communion for Catholics 1:00 TH Bingo 2:00 TH Balance Training 3:00 JK Wine & Cheese w/ Mark Watson 5:30 GR Trivia 5:30 TH Bible Study 6:00 GR Brain Games</p>	<p>30</p> <p>9:30 TH Let's Get Fit 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 2:00 TH Mahjong 2:00 CL Computer Drop-In 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 5:30 GR Trivia</p>		



Resident Committees

New Resident Lunch

Friday, June 10

11 a.m. in Josephine's Kitchen

All new residents are encouraged to attend.

Resident Council Meeting

Tuesday, June 14

2 p.m. in Town Hall

All residents are encouraged to attend.

President: Dee Fulgham

Vice President: Open

Welcome Committee

If you would like to join

Belmont Village's Welcome Committee to help acclimate

new residents, please contact

Radhika Singh, Executive Director



New Residents

Janice Zonne

Lauren Merritt

Dennis Boilard

Bernie Burlingame

Kathy Lebherz

Robert Chan

Katherine Cowan



Upcoming: Life Series

Special Film Screening

All throughout the month of June, we will be screening a series of curated films and documentaries. The goal is to entertain and provoke thought and conversations.

The movies and documentaries will range from the personal to the larger forces of social/cultural understanding and span various genres.

Mondays, 2:45 p.m.

Town Hall



Calendar of Events for Walk to End Alzheimer's

July 17	Paint Nite
Aug. 28	Dim Sum Lunch
Sept. 10	Quilt for Life
Sept. 11	Pizza Social
Sept. 17	Art Show
Oct. 2	Cupcakes Stand



Betty, picking out cupcakes at the stand, from last year's fundraising



The Longest Day

The Longest Day is an event to bring awareness for the Alzheimer's Association. Held annually on the summer solstice, the duration of this sunrise-to-sunset event symbolizes the challenging journey of those living with the disease and their caregivers. Join us for activities to mark the day.

The Longest Day

Monday, June 20



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 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 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 aid, even inside their

apartments. Check to make sure your walker is by your bedside at night. Walkers and canes should be check for any loose 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.

Contact Info

Please contact Ernie Getuiza, Director of Resident Care Services, for further info.

(408) 720-8498

[egetuiza@belmontvillage.com](mailto: egetuiza@belmontvillage.com)



Chef Romeo's Specials

Chef Chat

Tuesday, June 7

2 p.m., Josephine's Kitchen

Chef Demo

Thursday, June 16

1 p.m., Town Hall

Father's Day BBQ

Sunday, June 19

11:00 a.m., Josephine's Kitchen

Birthday Celebration

Friday, June 24

11 a.m., Josephine's Kitchen

Chef's Special Dinner

Friday, June 24

4:30 p.m., Josephine's Kitchen



Belmont Village Scene



Sunnyvale Singers performing on Mother's Day



Dee, Julia and Caroline planted a Meyer lemon tree on Earth Day



Mary B.: singing to the parrot on Earth Day



Mae and Ethel puzzling together.



Lily, creating her bouquet of flowers in class



PJ (center), the new physical therapist, with residents

BELMONT *Village*
SENIOR LIVING
SUNNYVALE

1039 E. El Camino Real
Sunnyvale, CA 94087

RCFE Lic. 435202351
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