



Belmont Village of Sunnyvale VillageNEWS

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

July 2016

Staff Directory

Our Team

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Message From Radhika



This month, on July 20th, marks the 47th anniversary of Apollo 11. For those of you unfamiliar with Apollo 11, this was a historic event for all mankind where astronaut Neil Armstrong was the first man to walk on the moon. For many years people never imagined anyone walking on the moon, but after Apollo 11 the impossible didn't feel so impossible after all.

The success of Apollo 11 was followed by several more trips to the moon, along with many other great successes. Throughout history we have taken steps to help guide our way into the future with new advances/findings we would have never imagined. I say this to say that nothing is impossible.

The problems we face today are very different from those we encountered 47 years ago. However the solutions remain the same, whether it was past, present or future. We need to believe in ourselves, and to inspire and

educate our children, so that we can rise above our current problems and build a better future.

This month I encourage you all to rise above the challenges you are currently facing. As a source of encouragement, think about all the obstacles you have faced throughout your life, and how you have overcome them to be where you are today.

In conclusion, Neil Armstrong said it best, "One small step for a man, one giant leap for mankind." The future is yours, embrace it; I can't wait to see the impossible become reality!

Walk to End Alzheimer's Fundraising Continues....

As we continue to prepare for the Walk to End Alzheimer's in October, the "Some like it Hot" Fashion show was a great success. I look forward to July's paint night and encourage you all to join us. Again, all the proceeds go to the Alzheimer's Association. Please contact Kathy Nguyen, *Memory Programs Coordinator*, for more details.

The sky's the limit, have a great July!

Radhika Singh
Executive Director



July Birthdays



Residents

July 02	Valerie Mafort
July 02	Judy Shiramizu
July 03	Richard Phillips
July 06	Jean Bauman
July 07	Mary Elledge
July 10	Won Hee Chung
July 15	Richard Miller
July 16	Harold Thomas
July 24	Honor Rouse
July 25	Siegfried Kornbluth
July 31	Josephine Marshall

*July Birthdays will be celebrated
with a special Birthday
Luncheon on Friday, July 29, in
Josephine's Kitchen*

Employees

July 02	Linda Shauri
July 10	Labelle Barbero
July 10	Araceli Saturno
July 13	Julieta Lariosa
July 13	Martha Nguyen
July 14	Josefina Quero
July 16	Rico Paulo Flores
July 17	Hilda Nicoletta
July 19	Analyn Shireman
July 21	Ernesto Ramirez
July 23	Jonathan Ramos
July 26	Joselito Ponce
July 26	Sheila Stanton
July 27	Helen Torres



4th of July BBQ

We hope you will join us to
celebrate Independence Day!

4th of July BBQ
Monday, July 4th
11am

*Family and friends are invited to
RSVP at the concierge.*

Paint Nite

Join artist Lino Azevedo in July for a fun-filled evening of landscape painting and wine! Lino is an award winning artist whose work has been published as well as shown in galleries throughout the country. Beginners and experienced painters are welcome! All proceeds will directly benefit the Alzheimer's Association.

Paint Nite
Sunday, July 17th
5:30 pm, Courtyard

*Family & friends are invited to RSVP
at the concierge~ limited space
available.*



Employee of the Month

Kyle Acovera has been a PAL with our Belmont Village family for 2 years this September and this is his 2nd time receiving Employee of the Month. He loves taking care of the residents & meeting new people and he specially enjoys the challenges that come along with the job. When he is not taking amazing care of our residents, Kyle loves reading Japanese stories and legends and hopes to have children one day soon.

Keep up the great work, Kyle! We are lucky to have you!



Congratulations to our July Employee of The Month, Kyle Acovera; one of our hardest working PALs!



Circle of Friends and Neighborhood News

By Kathy Nguyen, MPC

We had a wonderful turnout for the "Some Like It Hot Kick-off" fundraising event to raise funds for the Alzheimer's Association and to spread awareness about its mission. We were able to raise \$445 for the show, doubling what our fundraising goal was for this specific event. The Circle of Friends and Neighborhood residents wore summer-themed outfits and accessories from New York & Co, Banana Republic, Gap, Merona, Fioni, and American Eagle just to name a few. The residents greatly enjoyed modeling for the visitors. We had music in the background playing the tunes of artists such as The Beach Boys, Jerry Lee Lewis, The Hit Crew, Stray Cats, and Elvis Presley. Even the residents while walking on the platform started dancing and singing along to the music being played. Afterwards, everyone joined together, enjoying good food and refreshments, while sharing laughs. This event helped the residents build their confidence and self-esteem, gave them a sense of purpose for being a part of an important cause, improved coordination and balance, and maintain focus and attention. This is the first of many fundraising events to come.

The Circle of Friends & Neighborhood residents have also

been working on art projects to be displayed in our upcoming art show. This will be an ongoing project up until our art show takes place in September. The art activities consist of ceramics, wood projects, plastic materials, painting, drawing, beading, mixed media use & more. Last year, we raised more than \$500 alone for the Alzheimer's Association at the art show, and we hope to exceed that amount this year. Residents who participated felt a sense of accomplishment & pride in their efforts to create art. They either chose to work on their own or collaborated with others. It also brings a sense of community and social cohesion as the residents and staff share ideas...and as they work together to create meaningful and beautiful art pieces. Being able to work on these projects requires much focus, attention, and hand-eye-coordination, and the ability to task sequence. We look forward to seeing the final projects of each resident, who is talented in his or her own way.



Richard and Nancy were the winners of our Fashion Show.

Fitness Corner

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, 10, 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, and 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.

Contact: Naseem Syed,
Program Director - Rehab Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please see Daily Activity Sheets as dates and times are subject to change.</p>	<p>Please note, July 24th and July 31st share the same activities.</p>				<p>9:30 TH Let's Get Fit 🌿 9:30 CY Garden Club 🌿 10:00 TH Dancing Around the World 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 🌿 2:30 TH Cultural Explorers 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>9:00 Shopping & Bank Trips 10:30 Neighborhood Scenic Drive 2:30 Circle of Friends Scenic Drive 3:00 TH Special Documentary 🌿 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>3</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>4</p> <p>Independence Day 9:30 TH Let's Get Fit 🌿 10:30 TH Coloring for Adults 🌿 11:00 JK 4th of July BBQ 12:30 TH Arts & Crafts 🌿 1:30 TH Mind Your Mind 🌿 2:00 TH Balance Training 🌿 2:45 TH Special Film Screening 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>5</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>6</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/ Gregory Taylor 5:30 GR Trivia 5:30 TH Bible Study 🌿 6:00 GR Brain Games</p>	<p>7</p> <p>9:30 TH Let's Get Fit 🌿 10:00 TH Current Events 🌿 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 🌿 2:00 TH Mahjong and Rummikub 🌿 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>8</p> <p>9:30 TH Let's Get Fit 🌿 9:30 CY Garden Club 🌿 12:00 TH Circle of Friends Activity 12:00 JK New Resident Lunch 1:30 TH Balance Training 🌿 2:30 TH Cultural Explorers 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>9</p> <p>9:00 Shopping & Bank Trips 10:30 Neighborhood Scenic Drive 2:30 Circle of Friends Scenic Drive 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>10</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>11</p> <p>9:30 TH Let's Get Fit 🌿 10:30 TH Flower Arranging 🌿 12:30 TH Arts & Crafts 🌿 1:30 TH Mind Your Mind 🌿 2:00 TH Balance Training 🌿 2:45 TH Special Film Screening 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>12</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 🌿 1:30 TH Activity Chat 2:00 TH Resident Council 2:30 TH Bridge 🌿 3:30 TH Poker 🌿 5:30 GR Trivia</p>	<p>13</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/ Danny Kennedy 5:30 TH Bible Study 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>14</p> <p>9:30 TH Let's Get Fit 🌿 10:00 TH Current Events 🌿 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 🌿 2:00 CL Computer Drop-In 2:00 TH Mahjong and Rummikub 🌿 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 🌿 5:30 GR Trivia</p>	<p>15</p> <p>9:30 TH Let's Get Fit 🌿 9:30 CY Garden Club 🌿 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 🌿 2:30 TH Cultural Explorers 🌿 3:30 TH Shabbat Services 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>16</p> <p>9:00 Shopping & Bank Trips 10:30 Neighborhood Scenic Drive 2:30 Circle of Friends Scenic Drive 3:00 TH Special Documentary 🌿 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>17</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 🌿 5:30 CY Paint Nite 6:00 GR Brain Games</p>	<p>18</p> <p>9:30 TH Let's Get Fit 🌿 10:30 TH Coloring for Adults 🌿 12:30 TH Arts & Crafts 🌿 1:30 TH Mind Your Mind 🌿 2:00 TH Balance Training 🌿 2:45 TH Special Film Screening 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>19</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>20</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/ Lee Allen 5:30 TH Bible Study 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>21</p> <p>9:30 TH Let's Get Fit 🌿 10:00 TH Current Events 🌿 12:00 TH Circle of Friends Activity 1:00 TH Chef Demo 1:30 TH Low Impact Aerobics 🌿 2:00 CL Computer Drop-In 2:00 TH Mahjong and Rummikub 🌿 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 🌿 5:30 GR Trivia</p>	<p>22</p> <p>9:30 TH Let's Get Fit 🌿 9:30 CY Garden Club 🌿 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 🌿 2:30 TH Cultural Explorers 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>23</p> <p>9:00 Shopping & Bank Trips 10:30 Neighborhood Scenic Drive 2:30 Circle of Friends Scenic Drive 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>24</p> <p>9:30 Church Trips 🌿 10:00 GR Morning Devotion 🌿 1:00 TH Bingo 2:00 TH Sunday Matinee 3:00 CY Summer Music w. Tatjana</p>	<p>25</p> <p>9:30 TH Let's Get Fit 🌿 10:30 TH Flower Arranging 🌿 12:30 TH Arts & Crafts 🌿 1:30 TH Mind Your Mind 🌿 2:00 TH Balance Training 🌿 2:45 TH Special Film Screening 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>26</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>27</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/ Ron Borelli 5:30 GR Trivia 5:30 TH Bible Study 🌿 6:00 GR Brain Games</p>	<p>28</p> <p>9:30 TH Let's Get Fit 🌿 10:00 TH Current Events 🌿 12:00 TH Circle of Friends Activity 1:30 TH Low Impact Aerobics 🌿 2:00 CL Computer Drop-In 2:00 TH Mahjong and Rummikub 🌿 3:00 GR Share A Pet w/ Suzie & Kimi 3:30 TH Spades 🌿 5:30 GR Trivia</p>	<p>29</p> <p>9:30 TH Let's Get Fit 🌿 9:30 CY Garden Club 🌿 11:00 JK Birthday Celebration 12:00 TH Circle of Friends Activity 1:30 TH Balance Training 🌿 2:30 TH Cultural Explorers 🌿 5:30 GR Trivia 6:00 GR Brain Games</p>	<p>30</p> <p>9:00 Shopping & Bank Trips 10:30 Neighborhood Scenic Drive 2:30 Circle of Friends Scenic Drive 5:30 GR Trivia 6:00 GR Brain Games 6:30 GR Bingo</p>
<p>31</p> <p>2:30 Scenic Drive 3:00 GR Weekly Social 3:45 TH Wii 🌿 6:00 GR Brain Games</p>						



Resident Committees

New Resident Lunch

Friday, July 8th

11 a.m. in Josephine's Kitchen

All new residents are encouraged to attend.

Resident Council Meeting

Tuesday, July 12th

1 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



Please let us know if your apartment or any area in our beautiful community needs attention by completing a maintenance work order or contacting our concierge directly.

Our maintenance team will be happy to address any concerns or issues you have in your home.

"This Month In History" JULY

1865: "Alice's Adventures in Wonderland" is published. Lewis Carroll's story of a girl who falls down a rabbit hole into a magical world became one of history's most popular children's tales.

1921: Eight players from the Chicago White Sox stand trial for throwing the 1919 World Series against the Cincinnati Reds. The players in the infamous Black Sox scandal were acquitted but banned from playing pro baseball.

1922: The Hollywood Bowl, Los Angeles' landmark natural amphitheater, opens its first season with a performance by the city's philharmonic.

1940: Franklin D. Roosevelt is nominated for a third term as U.S. president. He would go on to serve a record four terms in office.

1955: Walt Disney welcomes the first guests to the opening of Disneyland, his first theme park, built in Anaheim, Calif.

1957: Althea Gibson becomes the first African-American player to win the Wimbledon tennis championship.

1958: NASA, the National Aeronautics and Space Administration, is established.

1960: Nicknamed Little Miss Dynamite, 15-year-old singer Brenda Lee records her signature song, "I'm Sorry."

1994: The movie "Forrest Gump" opens. The box-office smash earned six Academy Awards, including best picture.

2002: President George W. Bush announces the creation of a new federal agency, the Department of Homeland Security.

Join Our Activity Chat!

Ever wonder how we come up with the activities that keep us so busy here at Belmont Village of Sunnyvale?

Our varied, fun-filled schedule is largely the result of our Activities Chat! Once a month, residents are invited to an open conversation discussing current and future activities with the goal being simple: provide residents with the most enjoyable activities, everything from trying new games, scheduling places to visit on our outings and bringing entertainers for the community. All are discussed with direct input from the residents, who decide much of what makes our monthly schedule!

**Tuesday, July 12th, at 2pm in
Town Hall**



Mind Your Mind

The brain is constantly changing in response to our habits and lifestyle, & it behaves like a muscle – the more you use it, the stronger it will become. A crucial part of keeping our brain strong is feeding it right. Eat plenty of high-quality fats & foods high in inflammation-fighting antioxidants. Just as important is getting in the habit of activating the neurons in challenging, new ways. Join us on **Mondays at 1:30pm** for a Mental Workout to help keep our brains sharp and active. Challenging the brain with cognitive activities can be a fun and effective way to build cognitive reserve, improve memory & other brain functions.



Clinical Corner

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 & 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.

Furthermore, listening to jokes and working out punch lines activates areas of the brain vital to learning and creativity. Looking for ways to bring more laughter in your life? Start with these basics:

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 & 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.

Contact Info

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

(408) 720-8498

egetuiza@belmontvillage.com

What’s Cooking



Chef Romeo’s Specials

4th of July BBQ

Monday, July 4

11:00 a.m., Josephine’s Kitchen

Chef Chat

Tuesday, July 5

2 p.m., Josephine’s Kitchen

Chef Demo

Thursday, July 21

1 p.m., Town Hall

Birthday Celebration

Friday, July 29

11 a.m., Josephine’s Kitchen



Belmont Village Scene



PAL Teresa welcoming our new resident, Janice.



Residents making beautiful bouquets



Katie all dolled up for the "Some Like It Hot" Fashion Show



Won Hee celebrating summer with her family.



Sponge Painting Fun!



Our staff sharing laughter with Richard and Anita.

BELMONT *Village*
SENIOR LIVING
SUNNYVALE

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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