



Belmont Village of Thousand Oaks Village NEWS



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

June 2016

Staff Directory

Our Community's Team

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Bradlee Foerschner Executive Director

In the words of the great

Frank Sinatra,

"Fairy tales can come true, it can happen to you

If you're young at heart

For it's hard, you will find to be narrow of mind

If you're young at heart

You can go to extremes with impossible schemes

You can laugh when your dreams fall apart at the seams

And life becomes more exciting with each passing day

And love is either in your heart or on its way

Don't you know that it's worth every treasure on earth

To be young at heart

For as rich as you are it's much better by far

To be young at heart

And if you should survive to a hundred and five

Look at all you'll derive just by being alive

Now here is the best part you have a head start

If you are amongst the very young at heart"

So I ask, what is each of us doing to remain young at heart? Are you staying active? Maintaining the hobbies you've always enjoyed? Eating a healthy

and well-balanced diet? Learning new skills? There are many ways to retain our youth and vibrancy as we all age. For me, being active by playing volleyball and going on hikes with my dogs helps me feel vibrant. Heck, sometimes I even go to Chuck E. Cheese's for pizza and arcade games; you know, that place where "A kid can be a kid!" What is it for you? What are you doing to live life to the fullest and enjoy every minute of it?

There are many activities offered here at Belmont Village that can help you to feel young at heart. You can utilize our Center for Life Enhancement anytime you would like to build strength, endurance or work on your flexibility and balance. Or perhaps try attending the Spanish class with Cindy and learning a new language; attend a yoga class; join our Gardening Club; or dance the night away at our summer concert series! Try getting out into the community through our routine outings as well. If you have suggestions for other events or activities you would enjoy that would help you feel healthy and enriched, please feel free to make suggestions at our monthly activity meeting. And if you ever want to go to Chuck E. Cheese's with me, the invitation is on the table!



Birthday Luncheon June 24th

Resident Birthdays!

June 5	Eadie V.
June 6	Betty G.
June 19	Morry S.
June 21	Doris M.
June 21	Ingeborg O.
June 22	Carol E.
June 24	Ginny F.
June 25	Jean Z.
June 29th	Grant O.

Staff Birthdays!

June 3	Jonathan S.
June 16	Cesar G.
June 16	Frieda O.
June 24	Vilma D.
June 24	Gurprit B.
June 27	Daisy B.
June 27	Arniel L.
June 27	Vianey C.
June 30	Michelle A.

MBA CLUB

MIND BODY AWARENESS CLUB AT BELMONT VILLAGE



Join the MBA Club and Enjoy the Smooth Jazz and Cocktails at Our MBA Night Club

This Club offers a fun, interactive way to meet your personal mental and physical fitness goals through mind/body awareness (MBA). Recent studies have indicated that a combination of specially designed activities that engage mind, body and spirit contribute to a healthy brain and overall well-being. This is the

foundation of our MBA Club. Join the club and reward yourself with an invitation to our members-only night club events.



Employees enjoy pizza during our monthly training session

Congratulations to Our Employee of the Month Erika Miller

"I have been at Belmont Village Thousand Oaks for almost 4 years. I am a night owl, so I enjoy being the full-time 3rd shift nurse. When I'm not at work I enjoy hanging out with my husband and children, reading, and going to the movies."

Thanks for all you do, Erika.
Keep up the good work!



Christa Giraldo Director of Resident Care Services



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 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.

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.



Linda enjoys the day in Solvang

June Outings

- June 1st: Chumash Casino then lunch at Anderson's Pea Soup Restaurant
- June 5th: Conejo Valley Youth Orchestra at the Civic Arts Plaza
- June 8th: Camarillo Outlets
- June 11th: Target Center
- June 15th: The Neathcutt Collect Museum Outing
- June 18th: Oaks Mall Outing
- June 22nd: Lunch at Lakeview Garden Restaurant and a movie at the Westlake Twin
- June 25th: Target Center
- June 29th: Dinner Outing at The Odyssey Restaurant



Sherry wins big on the 10 cent slots

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Chumash Casino & Lunch at Anderson's Pea Soup ★ 9:45 TH Morning Exercise 11:00 JK Two Truths and a Lie 1:30 TH Brain Games with Angel 3:30 GR Scrabble with Rita 7:00 B Wheel of Fortune with Sue 7:30 TH Movie	2 9:45 TH Morning Exercise 10:30 TH Activity Chat 1:00 TH Bible Study 2:30 JK Happy Hour with Tatjana 3:30 B Social Hour 7:00 GR Casual Bingo 7:30 TH Movie	3 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Spell-a-Thon 12:00 GR Rick on Piano 1:00 CE Advanced Balance Class 1:30 TH Craft: Monthly Door Decor 2:00 B Poker 3:30 JK Shabbat 7:00 GR Group Crossword 7:30 TH Movie	4 9:45 TH Morning Exercise 10:30 GR Cranium Crunches 1:30 TH Hot Topic with Neil 3:00 B Men's Social 3:30 TH Bingo with Stefani 7:00 GR Play Jeopardy 7:30 TH Movie
5 9:45 TH Morning Exercise 10:30 GR You Be the Judge with Clara 1:30 B Canasta with Toby 1:30 Conejo Youth Orchestra at the Civic Arts Plaza★ 1:45 TH Music and Yoga with Linda 3:00 TH Belmont Choir 7:00 GR Casual Bingo 7:30 TH Documentary	6 9:45 TH Morning Exercise 10:00 B Coffee & Conversation 10:30 TH Garden Club 1:30 TH Short Story Discussion 3:30 GR Knitting with Araksi 4:00 CE Advanced Balance Class 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	7 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Fun with Spanish 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 1:30 TH Video Production 2:30 TH New Resident Orientation 3:00 B Blackjack with Neil 4:00 TH Presidential Race 2016 Discussion 7:00 GR Horse Racing with Donnie 7:30 TH Terrific TV Tuesday	8 9:30 Camarillo Outlets Outing★ 9:45 TH Morning Exercise 11:00 JK Two Truths and a Lie 1:30 TH Brain Games with Angel 3:00 TH Chair Dancing 3:30 GR Scrabble with Rita 7:00 B Wheel of Fortune with Sue 7:30 TH Movie	9 9:45 TH Morning Exercise 10:30 TH Resident Council Meeting 1:00 TH Bible Study 2:30 JK Happy Hour with David Gilchrist 3:30 B Social Hour: Welcome Wagon 7:00 GR Casual Bingo 7:30 TH Movie	10 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Spell-a-Thon 12:00 GR Rick on Piano 1:00 CE Advanced Balance Class 1:30 TH Watercolors 2:00 B Poker 3:30 JK Shabbat 7:00 GR Group Crossword 7:30 TH Movie	11 9:30 Target Center Outing★ 9:45 TH Morning Exercise 10:30 GR Cranium Crunches 1:30 TH Hot Topic with Neil 3:00 B Men's Social 3:30 TH Bingo with Stefani 7:00 GR Play Jeopardy 7:30 TH Movie
12 9:45 TH Morning Exercise 10:30 GR Finish That Line with Clara 1:30 B Canasta with Toby 1:45 TH Funtastic Fitness with Annette 3:00 TH Belmont Choir 7:00 GR Casual Bingo 7:30 TH Documentary	13 9:45 TH Morning Exercise 10:15 TH Music with Irby 1:30 TH Short Story Discussion 3:00 B Iced Coffee & Conversation 3:30 GR Knitting with Araksi 4:00 CE Advanced Balance Class 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	14 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Seniors and Safe Driving Talk 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 3:00 JK Forever Young Singers 3:00 B Blackjack with Neil 4:00 TH Chair Dancing 7:00 GR Horse Racing with Donnie 7:00 TH Dementia Support Group	15 9:45 TH Morning Exercise 10:15 SA Low Vision Support Group 10:30 TH Healthy Eating with Nancy Graves 11:00 JK Two Truths and a Lie 1:00 TH The Diabetic Diet with Nancy Graves 1:00 Neathercutt Museum Outing★ 2:30 TH Brain Games with Angel 3:30 GR Scrabble with Rita 7:00 B Wheel of Fortune with Sue 7:30 TH Movie	16 9:45 TH Morning Exercise 10:15 B Beading with Laura 1:00 TH Bible Study 2:30 JK Happy Hour with Jimmy & Joyce Chapel 3:30 B Social Hour 7:00 GR Casual Bingo 7:30 TH Movie	17 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Garden Club 12:00 GR Rick on Piano 1:00 CE Advanced Balance Class 2:00 B Poker 3:30 JK Shabbat 7:00 GR Group Crossword 7:30 TH Movie	18 9:30 Oaks Mall Outing with Tammy★ 9:45 TH Morning Exercise 10:30 GR Cranium Crunches 1:30 TH Hot Topic with Neil 3:00 B Men's Social 3:30 TH Bingo with Stefani 7:00 GR Play Jeopardy 7:30 TH Movie
19 Oujaba Wholesale in the Bistro 9:45 TH Morning Exercise 10:30 GR You Be the Judge with Clara 1:30 B Canasta with Toby 1:45 TH Music and Yoga with Linda 3:00 TH Father's Day Jukebox with Mike Tupaz 7:00 GR Casual Bingo 7:30 TH Documentary	20 9:45 TH Morning Exercise 10:00 B Coffee & Conversation 1:30 TH Short Story Discussion 2:30 TH Hearing Clinic with Ron 3:30 GR Knitting with Araksi 4:00 CE Advanced Balance Class 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	21 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Fun with Spanish 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 1:30 TH Matinee Movie Club 2:30 B Chef Chat 3:00 B Blackjack with Neil 4:00 TH Presidential Race 2016 Discussion 7:00 GR Horse Racing with Donnie 7:30 TH Terrific TV Tuesday	22 9:45 TH Morning Exercise 11:00 Lunch at Lakeview Gardens and a movie★ 11:00 JK Two Truths and a Lie 1:00 TH Drum Circle 2:30 TH Brain Games with Angel 3:30 GR Scrabble with Rita 7:00 B Wheel of Fortune with Sue 7:30 TH Movie	23 9:45 TH Morning Exercise 10:30 TH Garden Club 1:00 TH Bible Study 4:30 The Belmont Bonanza! 7:00 GR Casual Bingo 7:30 TH Movie	24 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Spell-a-Thon 11:30 JK Birthday Luncheon 1:00 CE Advanced Balance Class 2:00 B Poker 3:30 JK Shabbat 7:00 GR Group Crossword 7:30 TH Movie	25 9:30 Target Center Outing★ 9:45 TH Morning Exercise 10:30 GR Cranium Crunches 1:30 TH Hot Topic with Neil 3:00 B Men's Social 3:30 TH Bingo with Stefani 7:00 GR Play Jeopardy 7:30 TH Movie
26 9:45 TH Morning Exercise 10:30 GR Finish That Line with Clara 1:30 B Canasta with Toby 1:45 TH Funtastic Fitness with Annette 3:00 TH Belmont Choir 7:00 GR Casual Bingo 7:30 TH Documentary	27 9:45 TH Morning Exercise 10:15 TH Music with Irby 1:30 TH Short Story Discussion 3:00 B Iced Coffee & Conversation 3:30 GR Knitting with Araksi 4:00 CE Advanced Balance Class 7:00 GR Sing-a-long with Rick 7:30 TH Monday's Musical	28 9:15 Walking Club★ 9:45 TH Morning Exercise 10:30 TH Fun with Spanish 12:00 GR Rick on Piano 1:00 SA Bible Study with Joan 1:15 TH Matinee Movie Club 3:00 B Blackjack with Neil 3:30 TH Chair Dancing 7:00 GR Horse Racing with Donnie 7:00 TH Dementia Support Group	29 9:45 TH Morning Exercise 11:00 JK Two Truths and a Lie 1:30 TH Brain Games with Angel 3:30 GR Scrabble with Rita 4:00 Dinner Outing at The Odyssey 7:00 B Wheel of Fortune with Sue 7:30 TH Movie	30 9:45 TH Morning Exercise 10:30 TH Garden Club 1:00 TH Bible Study 2:30 JK Happy Hour with Mark Cole 3:30 B Social Hour 7:00 GR Casual Bingo 7:30 TH Movie		



**Dementia Support Group
June 14th & 28th, 7 p.m.**

This free bi-monthly support group is held on the second and fourth Tuesday evening and is presented by the Alzheimer's Association and Coast Caregiver Resource Center. It is open to caregivers, families, and friends of loved ones with various dementias caused by Alzheimer's, Lewy Body, Parkinson's, vascular, stroke, brain injury, or cancer.

Light refreshments are served. Meetings take place in Town Hall on the 2nd floor. To RSVP, or for more info, contact facilitator Carolyn Kopp, MS, CCRC Family Consultant, at (805) 492-0601.





Circle of Friends & Neighborhood

**Amanda Senger
Memory Program
Coordinator**

Circle of Friends

In May, the Circle of Friends residents had the opportunity to express themselves creatively. They made beautiful flower pins out of colorful glass and a unique personalized mirror. These were very rewarding activities with beautiful results. It gave everyone a sense of pride, accomplishment and confidence. Next up is Father's Day! Be on the lookout this month for another creative project especially for dads!



Neighborhood News

These past few months the Neighborhoods have been blessed with many new faces- both residents and staff. With each new resident we get the opportunity to learn about someone's unique life story and past experiences.

Keeping positive relationships in our residents' lives is very important to their well-being. These new relationships grow between residents and our staff. We have the most amazing staff members at Belmont that work so hard each day. They create special bonds with the residents that then create a happy workplace and happy residents. Come visit the Neighborhoods to see all the happy faces!



Circle of Friends Outings

- Sunday, June 5th: Conejo Valley Youth Orchestra "Broadway and the Big Screen" (bus leaves at 1:30)
- Monday, June 13th: Moorpark Zoo (bus leaves at 9:00 for a 10:00 show)
- Monday, June 20th: Lunch at Bangkok Ave Thai Cuisine (bus leaves at 10:40)
- Monday, June 27th: Dessert at Little Calf in TO (bus leaves at 12:00)



The Village Scene



BELMONT *Village*
SENIOR LIVING
THOUSAND OAKS

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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