



# Belmont Village of Thousand Oaks Village NEWS



3680 N Moorpark Rd. • Thousand Oaks, CA 91360 • Phone 805-496-9301 • Fax 805-496-9303

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

**July 2016**

## Staff Directory

### Our Community's Team

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## Bradlee Foerschner Executive Director



They say, "A picture is worth a thousand words." But for me, I only have a few hundred to write this article on; something I am quite passionate about: pet therapy.

Regular visits with pets, usually dogs, can have positive physical, emotional, and mental benefits. Some of the physical benefits of pet therapy include lowering blood pressure, lowering heart rate, and reducing overall stress. Emotional benefits are reducing anxiety and depression, decreasing loneliness through increasing social interaction with the pets and their human companions. Additionally, consistent interaction with a pet has been shown to cause an increased release of serotonin and dopamine in the brain, which can help calm and soothe a person's body. This can be helpful for patients with Alzheimer's or dementia, who may have a higher

level of anxiety and agitation as a result of their disease. There are also many mental benefits that are a result of increased mental stimulation, whether it's talking to the pet directly, asking questions to the dog's owner or talking with other residents about the dog. All of these things help to keep the brain active and stimulated, states Director of Rehab Heather Hart of Bermuda Commons Nursing and Rehabilitation.

Belmont Village Thousand Oaks is a pet friendly community and we allow our residents to have pets. We have had many residents with dogs, cats, birds and fish over the years. Additionally, we have many pets that visit the community either as service animals or through friends and families. If your loved one brings their pet to Belmont to visit you and your friends, please remind them that there is a new pet cleanup station located near the service entrance on the north side of the parking lot! We hope this makes your visits easier now that you have a designated spot to take your dog to for relief. Additionally, please be sure to remind your guests that while we love our furry friends, they are not allowed to enter the dining room and should visit from the floor, not on the furniture in the community.



**Happy Birthday**

**Resident Birthdays!**

- July 1 Edith S.
- July 2 Lorna P.
- July 8 Alice M.
- July 9 Jennifer M.
- July 16 Evelyn R.
- July 18 Florence N.
- July 19 Mary T.
- July 23 Marie V.
- July 29 Roberta P.
- July 29 Philip S.
- July 30 Marvin M.
- July 31 Pat H.



Put on your best hat for July's Birthday Luncheon on the 29th

**Staff Birthdays!**

- July 6 Fernando V.
- July 11 Brenda G.
- July 12 Natalia W.
- July 13 Donnie H.
- July 16 Jennifer A.
- July 18 Nemesia C.
- July 22 Rosario L.
- July 26 Joaquin C.
- July 29 Elisia L.



**Summer Concert Series Kicks Off With the Masanga Marimbas!**

June held the *Belmont Bonanza* with heel tappin' country music and lip smackin' good food. Stay tuned for pictures in the July newsletter.

Mark your calendar for Caribbean Nights concert on July 21st. RSVP with the concierge, you don't want to miss this free event!



It's Pajama Bingo! Thanks for the fun, Donnie!



**Employee of the Month**

Nemesia has been working at Belmont for two years! She is known for her impeccable uniform and amazing ability to redirect the residents. Her favorite part of working here is being able to enjoy conversations with the residents. Nemesia was born in the Philippines where she pursued a career in the nursing field. She briefly left that field but came back immediately because she knew in her heart that working with the elderly is what she wanted to do. When Nemesia is not at work she loves dancing, playing cards and going to the movies!



Nemesia Carlson



## Christa Giraldo Director of Resident Care Services

### Improving Memory Tips

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.

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.

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.

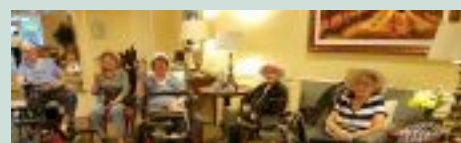
Furthermore, listening to jokes and working out punchlines activates areas of the brain vital to learning and creativity. Looking for ways to bring more laughter in your life? Start with these basics:


**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 and 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.



## Memorial Day, Horse Racing and Marimbas!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
					1	2
					<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH Spell-a-Thon 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 CE Advanced Balance Class 🌿</p> <p>1:30 TH <b>Garden Club with Jose</b> 🌿</p> <p>2:00 B Poker</p> <p>3:30 JK Shabbat 🌿</p> <p>7:00 GR Group Crossword</p> <p>7:30 TH Movie</p>	<p>9:30 Camarillo Outlets with Tammy ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR Cranium Crunches 🌿</p> <p>1:30 TH <b>Hot Topic with Neil</b> 🌿</p> <p>3:00 B Men's Social</p> <p>3:30 TH Bingo with Stefani</p> <p>7:00 GR Play Jeopardy</p> <p>7:30 TH Movie</p>
3	4	5	6	7	8	9
<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR You Be the Judge with Clara</p> <p>1:30 B Canasta with Toby</p> <p>1:45 TH Music and Yoga with Linda 🌿</p> <p>3:00 TH Belmont Choir</p> <p>7:00 GR Casual Bingo</p> <p>7:30 Documentary</p>	<p>9:00 TH Holy Communion 🌿</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH Independence Day with ED 🌿</p> <p>3:30 GR Knitting with Araksi 🌿</p> <p>4:00 CE Advanced Balance Class 🌿</p> <p>7:00 GR Sing-a-long with Rick</p> <p>7:00 <b>Fireworks Outing</b> ★</p> <p>7:30 TH Monday's Musical</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH <b>Fun with Spanish</b> 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 SA Bible Study with Joan 🌿</p> <p>1:30 TH <b>Video Production</b> 🌿</p> <p>2:30 TH <b>New Resident Orientation</b></p> <p>3:00 B Blackjack with Neil</p> <p>7:00 GR Horse Racing with Donnie</p> <p>7:30 TH Terrific TV Tuesday</p>	<p>8:30 <b>Breakfast at IHOP and Chumash Casino Outing</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 Space: The Final Frontier with Ed 🌿</p> <p>11:00 JK Two Truths and a Lie</p> <p>1:30 TH <b>Brain Games with Angel</b> 🌿</p> <p>3:30 GR Scrabble with Rita</p> <p>7:00 B <b>Wheel of Fortune with Sue</b> 🌿</p> <p>7:30 TH Movie</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH <b>Activity Chat</b></p> <p>1:00 TH Bible Study 🌿</p> <p>2:30 JK <b>Happy Hour with Jimmy Brewster</b></p> <p>3:30 B <b>Social Hour</b></p> <p>7:00 GR Casual Bingo</p> <p>7:30 TH Movie</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH Spell-a-Thon 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 CE Advanced Balance Class 🌿</p> <p>1:30 TH Watercolors 🌿</p> <p>2:00 B Poker</p> <p>3:30 JK Shabbat 🌿</p> <p>7:00 GR Group Crossword</p> <p>7:30 TH Movie</p>	<p>9:30 Target Center Outing ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR Cranium Crunches 🌿</p> <p>1:30 TH <b>Hot Topic with Neil</b> 🌿</p> <p>3:00 B Men's Social</p> <p>3:30 TH Bingo with Stefani</p> <p>7:00 GR Play Jeopardy</p> <p>7:30 TH Movie</p>
10	11	12	13	14	15	16
<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR Finish That Line with Clara</p> <p>1:30 B Canasta with Toby</p> <p>1:45 TH Funtastic Fitness with Annette 🌿</p> <p>3:00 JK Summer fun with Stu and Laurie</p> <p>7:00 GR Casual Bingo</p> <p>7:30 Documentary</p>	<p>9:00 TH Holy Communion 🌿</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:15 TH <b>Music with Irby</b> 🌿</p> <p>1:30 B Short Story Discussion 🌿</p> <p>3:30 GR Knitting with Araksi 🌿</p> <p>4:00 CE Advanced Balance Class 🌿</p> <p>7:00 GR Sing-a-long with Rick</p> <p>7:30 TH Monday's Musical</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH <b>Fire Safety Talk with Fire Station 34</b> 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 SA Bible Study with Joan 🌿</p> <p>1:15 TH Matinee Movie Club</p> <p>3:00 B Blackjack with Neil</p> <p>4:00 TH Presidential Race 2016 Discussion 🌿</p> <p>7:00 GR Horse Racing with Donnie</p> <p>7:00 TH Dementia Support Group</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 Space: The Final Frontier with Ed 🌿</p> <p>10:45 <b>Lunch Outing to Duke's</b> ★</p> <p>11:00 JK Two Truths and a Lie</p> <p>1:30 TH <b>Brain Games with Angel</b> 🌿</p> <p>3:30 GR Scrabble with Rita</p> <p>7:00 B <b>Wheel of Fortune with Sue</b> 🌿</p> <p>7:30 TH Movie</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH <b>Resident Council Meeting</b></p> <p>1:00 TH Bible Study 🌿</p> <p>2:30 JK <b>Happy Hour with Mike Chamberlin</b></p> <p>3:30 B <b>Social Hour</b></p> <p>3:30 B <b>Social Hour: Welcome Wagon</b></p> <p>7:00 GR Casual Bingo</p> <p>7:30 TH Movie</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH Spell-a-Thon 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 CE Advanced Balance Class 🌿</p> <p>1:30 TH Garden Club with Jose 🌿</p> <p>2:00 B Poker</p> <p>3:30 JK Shabbat 🌿</p> <p>7:00 GR Group Crossword</p> <p>7:30 TH Movie</p>	<p>9:30 Oaks Mall Outing with Tammy ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR Cranium Crunches 🌿</p> <p>1:30 TH <b>Hot Topic with Neil</b> 🌿</p> <p>3:00 B Men's Social</p> <p>3:30 TH Bingo with Stefani</p> <p>7:00 GR Play Jeopardy</p> <p>7:30 TH Movie</p>
17	18	19	20	21	22	23
<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR You Be the Judge with Clara</p> <p>1:30 B Canasta with Toby</p> <p>1:45 TH Music and Yoga with Linda 🌿</p> <p>3:00 TH Belmont Choir</p> <p>7:00 GR Casual Bingo</p> <p>7:30 Documentary</p>	<p>9:00 TH Holy Communion 🌿</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 B Games with Cindy</p> <p>1:30 B Short Story Discussion 🌿</p> <p>2:30 TH Hearing Clinic with Ron</p> <p>3:30 GR Knitting with Araksi 🌿</p> <p>4:00 CE Advanced Balance Class 🌿</p> <p>7:00 GR Sing-a-long with Rick</p> <p>7:30 TH Monday's Musical</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH <b>Fun with Spanish</b> 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 SA Bible Study with Joan 🌿</p> <p>2:30 B <b>Chef Chat</b> 🌿</p> <p>3:00 B Blackjack with Neil</p> <p>4:00 TH Presidential Race 2016 Discussion 🌿</p> <p>7:00 GR Horse Racing with Donnie</p> <p>7:30 TH Terrific TV Tuesday</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:15 SA Low Vision Support Group 🌿</p> <p>10:30 Space: The Final Frontier with Ed 🌿</p> <p>11:00 JK Two Truths and a Lie</p> <p>12:00 <b>The Little Mermaid Musical at the CAP</b> ★</p> <p>1:30 TH <b>Brain Games with Angel</b> 🌿</p> <p>3:30 GR Scrabble with Rita</p> <p>7:00 B <b>Wheel of Fortune with Sue</b> 🌿</p> <p>7:30 TH Movie</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:15 B <b>Beading with Laura</b></p> <p>1:00 TH Bible Study 🌿</p> <p>1:30 TH <b>Music with Theresa Stockton</b></p> <p>4:30 <b>Caribbean Nights Summer Concert</b></p> <p>7:00 GR Casual Bingo</p> <p>7:30 TH Movie</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH Spell-a-Thon 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 CE Advanced Balance Class 🌿</p> <p>1:30 TH Crafter's Corner: Summer door decor 🌿</p> <p>2:00 B Poker</p> <p>3:30 JK Shabbat 🌿</p> <p>7:00 GR Group Crossword</p> <p>7:30 TH Movie</p>	<p>9:30 Target Center Outing ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR Cranium Crunches 🌿</p> <p>1:30 TH <b>Hot Topic with Neil</b> 🌿</p> <p>3:00 B Men's Social</p> <p>3:30 TH Bingo with Stefani</p> <p>7:00 GR Play Jeopardy</p> <p>7:30 TH Movie</p>
24	25	26	27	28	29	30
<p>10:30 GR Finish That Line with Clara</p> <p>1:30 B Canasta with Toby</p> <p>1:45 TH Funtastic Fitness with Annette 🌿</p> <p>3:00 TH Belmont Choir</p> <p>7:00 GR Casual Bingo</p>	<p>9:00 TH Holy Communion 🌿</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:15 TH <b>Music with Irby</b> 🌿</p> <p>1:30 B Short Story Discussion 🌿</p> <p>3:00 B <b>Iced Coffee &amp; Conversation</b></p> <p>3:30 GR Knitting with Araksi 🌿</p> <p>4:00 CE Advanced Balance Class 🌿</p> <p>7:00 GR Sing-a-long with Rick</p> <p>7:30 TH Monday's Musical</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH <b>Fun with Spanish</b> 🌿</p> <p>12:00 GR Rick on Piano</p> <p>1:00 SA Bible Study with Joan 🌿</p> <p>1:15 TH Matinee Movie Club</p> <p>3:00 B Blackjack with Neil</p> <p>4:00 TH Presidential Race 2016 Discussion 🌿</p> <p>7:00 TH Dementia Support Group</p> <p>7:00 GR Horse Racing with Donnie</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:00 <b>Dodger vs Tampa Bay Baseball Game</b> ★</p> <p>10:30 Space: The Final Frontier with Ed 🌿</p> <p>11:00 JK Two Truths and a Lie</p> <p>1:00 TH Drum Circle 🌿</p> <p>2:30 TH <b>Brain Games with Angel</b> 🌿</p> <p>3:30 GR Scrabble with Rita</p> <p>7:00 B <b>Wheel of Fortune with Sue</b> 🌿</p> <p>7:30 TH Movie</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH <b>MBA Challenge Meeting</b> 🌿</p> <p>1:00 TH Bible Study 🌿</p> <p>2:30 JK <b>Happy Hour with 2 For The Show</b></p> <p>3:30 B <b>Social Hour</b></p> <p>7:00 GR Casual Bingo</p> <p>7:30 TH Movie</p>	<p>9:15 <b>Walking Club</b> ★</p> <p>9:45 TH Morning Exercise 🌿</p> <p>10:30 TH Spell-a-Thon 🌿</p> <p>11:30 JK <b>Birthday Luncheon</b></p> <p>1:00 CE Advanced Balance Class 🌿</p> <p>1:30 TH Garden Club with Jose</p> <p>2:00 B Poker</p> <p>3:30 JK Shabbat 🌿</p> <p>7:00 GR Group Crossword</p> <p>7:30 TH Movie</p>	<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR Cranium Crunches 🌿</p> <p>1:30 TH <b>Hot Topic with Neil</b> 🌿</p> <p>3:00 B Men's Social</p> <p>3:30 TH Bingo with Stefani</p> <p>7:00 GR Play Jeopardy</p> <p>7:30 TH Movie</p>
31						
<p>9:45 TH Morning Exercise 🌿</p> <p>10:30 GR You Be the Judge with Clara</p> <p>1:30 B Canasta with Toby</p> <p>3:00 TH Belmont Choir</p> <p>7:00 GR Casual Bingo</p>						



Flag Raising Ceremony on Memorial Day



### **Dementia Support Group July 12th & 26th, 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.



### **Summer Concert Above and on an Outing Below**





# Circle of Friends & Neighborhood

**Amanda Senger  
Memory Program  
Coordinator**



## Circle of Friends

Exercising the mind and body are some of our favorite activities in Circle of Friends. Our residents have a blast getting together to enjoy our activities which are both fun and stimulating. They do this while making friends with our outstanding staff members, residents and family members. Thank you to our families and residents for taking part in our June activities and events! Get ready for our great upcoming July outings, happy hours, exercise classes, mental workouts and much more!

## Neighborhood News

June was Alzheimer's and Brain Awareness Month. In June, the Neighborhood learned some new ways to help protect against

further cognitive decline. Scientists now know enough to make two key recommendations. First is that regular physical activity and management of cardiovascular risk factors (diabetes, obesity, smoking and hypertension) have been shown to reduce the risk of cognitive decline and may reduce the risk of dementia. Second is a healthy diet and lifelong learning/cognitive training. If you take these factors it creates a recipe for the greatest benefits. In the Neighborhood we practice both of these factors every day. With physical therapy leading exercise and healthy well-balanced foods at each meal. We also do cognitive training in the form of activities to help boost memory. The Neighborhood will continue to practice these good habits for the rest of the summer!



## Circle of Friends Outings

- Monday, July 4th: No Outing, BBQ Party at the Building
- Wednesday, July 13th: "The Little Mermaid" at TO Civic Arts Plaza (bus leaves at 12:00)
- Monday, July 18th: Picnic at the Beach (bus leaves at 10:30)
- Monday, July 25th: Movie Outing (TBA)



# Fun at the Summer Concert



## 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