



Belmont Village of Westwood VillageNEWS



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

June 2016

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James' Note

Hello All and Happy June!!

Last month was a very busy month with many different celebrations. One celebration I'd like to highlight, again, is Nurses Week. We are so fortunate to have nursing in the house, available for everyone, 24 hours a day – 7 days a week.

The outstanding nursing crewing, led by Zara Khatchatryan, RN, is professional, knowledgeable, caring and nurturing. Thank you to Zara and all nurses.

Also, I'm sure you have all noticed the many policemen, firefighters and paramedics eating lunch with us every other month. This is our way, Belmont Village as a Westwood Community Member, to give *thanks* to our First Responders. At the end of last year, we had 18 first responders join our first BBQ; and this past month, we had 60 first responders. I'm looking forward to next month's. If you want to show appreciation, please stop downstairs in the TownHall/Patio.

June kicks off summer and new and exciting times at Belmont Village. Check out some new activities Alicia is going to host outside and if we aren't in full 'June Gloom' weather we will start

opening up dining on the pool patio.

I'm looking forward to bringing back our Summer Concert Series which will kick off in July – more to come on that next month.

And last, but certainly not least, this month we will be celebrating Father's Day. The dedicated fathers we have in the world need your attention this day so please join us for a nice brunch with entertainment to follow.

Enjoy the month and I'll see you out there. ~ James



Celebrating Nurses Week with Zara!



First Responders BBQ



June Resident Birthdays

- 1 Frank Dominick
- 1 Maxine Manson
- 5 Marta Mooney
- 6 Mary Martin
- 12 Klaus Oebel
- 13 Ruth Fradkin
- 13 Gloria Reamer
- 15 John Fessler
- 15 Phyllis Goldstein
- 17 Olga Levin
- 19 Maria Bensimon
- 19 Victor Silberman
- 20 Tybe Blink
- 21 Al Schwartz
- 22 Sharon Vairo
- 24 Donald Schweitzer
- 26 Lillian Katz
- 27 John Frank



June Staff Birthdays

- 2 Leonela Aldana Cordova
- 5 Julie Istrashkina
- 7 Arshaluis Kazarova
- 7 Karine Mizakhanyan
- 8 Jane C. Ang
- 10 Ruth Napier
- 10 Mary Spencer
- 11 Alexandra Kurth
- 15 Orlando Marcial
- 18 Marina Merana
- 18 Rosemary Manuyag
- 18 Oscar Marroquin
- 19 Nicole Okafor
- 22 Quesia Palafox
- 28 Norma Lopez Castellon
- 28 Dioressa Tan
- 30 Ruby Gonzalez

**Team Member
of the
Month**



**Employee of the Month
Ada Reyes!**

Ada is an outstanding employee and can be spotted wearing her signature smile. Her warmth and dedication to the residents is very admirable and her genuine love of her work shows every day. She is always willing to lend a helping hand. Congratulations, Ada!



**Extra Mile Award
Vanessa Chacon!**

Vanessa is an amazing employee at Belmont Village. Her resident care is exceptional and she takes tremendous pride in her work. She is respected by her co-workers and is always a pleasure to work with. We appreciate Vanessa going the extra mile!

Belmont Stakes at Belmont Village Westwood!

Together we will watch the third and final leg of the American Triple Crown of Horse racing ... Belmont Stakes. Join us to see if your horse will be wearing the blanket of white carnations.

Saturday, June 11th, at 1:30 bistro viewing





DRCS Health Hints by Zara Khatchatrian

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 been shown to reduce fall risks in older adults. Belmont Village and Rehab Care offer various exercise and wellness programs to suit 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.



Staying Active with chair dance!



Hardworking Nurses Manny and Rosemary!

Transportation Schedule

Sunday: Scenic drive

Monday: Doctor appointments, local trips

Tuesday: Doctor appointments, Circle of Friends outing

Wednesday: Doctor appointments, activity outing

Thursday: Doctor appointments, neighborhood outing

Friday: Local trips

Saturday: Local trips

Please sign up for activity outings. Schedule your doctor appointments and other transportation needs at the Concierge Desk.

Resident Committees & Informational Chats

Chef's Chat—Meets on the last Tuesday of the month in the Screening Room, at 1:30 pm.

Resident Council—Meets on the second Tuesday of the month in the Screening Room, at 1:30 pm.

Activity & Movie Chat—Meets on the third Tuesday of the month in the Screening Room, at 3:30 pm.

Welcome Committee—Hosts a Welcome Tea each month for new residents.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 12:30 LB Wednesday Outing: Landmark Theatre 1:00 SR Afternoon Movie 2:00 CL Book Club 3:30 SR Current Events with Margot 4:00 CL Tech Assistance 7:00 SR Movie Club with Merle	2 9:00 LB Walking Club 10:00 PL Water Aerobics 11:00 SR "Who Am I?" Resident Discussion Series 1:30 SR Yiddish Conversation Group 2:00 TH Chair Dance Workout with Sloan 3:30 GR Happy Hour with Mark Rosen 7:00 SR At the Movies	3 9:00 LB Walking Club 10:00 TH Boot Camp 10:30 CL Writers Workshop 1:00 SR Afternoon Documentary 3:00 CL Jeopardy 7:00 SR At the Movies 7:30 TH Shabbat with Rabbi Jerry Cutler	4 9:15 LB Local Errands 10:00 SR Sit & Be Fit 11:00 PL Garden Club 1:00 LB Trader Joe's/CVS/Rite Aid 1:00 TH Silk Scarf Painting 1:00 LB Outing: Romeo & Juliet 1:30 SR Opera Club Screening 7:00 SR At the Movies
5 9:30 LB Ralph's/Target Shopping 10:00 CL Jewish Discussion Brunch 10:30 SR At the Movies 11:00 CL Technology Assistance 1:00 GR Trivia with Fritz 1:30 LB TBD Shopping 2:30 TH Bingo 3:30 GR Happy Hour with David Kauffman 7:00 SR At the Movies	6 9:00 LB Walking Club 10:00 SR Morning Musical 10:00 TH Boot Camp 11:00 CL Mental Fitness 1:30 TH Glass Art 3:00 TH Monday Meditation 4:00 SR "Is this any way to run an election?" w/ Margot 7:00 TH Bingo 7:00 SR At the Movies	7 9:00 LB Walking Club 10:00 TH Balance and Mobility 11:00 CL Think Tank Discussion 1:30 TH Beading with Lyn 2:30 TH Beading with Lyn 3:00 SR TV Series Viewing 3:00 JK Bereavement Support Group 7:00 CL Families of Alzheimer's Support Group 7:00 SR History of Musical Theatre with Merle	8 9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 12:00 LB Wednesday Outing: The Broad Museum 1:00 SR Afternoon Movie 1:30 TH Glass Art 3:30 SR Current Events with Margot 4:00 CL Tech Assistance 7:00 SR Movie Club with Merle	9 9:00 LB Walking Club 10:00 PL Water Aerobics 1:00 TH Drum Circle with Brad 1:30 SR Yiddish Conversation Group 2:00 TH Chair Dance Workout with Sloan 3:30 GR Happy Hour with Francesca Sola 7:00 SR At the Movies	10 9:00 LB Walking Club 10:00 TH Boot Camp 10:30 CL Writers Workshop 1:00 SR Afternoon Documentary 3:00 CL Jeopardy 4:00 CL Shabbat 7:00 SR At the Movies	11 Belmont Stakes 9:15 LB Local Errands 10:00 SR Sit & Be Fit 11:00 PL Garden Club 1:00 LB Trader Joe's/CVS/Rite Aid 1:30 SR Opera Club Screening 3:30 CL Technology Assistance 7:00 SR At the Movies
12 9:30 LB Ralph's/Target Shopping 10:00 CL Jewish Discussion Brunch 10:30 SR At the Movies 11:00 CL Technology Assistance 1:00 GR Trivia with Fritz 1:30 LB TBD Shopping 2:30 TH Bingo 3:30 GR Violin Recital 7:00 SR At the Movies	13 9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL Mental Fitness 11:00 SR Healthy Nutrition & Brain Health 1:30 TH Clay with Kristen 1:30 SR Missions of San Francisco Bay Area by John Sandbrook 3:00 TH Monday Meditation 4:00 SR "Is this any way to run an election?" w/ Margot 7:00 SR At the Movies 7:00 TH Bingo	14 9:00 LB Walking Club 10:00 TH Balance and Mobility 10:30 CR Hearing Aid Cleaning Service by Sharp Hearing 11:00 CL Think Tank Discussion 1:30 SR Resident Council Meeting 3:00 SR TV Series Viewing 7:00 SR History of Musical Theatre with Merle 7:00 CL Families of Alzheimer's Support Group	15 9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 12:30 LB Wednesday Outing: Landmark Theatre 1:00 SR Afternoon Movie 3:30 SR Current Events with Margot 4:00 CL Tech Assistance 7:00 SR Movie Club with Merle	16 9:00 LB Walking Club 10:00 PL Water Aerobics 1:30 GR Yiddish Conversation Group 1:30 SR Rehab Care Talk 2:30 TH Chair Dance Workout with Sloan 3:30 GR Happy Hour with Danny Jacobson 7:00 SR At the Movies	17 9:00 LB Walking Club 10:00 TH Boot Camp 10:30 CL Writers Workshop 1:00 SR Afternoon Documentary 3:00 CL Jeopardy 4:00 CL Shabbat 7:00 SR At the Movies	18 9:15 LB Local Errands 10:00 SR Sit & Be Fit 11:00 PL Garden Club 1:00 TH Silk Scarf Painting 1:00 LB Trader Joe's/CVS/Rite Aid 1:30 SR Opera Club Screening 3:30 CL Technology Assistance 7:00 SR At the Movies
19 Father's Day 9:30 LB Ralph's/Target Shopping 10:30 JK Father's Day Brunch 11:00 CL Technology Assistance 1:00 GR Trivia with Fritz 1:30 LB TBD Shopping 2:30 TH Bingo 3:30 GR Happy Hour with Kevin Laurence 7:00 SR At the Movies	20 9:00 LB Walking Club 10:00 SR Morning Musical 10:00 TH Boot Camp 11:00 CL Mental Fitness 1:30 TH Glass Art 3:00 TH Monday Meditation 4:00 SR "Is this any way to run an election?" w/ Margot 7:00 TH Bingo w/ Sigma Kappa 7:00 SR At the Movies	21 9:00 LB Walking Club 10:00 TH Balance and Mobility 11:00 CL Think Tank Discussion 1:30 TH Beading with Lyn 1:30 SR Adventures with Doug 2:30 TH Beading with Lyn 3:00 SR TV Series Viewing 3:00 JK Bereavement Support Group 3:00 SR Activity & Movie Planning Meeting 7:00 SR History of Musical Theatre with Merle 7:00 CL Families of Alzheimer's Support Group	22 9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 12:00 LB Wednesday Outing: Museum of Flying 1:00 SR Afternoon Movie 3:30 SR Current Events with Margot 4:00 CL Tech Assistance 7:00 SR Movie Club with Merle	23 9:00 LB Walking Club 10:00 PL Water Aerobics 1:30 SR Yiddish Conversation Group 2:00 TH Chair Dance Workout with Sloan 3:30 GR Happy Hour with Neil Dorval 7:00 SR At the Movies	24 9:00 LB Walking Club 10:00 TH Boot Camp 10:30 CL Writers Workshop 1:00 SR Afternoon Documentary 3:00 CL Jeopardy 4:00 CL Shabbat 7:00 SR At the Movies	25 9:15 LB Local Errands 10:30 SR Sit & Be Fit 11:00 PL Garden Club 1:00 LB Trader Joe's/CVS/Rite Aid 1:30 SR Opera Club Screening 3:30 CL Technology Assistance 7:00 SR At the Movies
26 9:30 LB Ralph's/Target Shopping 10:00 CL Jewish Discussion Brunch 10:30 SR At the Movies 11:00 CL Technology Assistance 1:00 GR Trivia with Fritz 1:30 LB TBD Shopping 1:30 LB Outing: Brass Pacifica 2:30 TH Bingo 3:30 GR Happy Hour with David Margolis 7:00 SR At the Movies	27 9:00 LB Walking Club 10:00 TH Boot Camp 10:00 SR Morning Musical 11:00 CL Mental Fitness 1:30 TH Art with Dela 2:00 SR Dr. Hamermesh "Physics & You Everyday" 3:00 TH Monday Meditation 4:00 SR "Is this any way to run an election?" w/ Margot 7:00 SR At the Movies 7:00 TH Bingo	28 9:00 LB Walking Club 10:00 TH Balance and Mobility 11:00 CL Think Tank Discussion 1:30 SR Chef's Chat 2:30 TH Beading with Lyn 3:00 SR TV Series Viewing 3:30 TH Beading with Lyn 7:00 CL Families of Alzheimer's Support Group 7:00 SR History of Musical Theatre with Merle	29 9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 12:00 LB Wednesday Outing: Lunch at Benihana 1:00 SR Afternoon Movie 3:30 SR Current Events with Margot 4:00 CL Tech Assistance 7:00 SR Movie Club with Merle	30 9:00 LB Walking Club 10:00 PL Water Aerobics 1:30 SR Yiddish Conversation Group 2:00 TH Chair Dance Workout with Sloan 3:30 GR Happy Hour 7:00 SR At the Movies		



Resident Services

Maintenance Services

Please see the receptionist or concierge for a work order.

Concierge Services

For assistance with local reservations and transportation, please see the concierge.

Salon

Located on the 2nd floor. We are a full-service salon and look forward to servicing all of your needs. (310) 234-3039

Marketplace

Toiletries, snacks, etc., for purchase. Please see the receptionist.

Dry Cleaning

Please see the receptionist to arrange for pickup and delivery from an outside vendor.

Podiatrist

Available monthly. Please see the concierge to arrange an appointment.

PT/OT/Speech Therapy

Available in the CFLE (gym) on the first floor. Please see a RehabCare therapist for an appointment.

Water Aerobics Is Back!

We will be having water aerobics in the pool! **Thursdays at 10 a.m.**

Circle of Friends June Outings

June 7th: Enjoy a show with lunch at Benihana's! Departs at 11:00am.

June 14th: Explore the beautiful National Parks in 3D at the CA science center. Departs at 1:00pm.

Friday, June 24th: Explore the skies at the Museum of Flying. Departs at 1:30pm.

June 28th: Out to the Movies! TBA.

Neighborhood News



We can not wait for summer to arrive here in the Neighborhood! As the weather warms up, we are looking forward to hosting activities, playing some basketball, and having a family night outdoors.

Feel free to come and take advantage of our outdoor space when you visit. It's a great area with plenty of seating for a meal or conversation!

Circle of Friends



The Circle had a great time this past month with lots to celebrate! First we started with the Kentucky Derby, where we were able to learn about the history behind it and even made derby hats with some UCLA volunteers. We had a lot of fun using our creativity to create our own fashion.

We then celebrated Mother's Day with a fantastic brunch and new Belmont entertainment. Many of the mothers loved the flowers given to them by the staff, which made it an extra festive day!



Poetry Corner

Participants in the Writers' Workshop submitted poetry to a recent Los Angeles Times contest. Below is a poem submission by Ruth Wilkes.

Remembrance

A life was lost too soon
Snatched from the turmoil
Of tomorrow's world
A world which yet
Shall see the light
Of joy and pain
But never will it
E'r behold
A man like him again
His was the task
A super human trial of
Strength to bear, and
Fight against the cruel
Ravage of disease,
So valiantly,
So full of youth, full of dare
He was beloved by his
Friends and Family from
everywhere
His love and zest for life
Was Genuine and deeply felt
While secretly within
His fervent Soul
A greater fire dwelt
Who knows but this flame
Too bright for human
consummation
Of human bondage freed
Has reached its highest
destination



Celebrate Father's Day!

Join us for Father's Day Brunch, followed by an afternoon of trivia and entertainment. Come celebrate the man you call dear old dad.

**Sunday, June 19th, Brunch
10:30-1:30**

Resident Martin Elkort Movie Screening & Book Signing

Martin Elkort has been a photographer for more than 70 years. We will be screening a documentary on his life works, as well as holding a book signing of his new book "Children: Behind the Lens." Join us and admire Martin's inspiring photography.

Saturday, June 11th, 1:30 pm



Resident Spotlight



Maxine Mandles Manson

"In 1959, Maxine moved to San Francisco and Los Angeles, where she soon gained prominence in professional dramatic circles for her frequent television, motion picture and theatrical performances from which she 'retired' at age 65 to concentrate on making numerous network television commercials and serving as the national voice of the original AT&T for all of their prerecorded 'intercepts' (such as 'I'm sorry, but the number you dialed is no longer in service.') Ten years later, when AT&T first computerized those messages, they engineered them to sound 'just like Maxine.'"

Village Scene



Mother's Day Fashion Show!



UCLA Botanical Gardens



Cinco de Mayo



Celebrating May Birthdays!



More May Birthdays!



Joyce wearing her Kentucky Derby Hat!

BELMONT *Village*
SENIOR LIVING
WESTWOOD

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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