



Belmont Village of Westwood VillageNEWS



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

July 2016

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James' Note

Freedom

Hello everyone.

This past month, as a nation we have been challenged several times in regards to our freedom. Senseless violent acts happened and created fear in many citizens, many residents here at Belmont Village.

July is a great month to reflect on our freedom as citizens of the United States. A simple act that allows us to feel free and safe. Safe to walk down the street and to express our beliefs and views-- all without feeling fear that if doing so will create violence.

I had the opportunity to go to a candlelight vigil in Downtown LA after the violent act in Orlando, FL. There was so much love and support that night -- people just wanted to be around one another, consoling one another - one love.

This is similar to living and working at Belmont Village. When I walk throughout the hallways and corridors every day I feel such a sense of family, security, encouragement, and love. From residents and their family members, to staff and the occasional outside vendor, people really care for each other - one love.

Whatever you believe, whether you are straight, gay or

transgender, whether you identify with a certain religion or not, or you are male or female, young or old(er)-- I want you all to feel free and welcomed at all times.



Summer Event Series

Our 2nd Annual Summer Event Series kicks off with French Bastille Day on **July 14th**. Our wonderful Chef has a fabulous dining treat for you. Save the date for this one. Everyone is bound to be talking about it for weeks!



BV Volunteers @ VA Carnival- Steph, Summer, Ashley, Zara and Chris.



July Resident Birthdays

- 1 Irwin Golden
- 2 Lillian Coopersmith
- 4 Marilyn Sobelman
- 5 Marie Christopher
- 5 Dickinson Ross
- 6 Jerome Kadell
- 10 Adrian Bernick
- 10 Florence Frisch
- 12 Elinor Kaufman
- 14 Claire Krasnow
- 14 Ruth Wilkes
- 17 Hildegard Benson
- 18 Ethyl Katz
- 18 Jean Krakower
- 28 Peter Shugarman
- 30 Anita Albeck



July Staff Birthdays

- 3 Jose Estrada
- 5 Taina Robles
- 8 Vanessa Piol
- 8 Rita Grinage
- 9 Ceila Cada
- 10 Marilyn Kirk
- 11 Shontia Frazier
- 11 Kenya Hicks
- 12 Kaylyn Dirks
- 14 Monique Garcia
- 14 Maria Barreras
- 15 Mercedes Parker
- 15 Eunice Aldama
- 22 Carlos Guzman
- 23 Jessica Perez
- 24 Emmanuel Guerra
- 26 Ivonne Male
- 30 Teresa Mancia
- 31 Melanie Cooney
- 31 Consolacion Morales

Employee of the Month



Jesus Paredes!

Sous Chef Jesus Paredes is our Employee of the Month! Jesus has taken on more responsibility recently running the kitchen with such professionalism, passion and drive. He has helped build a great team of cooks, prep-cooks and dishwashers and always has a 'can do' attitude.

Congrats, Jesus! Great Job!

Above and Beyond

Adriana Burnone & Monique Garcia

Two extra mile awards this month for two super employees! Adriana is always willing to take on extra responsibilities when needed.

Monique has recently been promoted to table caption and is doing a fabulous job!



4th of July Fun!

4th of July is a time to celebrate America's independence with friends and family. Join us for a delicious BBQ and entertainment by Cool Blue.

11:00-1:30p.m.

Josephine's Kitchen & Pool Patio



DRCS Health Hints by Zara Khatchatrian



Mind Exercise Games for Seniors!

The brain is a complex organ that, like other muscles in the body, elderly parents need to keep stimulated by exercising the brain with games and crafts in order to enhance the growth and development of new nerve cells and neural function. Exercising the brain helps:

- Reduce loss of gray matter (the nuts and bolts of memory)
- Promotes neurogenesis (development of new brain cells)
- Improves attention spans and the ability to concentrate
- Strengthens brain synapses (communication pathways)
- Increases blood flow (more oxygen means healthier cells)

Okay, so who doesn't want to increase brain function, regardless of age? Exercising the brain or mind can be achieved in a number of ways, including but not limited to:

- Learn a new skill – This can be a language, a hobby or a concept. The more challenging, the better. Take up painting. Learn the piano. Take a community class on crime scene investigation. Do something to stimulate, activate and exercise your brain to think in new ways.
- Create a scrapbook – this type of elder activity helps rebuild memories and memory skills that may have gotten rusty over the years.
- Socialize! – Socializing or group activity for the elderly is a mental activity! Engage in social interactions at least weekly, more frequently if possible.
- Laugh! – Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine, that 'feel good' hormone in the brain. Laughter also helps stimulate the brain and enhances learning.
- Engage in 'Thinking Games' – Such as crossword puzzles, Sudoku or chess.



Residents participating in "What's the Verdict?" court case review.

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	2
					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	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 1:30 SR Opera Club Screening 2:00 PP Patio Games 3:30 CL Technology Assistance 7:00 SR At the Movies
3	4	5	6	7	8	9
9:00 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 Tatjana 7:00 SR At the Movies	Independence Day 9:00 LB Walking Club 10:30 TH Patriotic Glass Art 11:00 JK 4th of July BBQ 11:30 PP Entertainment by Cool Blue 3:00 TH Monday Meditation 7:00 SR At the Movies 7:30 TH Bingo	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 SR History of Musical Theatre with Merle 7:00 CL Families of Alzheimer's Support Group	9:00 LB Walking Club 10:00 TH Boot Camp 10:30 LB Wednesday Outing: Beverly Hills Trolley Tour & Lunch 11:00 CL What's the Verdict? 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	9:00 LB Walking Club 10:00 TH Balance and Mobility 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 Francesca Sola 7:00 SR At the Movies	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	9:15 LB Local Errands 10:00 TH Move 'n Groove with Melinda 11:00 PL Garden Club 1:00 LB Trader Joe's/CVS/Rite Aid 1:30 SR Opera Club Screening 2:00 PP Patio Games 3:30 CL Technology Assistance 7:00 SR At the Movies
10	11	12	13	14	15	16
9:00 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 2:30 LB Westwood United Church Organ Concert 3:30 GR Happy Hour with Marvin Robinson 7:00 SR At the Movies	9:00 LB Walking Club 10:00 SR Morning Musical 10:00 TH Boot Camp 11:00 CL Mental Fitness 1:00 TH Clay with Kristen 1:30 SR Early California History (1823-1850) Part 1 2:00 TH Glass Art 3:00 TH Monday Meditation 4:00 SR "Is this any way to run an election?" w/ Margot 7:00 SR At the Movies 7:30 TH Bingo	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 CL Families of Alzheimer's Support Group 7:00 SR History of Musical Theatre with Merle	9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 12:30 LB Wednesday Outing: Landmark Theatres 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	9:00 LB Walking Club 10:00 TH Balance and Mobility 1:00 TH Drum Circle with Brad 1:30 SR Yiddish Conversation Group 2:00 TH Chair Dance Workout with Sloan 6:30 PP Bastille Day Entertainment & Dessert 7:00 SR At the Movies	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	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 2:00 PP Patio Games 3:30 CL Technology Assistance 7:00 SR At the Movies
17	18	19	20	21	22	23
9:00 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	9:00 LB Walking Club 10:00 TH Boot Camp 10:00 SR Morning Musical 11:00 CL Mental Fitness 3:00 TH Monday Meditation 4:00 SR "Is this any way to run an election?" w/ Margot 7:00 SR At the Movies 7:30 TH Bingo	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 JK Bereavement Support Group 3:00 SR TV Series Viewing 3:00 SR Activity & Movie Planning Meeting 7:00 CL Families of Alzheimer's Support Group 7:00 SR History of Musical Theatre with Merle	9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 11:00 LB Wednesday Outing: Getty Villa 1:00 SR Afternoon Movie 3:30 SR Current Events with Margot 4:00 CL Tech Assistance 7:00 SR Movie Club with Merle	9:00 LB Walking Club 10:00 TH Balance and Mobility 1:30 SR Yiddish Conversation Group 2:00 TH Chair Dance Workout with Sloan 3:30 GR Happy Hour with Kevin Lawrence 7:00 SR At the Movies	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	9:15 LB Local Errands 10:00 TH Move 'n Groove with Melinda 11:00 PL Garden Club 1:00 LB Trader Joe's/CVS/Rite Aid 1:30 SR Opera Club Screening 2:00 PP Patio Games 3:30 CL Technology Assistance 7:00 SR At the Movies
24	25	26	27	28	29	30
10:00 CL Jewish Discussion Brunch 1:00 GR Trivia with Fritz 2:30 LB Westwood United Church Organ Concert 2:30 TH Bingo 3:30 GR Happy Hour with Michael Quest	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 Every Day" 3:00 TH Monday Meditation 4:00 SR "Is this any way to run an election?" w/ Margot 7:00 SR At the Movies 7:30 TH Bingo	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	9:00 LB Walking Club 10:00 TH Boot Camp 11:00 CL What's the Verdict? 12:00 LB Wednesday Outing: UCLA Sculpture Garden 1:00 SR Afternoon Movie 3:30 SR Current Events with Margot 4:00 CL Tech Assistance 7:00 SR Movie Club with Merle	9:00 LB Walking Club 10:00 TH Balance and Mobility 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	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	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 2:00 PP Patio Games 3:30 CL Technology Assistance 7:00 SR At the Movies
31						
10:00 CL Jewish Discussion Brunch 1:00 GR Trivia with Fritz 2:30 TH Bingo 3:30 GR Happy Hour with Music to Remember 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.



Circle of Friends July Outings

July 5th: Enjoy lunch at Hoboken! Departs at 11:00am.

July 12th: Explore Beverly Hills via Trolley! Departs at 1:15pm.

July 19th: Take in some local art at UCLA's Sculpture Garden. Departs at 2:00pm.

July 26th: Out to the Movies! TBA.

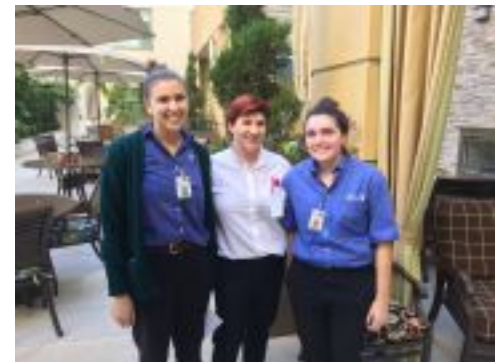
Neighborhood News



This past month we celebrated Gloria's 90th birthday in the Neighborhood! Her daughters came to partake in the fun and brought a cake for the occasion. If you see Gloria around the Neighborhood, feel free to congratulate her on her 90th!

We have many other birthdays coming up this summer which we are looking forward to celebrating as well!

Circle of Friends



The Activity Assistants are excited to have the Circle of Friends off and running this summer with new projects and classes! The Circle has been partaking in glass art, storytelling, and are looking forward to a chess class. We are excited to keep using our creativity and strategy this summer!

We would like to welcome Mary Beth to Belmont as our new Circle of Friends Activity Assistant. Feel free to say "Hi" when you see her!



Celebrate Bastille Day July 14th!

We are kicking off our summer concert series with a Bastille Day Celebration. Enjoy French dessert and entertainment al fresco from **6:30-7:30 p.m.** on the pool patio.

Bon Jour!



The library has been reorganized to help residents find books to entertain and inform. There is a treasure trove here. Come explore! Most fiction books are arranged alphabetically by author. There is a section for large print books also. Mysteries and thrillers have been shelved alphabetically also. Non-fiction has been separated into categories such as American History/politics, WWII, World History, Religion, Finance, Entertainment, music/theatre, short stories, compilations, poetry and special interest. When you return a book, just drop it into the basket. **Abby Murkoff & Nancy Davis** have been instrumental in the re-organization. We are forever thankful!



Welcome Executive Director in Training Ashley Marcellus

My name is Ashley Marcellus and I am the Executive Director in Training at Westwood. I started with Belmont Village Scottsdale in 2012 as an Activity Assistant, and in 2013 was promoted to the Memory Programs Coordinator position. I spent the first half of the year doing my E.D.I.T. training at Hunters Creek in Houston. I am honored to continue my training here at Westwood.

I lived in Arizona for the past six years, but am originally from Chelsea, Michigan. I graduated from Eastern Michigan University with a Bachelor's of Science in Elementary Education. My initial education path was selected because I love children, but I have found my true passion is working with seniors. Actually, work is not the correct word because I truly enjoy every minute I spend at Belmont Village. My husband, Adam, and I have been married for three years and we are excited to explore the Los Angeles area.

Resident Spotlight



George and Susie Coade

Residents George and Susie Coade have spent their entire married life pursuing an unusual hobby. During the early years of their marriage, the Coades had a mini-museum of Nickelodeons and Orchestrions. The couple quickly realized that player pianos combined the mechanical curiosities with their passion for music and history, followed by two decades of inviting visitors and school groups to the Coade home in Carlsbad, California. George Coade, born in Canada and raised in Chicago, is a retired Doctor of Radiology and Nuclear Medicine. During the Korean War, George served as Lieutenant Commander in the Navy. Susie moved from her native Oklahoma to attend UCLA grad school. Susie and George have three daughters - Sarah, Caroline, and Nancy - all of whom have pursued professional musical careers.

Village Scene



Romeo & Juliet Ballet Outing



Broad Museum



Mandell Collection Recital



Martin Elkort Book Signing



Resident Monthly Birthday Party



Birthday Party guests

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