



Belmont Village at Cardiff by the Sea Village NEWS

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

February 2017

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Sadie's Corner

Greeting and HUGS to all!
February is the month we
celebrate Valentine's Day.

Legend has it that Saint Valentine was a priest during the Roman Empire who was imprisoned for helping persecuted Christians. When the Roman Emperor, who was impressed with Saint Valentine, tried to convert him to Paganism, Saint Valentine refused. In fact, Saint Valentine tried to convert Roman Emperor Claudius II to Christianity. The Emperor refused and sentenced Saint Valentine to death. Evidently during this time, the daughter to the jailer responsible for Saint Valentine was blind and healed by Saint Valentine. He wrote her a note before his death and signed it, "Your Valentine" as a farewell.

I prefer to think about LOVE when I think of Valentine's Day. Throughout history we have been witness to countless acts of love. In fact, science tells us that as children, our brains are wired for success when we feel love and affection on a consistent basis before the age of 10. Because we develop coping mechanisms related to emotion - when I am sad I seek comfort, when I am in pain I seek comfort, when I am happy I share comfort - as adults we are capable of handling intense

stress. So the next time you look at someone and think they've made it through some really tough times, it's likely they had an early childhood with someone that loved them unconditionally. And if you see someone struggling to make good decisions, who missteps and seems to sit in self inflicted pain - say a prayer for them. If they are open to it, give them a hug. It's the people that struggle with love that need it most. Martin Luther King Jr. said, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."



"Just as we love ourselves despite the shortcomings we have, so should we love others despite the shortcomings they have." Baal Shem Tov



Resident Birthdays

- 1st Jim L.
- 2nd John M.
- 6th Glen G.
- 10th Sid D.
- 12th Larry J.
- 13th Ellen H.
- 15th King S.
- 18th Trudy E.
- 20th Robert M.
- 22nd John G.
- 25th Geraldine G.
- 26th Bobbe S.
- 27th John M.
- 28th Fred S., Aaron S.

Employee Birthdays

- 2nd Glenda S.
- 5th Kenyita B.
- 12th Tiffany M.
- 13th Suzanna B.
- 24th Steve C.

Employee Anniversaries

- 1 Kera Lee M., Heather M.
- 2 Diana R.
- 3 Rubi M.
- 5 Juan Carlos S.
- 8 Barbara S.



February Happenings

Wed., Feb. 1st @ 1pm

Birch Aquarium

Don't miss the tidepools and unique starfish feedings, as well as thousands of colorful marine species!



Come witness vibrant sea life at Birch Aquarium!

Wed., Feb. 8th @ 11:30

Lunch at Fish Market Del Mar

Treat yourself to some of the freshest seafood in the area.

Located across from the racetrack, the Fish Market has been a local favorite since 1981.



Fish Market in Del Mar, a local favorite!

Wed., Feb. 15th @ 4:30

Dinner with Robert

We will return to 333 Pacific in Oceanside for fine dining on the coast. Come join the fun and enjoy great food and a beautiful sunset!



Ocean views and delicious food at 333 Pacific!

Wed., Feb. 22nd @ 11:00

Movie Outing

TBD closer to the date, suggestions welcome!

Employee of the Month



Congratulations to employee of the month, Mary Jo! Mary Jo has been a nurse at Belmont for 5 yrs. She does an incredible job with the residents, particularly on the 3rd floor. She says the residents feel like family. But when she's not at Belmont, Mary Jo loves to be with her husband of 27 yrs., Edward, and their 2 sons, both of whom are also nurses! They are a close family and enjoy hiking, movies and sharing meals together. Thanks for your devotion to resident care, Mary Jo!



Expressing Your Love, "For a Song"

By Mark Jonas

Many a sweetheart has been left feeling ill-served by the modern celebration of St. Valentine's Day. It is played out every year as a "damned if you do; damned if you don't" scenario. One can spend countless hours and hundreds of dollars planning to make one evening in February feel special. The pressure to express undying love by means of an expensive bouquet, lavish gifts, and a table for two at the finest restaurant can be a daunting task under ideal circumstances. Trying to do those things on the same night as every other couple in the city almost guarantees failure.

The alternative is to proclaim that one's undying love needn't find expression through crass commercialism, and that a quiet dinner at home is a genuine example of long-term commitment, and what better way is there to express that than through thrift? That approach doesn't work, (or so I've been told). So, here's a suggestion. This February 14th, why not proclaim your love for your inamorato or inamorata, wherever he or she might be, with a song?

Belmont Village residents recently shared memories of their favorite romantic songs, and they include Irving Berlin's "(I'll Be Loving You) Always," a favorite of

Carroll S., "Stardust" for King S., and "Let Me Call You Sweetheart" for Dottie S.

Roz M. stated, "I love all the love songs," but then narrowed it down to "A Bushel and a Peck," which she used to sing with her husband, who was "a terrific dancer."

"Moon River" is the favorite of Al and Judy L., who not only saw Andy Williams perform at the Peninsula Hotel in Hong Kong, they were fortunate enough to have met him there in 1962, the same year "Moon River" won the Grammy Award for Song of the Year for Henry Mancini and Johnny Mercer.

Each of us has a love song that we associate with a particular person, place, and time. Now is the time to be in your own musical. Warble a love song. Hum a lullaby. As is the case with all the best things in life, it will cost nothing and leave you feeling tingly all over.

Now if you will please excuse me, I am overdue to croon "And I Love Her" to a certain someone.



Transportation

Monday

Shopping Trips
Neighborhood/COF Outings

Tuesday

Northbound Doctor Drives*
Errand Day (time permitting)

Wednesday

Outing Day
Shopping Trips

Thursday

Southbound Doctor Drives*
Errand Day (time permitting)

Friday

Neighborhood/COF Outings

Saturday

Walking Club
Scenic Ride
Shopping Trips

Sunday

Church Runs
Scenic Ride

**Please note the following for
Tue/Thu Doctor Drives:*

- 15-mile radius (each way)
- 48-hour advance notice



Please see Concierge to schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 10:30 Outing; Barona Casino 10:30 TH Cultural Studies 🌿 2:00 GR Diane at the Piano 3:00 Scenic Ride 3:15 TH Sing-A-Long 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 GR Reminiscing Game 🌿 3:00 B Happy Hour; Billy Harper Band 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 🌿 1:30 TH Travelog with Mark 🌿 4:00 SR Armchair Astronomy 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 A Walk in the Park ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:30 TH BINGO 3:00 GR Sheldon at the Piano 🌿 3:00 GR Shopping 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
5	6	7	8	9	10	11
9:30 TH Weekend Exercise 🌿 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Non-Denominational Bible Study 🌿 1:00 SR Daily Movie 1:30 Scenic Ride 3:00 GR Glenn Kramer at the Piano; Name that Tune! 3:30 B Super Bowl 51, Game On! 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 10:15 TH Brain Boosters 🌿 10:30 P Aqua Aerobics 🌿 1:30 SR Music Appreciation 🌿 3:00 TH Laughing with Robert 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 TH Activity Chat 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 11:00 Outing: Lunch at the Fish Market 11:00 TH Annual Blood Drive ★ 2:00 GR Diane at the Piano 3:15 TH Sing-A-Long 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH Cafe Gratitude with Clare 🌿 3:00 B Happy Hour; Adrienne Nims 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 🌿 1:30 SR Hooray for Hollywood 🌿 3:00 TH Knots of Love Knitting Circle 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 A Walk in the Park ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:30 TH BINGO 3:00 GR Robert Parker at the Piano 🌿 3:00 GR Shopping 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
12	13	14	15	16	17	18
9:30 TH Weekend Exercise 🌿 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Non-Denominational Bible Study 🌿 1:00 SR Daily Movie 1:30 Cedro's Ave. Farmers' Market ✓ 3:00 GR Renata at the Piano 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 10:15 TH Brain Boosters 🌿 10:30 P Aqua Aerobics 🌿 1:30 SR Music Appreciation 🌿 3:00 TH Stone Age Doc 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 TH Vincent present; Operas Greatest Melodies 4:30 JK "My Funny Valentine" Candlelight Dinner and Music by Ultimate Duo 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 10:30 TH Cultural Studies 🌿 2:00 GR Diane at the Piano 2:00 TH Residents Meeting 3:15 TH Sing-A-Long 4:30 Dinner with Robert; 333 Pacific 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH Current Events with Katrina 🌿 3:00 B Happy Hour; Tony Detorre 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 🌿 1:30 TH Alan Mindell presents; Life begins at 70! 3:00 JK Chat with Chef 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 A Walk in the Park ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:30 TH BINGO 3:00 GR Shopping 3:15 TH The History Lady 🌿 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
19	20	21	22	23	24	25
9:30 TH Weekend Exercise 🌿 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Non-Denominational Bible Study 🌿 1:00 SR Daily Movie 1:30 TH Ceramics Class 🌿 3:00 Scenic Ride ✓ 7:00 SR Evening Movie	Presidents Day 9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 10:15 TH Brain Boosters 🌿 10:30 P Aqua Aerobics 🌿 1:30 SR Music Appreciation 🌿 3:00 TH Art for all Ages; All Skill Levels! 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 3:00 SR Osher Presentation w/Discussion Led by Robert 🌿 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 1:00 Movie Outing: movie TBD 2:00 GR Diane at the Piano 3:15 TH Sing-A-Long 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 1:30 TH Script- in - Hand Players 3:00 B Happy Hour; Celeste Barbier 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:30 P Aqua Aerobics 🌿 11:00 JK Birthday Lunch ★ 1:30 TH Knots of Love Knitting Circle 3:00 GR Jeopardy! 🌿 4:30 TH Shabbat Blessing 🌿 7:00 SR Evening Movie	9:00 A Walk in the Park ✓ 10:30 Scenic Ride ✓ 1:00 SR Daily Movie 1:30 TH BINGO 3:00 GR Vincent at the Piano 🌿 3:00 GR Shopping 4:00 Communion Room Visits 🌿 7:00 SR Evening Movie
26	27	28				
9:30 TH Weekend Exercise 🌿 10:00 TH Trivia: Every Grain Counts 🌿 12:30 TH Non-Denominational Bible Study 🌿 1:00 SR Daily Movie 1:00 Coastal Communities Anniversary Concert 🌿 1:30 TH Jewelry Class 5:30 B 2017 Academy Awards 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:30 Shopping 9:45 TH Sit and Be Fit 🌿 10:15 TH Brain Boosters 🌿 10:30 P Aqua Aerobics 🌿 1:30 SR Music Appreciation 🌿 3:00 TH Meredythe presents; The Origins of Mardi Gras ★ 7:00 SR Evening Movie	9:00 TH Stand and Be Fit 🌿 9:45 TH Sit and Be Fit 🌿 10:15 TH Everybody Balance 🌿 10:30 CF Computer Tutor 🌿 1:15 TH BINGO 2:30 TH Mardi Gras Mask Making 3:00 B Mardi Gras Happy Hour; Bayou Bros. ★ 3:00 C Book Club Chat 🌿 7:00 SR Evening Movie				



In House Services

Optometry/Podiatry
By Appointment Only

Audiologist
Last Thursday,
2 p.m. (CR, L2)

Parkinson's Support
First Wednesday,
1 p.m. (TH)

Caregiver Support Group
1st & 3rd Mondays
1:30 p.m (CR, L2)

Salon
9a.m.-4p.m. Tues.- Fri
Located on 3rd floor
Please schedule directly with
the salon
(760) 632-4667

Dry Cleaning
Pickup/Drop-Off:
8 a.m. Mondays and Thursdays



American Red Cross Blood Drive

It takes all types! Giving=Living! At our 3rd annual Belmont Village Blood Drive we are hoping to reach our goal of 50 pints of blood! Last year we were close with 38 pints. Thanks again to all those who participated.

Date: February 8th

When: 11am-5pm

Where: Town Hall

Please spread the word to your friends and family! We hope to see all of you there.

Nurse's Note

February Is American Heart Month

Let us celebrate with "Eat Red with Heart Health"

It's time to amend that "apple a day" aphorism. Tomatoes and cranberries keep the doctor away, too. New research shows that incorporating these 3 red, round fruits into your daily diet can reduce your risk of heart disease by as much as 40 percent. A heart healthy diet is always the first step in treating high cholesterol or high blood pressure. Fortunately, the antioxidant-rich fruits (apples, tomatoes, cranberries) are tasty as they are healthy.

TOMATOES A new study by Tufts University in Boston showed that eating lycopene-rich foods such as tomatoes more than 5x a week over an 11 year period reduced coronary disease risk

by 26%.

APPLES An apple a day can reduce LDL (bad cholesterol) by as much as 40%, according to a new small Ohio State University study. Be sure to munch on the fruit, rather than drink juice, the peels house the most antioxidant.

CRANBERRIES Drinking 3 cups of cranberry juice daily can raise HDL (good) cholesterol levels by 10% and reduce heart disease by 40%, a study at the University of Scranton in Pennsylvania showed. Plus, this juice decreased diet-caused atherosclerosis (clogging of the arteries) by preventing plaque from forming.

GO, GO, RED!





Neighborhood News

Please join me in Congratulating our 2016 Employee of the Year Mereani G, our extraordinary Activities Assistant. She warms the hearts of our residents with the music & instruments she plays, and with her cheerful and contagious laugh! Along with spearheading each themed activity with expertise, Mereani is also often observed regularly going beyond her call of duties, ensuring the residents needs are being fulfilled. She is seen as a leader among the staff; if you ask many, their likely response would be that Mereani is a friend to all!

Lots of positive feedback as we featured several Neighborhood residents this past year, all whom shared with us some of their most fond memories. Moving forward, I would like to continue this practice and enrich it by sharing the spotlight with our devoted staff. I'd like you to better know the dedicated employees who so eagerly and lovingly care for your family members!

Save the date! I would like to invite you all to join your loved ones on Sunday, February 12, from 2:00PM - 4:00PM, for the annual Valentine's Party! Each year love is in the air as our residents enjoy food, drinks, dancing and personal touches to make them feel special!

Please RSVP at the concierge.

Circle of Friends

Dorothy S. smiled. Even though it had been years since she went to Israel, she recognized many of the holy sites pictured on the television. Abraham's Gate in Tel Dan, and St. Peter's Church at Joppa brought back a flood of memories.

One of the six domains of mental fitness, long term memory recall is one of the most vital aspects in the Circle of Friends program. "When I paused in naming where God wanted Jonah to go from Joppa in my Holy Land presentation, Dorothy was able to recall that the place was Nineveh," COF Activities Assistant Heather M. said. "It is important for our residents to retain the ability to input, store and retrieve information. It gives me joy to see that happening every day at Belmont."

Focusing on sequencing and language (also part of the six domains), COF takes pride in its book club program. Founded by AA Kathleen B., residents in Group 1 recently finished reading A Man Named Ove by Fredrik Backman. "The book was well written and by the end, I felt like I knew Ove," Eloise S. said. "At first, I didn't like him, but as the story went on, he became very interesting. I read all the time by myself. I liked book club because of the opinions that have been shared."



Bill D. and his son, Matt get in the spirit of the season!



Gloria C. having a sweet treat with an ocean view at Chart House!



Neighborhood spreading goodwill by caroling to the home bound!



Sandy F. and Claire M. share a fun moment while out with Circle of Friends!

The Village Scene



Forget about Waldo, where's Robert?! Laughter class fun.



Need bridesmaids Melissa? Brianna & Lisa are at your service!



It's a beautiful day at San Luis Rey!



Jean B. & Jim L. enjoy a family visit at the Winter Wonderland holiday party!



That's a strike Jack! Fun with Wii bowling!



Santa's helpers, Sophie, Judy and Joanne!

BELMONT *Village*

SENIOR LIVING
CARDIFF BY THE SEA

3535 Manchester Ave
Cardiff By The Sea, CA 92007
760-436-8900

RCFE Lic. 374603231
www.belmontvillage.com

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