

# THE VILLAGE NEWS

A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

APRIL 2018



*Nancy Nelson, Executive Director*

## GREETINGS FROM THE EXECUTIVE DIRECTOR

Welcome to your new home at Belmont Village. We're so happy that you've chosen this beautiful community and that we have the privilege of serving and caring for you.

There is just something special about something NEW! A new baby smells like heaven! A new car, a new dress, a new pair of slacks, a new set of pens, a new pair of shoes, feels like a breath of fresh air! What a joy to be the first residents in a new home! It smells clean. It looks pristine. If it doesn't feel like "home" yet, we trust it will in the

weeks and months to come. We honor you and welcome you to your "Home Sweet Home."

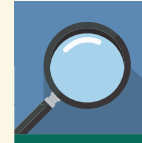
I encourage you to get involved and join the activities, programs, seminars, outings, walks, swimming and daily exercise programs. Come learn a new table game or read the newspaper in the Bistro. Enjoy great meals together in Josephine's Kitchen. Every precious old friend was once a brand-new friend, so make an effort to sit in the Great Room and visit with people each afternoon or around the dining room table. Your new best friend is waiting to meet you. Remember your mother saying, "you have to be a friend if you want to make a friend."

Our management team is ready to serve you. Our front line team is ready to care for you and your new neighbors will be moving in soon to be friends!

Welcome to your new home. We are so happy you are finally here.



*Your beautiful new home!*



## STAFF DIRECTORY

### OUR TEAM AT CALABASAS

**Nancy Nelson**

Executive Director  
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Chef Manager  
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## MONTHLY BIRTHDAY LUNCH

Birthdays are an important part of our lives. They help us mark milestones. We at Belmont Village of Calabasas enjoy celebrating the birthdays of our residents and staff.

This month on Friday, April 27, at 12:00 Noon, all residents with birthdays in March and April are invited to a special luncheon in your honor. During lunch, a pianist will perform for your enjoyment and a special surprise awaits you.



## MARCH & APRIL STAFF BIRTHDAYS

- 3/2 Jazania Perez
- 3/7 Susana Morales
- 3/14 Ashley Williams
- 3/16 Claudia Davis
- 4/1 Dana Quiros
- 4/18 Sarah Minders
- 4/26 Jerome Laggad
- 4/30 Sajida Sheikh

## I KNOW I PUT MY GLASSES SOMEWHERE ...

It happens to all of us! Call them brain blips—those moments when we realize we misplaced our glasses when in fact they are sitting on our head. We notice that the silver streaks in our hair are not salon highlights. When the songs we grew up have migrated to the oldies stations.

Oh yes ... and there's more to come! But we're all in this together, so why not enjoy the ride? Each month, you'll find bits of inspiration and nuggets of wisdom to ponder in this newsletter. There will be lighthearted tales and whimsical quotes to keep you smiling all day long. It doesn't matter where you left your glasses, or even if you own a pair. If you can see the humor in it all,

you've got 20/20 vision!

**FROM THE MOUTH OF BABES:** Emma watched as her mother frantically searched her purse, pockets, car and the rest of the house for her cell phone. Emma replied, "You know what they should invent, Mom? A cord that attaches the phone to the wall so you know exactly where it is at all times."

## WELCOME, NEW APRIL RESIDENTS

Welcome to your new home at Belmont Village Calabasas! We are so happy to have you here with us. We look forward to having you enjoy a wonderful, happy and engaged life with us.



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## EMPLOYEE OF THE MONTH

We are so thrilled to be welcoming our amazing staff to the Belmont Village community. For the last two weeks of March we have watched the staff go through detailed and intense training for positions as nurses, PALs, staffing coordinator, dining room servers, kitchen staff and concierge. At the end of April, we will be presenting our 1st Employee of the Month to a well-deserving staff member. Who will it be? What department will she or he come from? It's going to be a tough decision because in management's eyes, they all have the potential to be Employee of the Month. Stay tuned for the announcement at the end of April for our May Employee of the Month. Way to go, Team Belmont Calabasas!

## HEALTHY NOTES! GUIDELINES FOR A HEALTHIER YOU IN 2018!

Many of us see our waistslines expand during the winter months. Most people gain at least a pound or two during the winter months. Some will keep that weight on permanently.

So be the man or woman with a plan to shed that pound or two. With a little knowledge you can indulge in your favorite foods and still stay fit and healthy.

**KEEP MOVING:** Eating less and exercising more during the day prevents weight gain. In addition to staying active, try to avoid sitting for prolonged periods of time, such as watching your favorite TV show or sports games. Did you know that too much sitting is hazardous to your health? Try to keep with a fitness routine. It is recommended by health experts to work out in the morning to avoid being distracted later in the day by friends and relatives. If you need some ideas on how to be more active, our Activities Program Coordinator, Carol Ricklin, would be delighted to offer you some suggestions, like Adaptive Exercise, Stretch and Meditate and Aqua Yoga in our beautiful outdoor heated pool.

**STAY HYDRATED:** Drink 6-8 glasses of water every day. It may seem like a lot, but it is so helpful in a variety of ways. Water helps your medications

work more effectively and your brain can confuse thirst for hunger. A large glass of water before a meal can help you lessen the amount of food you consume, so that's good for your waistline as well.

**MODERATION:** One last tip. Enjoy the foods you eat, but do in moderation and your waistline will thank you when summer rolls around.

## BRAIN BOOSTS

When it comes to a better brain boost, it's best to get out of your comfort zone, says doctors. That may mean learning to speak a new language, or play a musical instrument, or taking on another activity that's new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells.

So once you get settled in your new apartment, come out and play with our Activities Programs Coordinator, Carol Ricklin. She will be happy to get your body and mind engaged!



## Out & About

### MONDAY

8:30 am - 4:30 pm

Personal Appointments

### TUESDAY/THURSDAY

Doctor Appointment Days

8:30 am - 4:00 pm

**Must schedule with Concierge at least 48 hours prior to appointment.**

### WEDNESDAY

Ralph's and Rite Aid 9:00 am

Outing Day @ 11:00 am

### FRIDAY

Circle of Friends Outing

1:00 pm Local Shopping

### SATURDAY

10:30 am Neighborhood Scenic Dr

1:00 pm Local Shopping

### SUNDAY

8:30 am - 12:30 pm

Places of Worship

1:00 pm Local Shopping

**Please sign up with the Concierge located in the Great Room.**



## MEET YOUR CALABASAS TEAM!

(not pictured: our wonderful sales team)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April Fools' Day!</b> 1 9:00 <span>L</span> Transportation to Local Churches 9:30 <span>L</span> Resident-Led Walking Club ♥ 10:30 <span>TH</span> Yoga with Anna ♥ 1:00 <span>CT</span> Bridge ✓ 2:00 <span>TH</span> Matinee Movie 3:00 <span>GR</span> Daily Chronicles ✓ 3:30 <span>GR</span> Sunday Entertainment ♪ 7:30 <span>TH</span> Meet Me at the Movies	2 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Stretch and Meditation 1:30 <span>TH</span> Book Club ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Left-Center-Right Game ✓ 3:30 <span>TH</span> Armchair Traveler 6:00 <span>GR</span> Music Therapy with Irby Gascon 7:30 <span>TH</span> Meet Me at the Movies	3 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Tai Chi with Kimiko ♥ 1:00 <span>GR</span> Trivia 2:00 <span>BS</span> You Be The Judge ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Pennies from Heaven Cards ✓ 7:30 <span>TH</span> Meet Me at the Movies	4 9:30 <span>L</span> Walking Club ♥ 10:00 <span>PL</span> AquaFit 11:00 <span>L</span> Outing: Lunch and Movies 1:00 <span>TH</span> Beading with Lyn 2:00 <span>TH</span> Matinee Movie 3:00 <span>TH</span> Rummicub 6:00 <span>TH</span> Music Appreciation with Tim 7:30 <span>TH</span> Meet Me at the Movies	5 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 11:00 <span>TH</span> Glass Works Class 1:30 <span>CT</span> Mahjong ✓ 2:00 <span>TH</span> Matinee Movie 3:30 <span>GR</span> Happy Hour with Maximo Mancuso 6:30 <span>BS</span> Poker Night ✓ 7:30 <span>TH</span> Meet Me at the Movies	6 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 1:00 <span>GR</span> Trivia ✓ 1:30 <span>BS</span> Sit Down with the Chef 2:00 <span>TH</span> Faces and Places 2:00 <span>TH</span> Matinee Movie 3:30 <span>TH</span> Shabbat Services 7:30 <span>TH</span> Meet Me at the Movies	7 9:30 <span>L</span> Walking Club ♥ 12:00 <span>GR</span> Trivia ✓ 1:00 <span>BS</span> Marketplace 2:00 <span>TH</span> Matinee Movie 2:00 <span>PL</span> AquaYoga 3:30 <span>GR</span> Jazz by the Fire 7:30 <span>TH</span> Meet Me at the Movies
8 9:00 <span>L</span> Transportation to Local Churches 9:30 <span>L</span> Resident-Led Walking Club ♥ 10:30 <span>TH</span> Yoga with Anna ♥ 1:00 <span>CT</span> Bridge ✓ 2:00 <span>TH</span> Matinee Movie 3:00 <span>GR</span> Daily Chronicles ✓ 3:30 <span>GR</span> Sunday Entertainment ♪ 7:30 <span>TH</span> Meet Me at the Movies	9 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Stretch and Meditation 1:30 <span>TH</span> Book Club ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Left-Center-Right Game ✓ 3:30 <span>TH</span> Armchair Traveler 7:30 <span>TH</span> Meet Me at the Movies	10 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Tai Chi with Kimiko ♥ 1:00 <span>GR</span> Trivia 2:00 <span>BS</span> You Be The Judge ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Pennies from Heaven Cards ✓ 6:30 <span>TH</span> Poker Night 7:30 <span>TH</span> Meet Me at the Movies	11 9:30 <span>L</span> Walking Club ♥ 10:00 <span>PL</span> AquaFit 11:00 <span>L</span> Outing: Lunch and Tour of Union Station 2:00 <span>TH</span> Matinee Movie 3:00 <span>TH</span> Rummicub 6:00 <span>TH</span> Music Appreciation with Tim 7:30 <span>TH</span> Meet Me at the Movies	12 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 1:30 <span>CT</span> Mahjong ✓ 2:00 <span>TH</span> Matinee Movie 3:30 <span>GR</span> Entertainment by Laurie Stillman 6:30 <span>BS</span> Poker Night ✓ 7:30 <span>TH</span> Meet Me at the Movies	13 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 1:00 <span>GR</span> Trivia ✓ 2:00 <span>TH</span> Matinee Movie 2:00 <span>TH</span> Faces and Places 3:30 <span>TH</span> Shabbat Services 7:30 <span>TH</span> Meet Me at the Movies	14 9:30 <span>L</span> Walking Club ♥ 12:00 <span>GR</span> Trivia ✓ 1:00 <span>BS</span> Marketplace 2:00 <span>TH</span> Matinee Movie 2:00 <span>PL</span> AquaYoga 7:30 <span>TH</span> Meet Me at the Movies
15 9:00 <span>L</span> Transportation to Local Churches 9:30 <span>L</span> Resident-Led Walking Club ♥ 10:30 <span>TH</span> Yoga with Anna ♥ 1:00 <span>CT</span> Bridge ✓ 2:00 <span>TH</span> Matinee Movie 3:00 <span>GR</span> Daily Chronicles ✓ 3:30 <span>GR</span> Sunday Entertainment ♪ 7:30 <span>TH</span> Meet Me at the Movies	16 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Stretch and Meditation 1:30 <span>TH</span> Book Club ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Left-Center-Right Game ✓ 3:30 <span>TH</span> Armchair Traveler 6:30 <span>GR</span> Music Therapy with Irby Gason 7:30 <span>TH</span> Meet Me at the Movies	17 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Tai Chi with Kimiko ♥ 1:00 <span>GR</span> Trivia 2:00 <span>BS</span> You Be The Judge ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Pennies from Heaven Cards ✓ 3:30 <span>GR</span> Jazz by the Fireplace 6:30 <span>TH</span> Poker Night 7:30 <span>TH</span> Meet Me at the Movies	18 9:30 <span>L</span> Walking Club ♥ 10:00 <span>PL</span> AquaFit 11:00 <span>L</span> Outing: Lunch in Carpenteria and Orchard Farm Visit 2:00 <span>TH</span> Matinee Movie 3:00 <span>TH</span> Rummicub 7:30 <span>TH</span> Meet Me at the Movies	19 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 11:00 <span>GR</span> Butterfly Boutique 1:30 <span>CT</span> Mahjong ✓ 2:00 <span>TH</span> Matinee Movie 3:30 <span>TH</span> Entertainment by JussTuss 6:30 <span>BS</span> Poker Night ✓ 7:30 <span>TH</span> Meet Me at the Movies	20 <b>BOUTIQUE DAY</b> 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 11:00 <span>GR</span> Butterfly Boutique 1:00 <span>GR</span> Trivia ✓ 2:00 <span>TH</span> Faces and Places 2:00 <span>TH</span> Matinee Movie 3:30 <span>TH</span> Shabbat Services 7:30 <span>TH</span> Meet Me at the Movies	21 9:30 <span>L</span> Walking Club ♥ 12:00 <span>GR</span> Trivia ✓ 1:00 <span>BS</span> Marketplace 2:00 <span>TH</span> Matinee Movie 2:00 <span>PL</span> AquaYoga 3:30 <span>GR</span> Jazz by the Fireplace ♪ 7:30 <span>TH</span> Meet Me at the Movies
22 9:00 <span>L</span> Transportation to Local Churches 9:30 <span>L</span> Resident-Led Walking Club ♥ 10:30 <span>TH</span> Yoga with Anna ♥ 1:00 <span>CT</span> Bridge ✓ 2:00 <span>TH</span> Matinee Movie 3:00 <span>GR</span> Daily Chronicles ✓ 3:30 <span>GR</span> Sunday Entertainment ♪ 7:30 <span>TH</span> Meet Me at the Movies	23 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Stretch and Meditation 1:30 <span>TH</span> Book Club ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Left-Center-Right Game ✓ 3:30 <span>TH</span> Armchair Traveler 7:30 <span>TH</span> Meet Me at the Movies	24 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Tai Chi with Kimiko ♥ 1:00 <span>GR</span> Trivia 2:00 <span>TH</span> Matinee Movie 2:00 <span>BS</span> You Be The Judge ✓ 2:30 <span>TH</span> Pennies from Heaven Cards ✓ 6:30 <span>TH</span> Poker Night 7:30 <span>TH</span> Meet Me at the Movies	25 9:30 <span>L</span> Walking Club ♥ 10:00 <span>PL</span> AquaFit 11:00 <span>L</span> Outing: Lunch and Visit to King Tut Exhibit 2:00 <span>TH</span> Matinee Movie 3:00 <span>TH</span> Rummicub 7:30 <span>TH</span> Meet Me at the Movies	26 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 1:30 <span>CT</span> Mahjong ✓ 2:00 <span>TH</span> Matinee Movie 3:30 <span>GR</span> Entertainment by Joe Green 6:30 <span>BS</span> Poker Night ✓ 7:30 <span>TH</span> Meet Me at the Movies	27 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Adaptive Chair Exercise 1:00 <span>GR</span> Trivia ✓ 1:30 <span>BS</span> Belmont Bucks Auction 2:00 <span>TH</span> Faces and Places 2:00 <span>TH</span> Matinee Movie 3:30 <span>TH</span> Shabbat Services 7:30 <span>TH</span> Meet Me at the Movies	28 9:30 <span>L</span> Walking Club ♥ 12:00 <span>GR</span> Trivia ✓ 1:00 <span>BS</span> Marketplace 2:00 <span>TH</span> Matinee Movie 2:00 <span>PL</span> AquaYoga 7:30 <span>TH</span> Meet Me at the Movies
29 9:00 <span>L</span> Transportation to Local Churches 9:30 <span>L</span> Resident-Led Walking Club ♥ 10:30 <span>TH</span> Yoga with Anna ♥ 1:00 <span>CT</span> Bridge ✓ 2:00 <span>TH</span> Matinee Movie 3:00 <span>GR</span> Daily Chronicles ✓ 3:30 <span>GR</span> Sunday Entertainment ♪ 3:30 <span>GR</span> Entertainment by Mark Cole 7:30 <span>TH</span> Meet Me at the Movies	30 9:30 <span>L</span> Walking Club ♥ 10:00 <span>TH</span> Stretch and Meditation 1:30 <span>TH</span> Book Club ✓ 2:00 <span>TH</span> Matinee Movie 2:30 <span>TH</span> Left-Center-Right Game ✓ 3:30 <span>TH</span> Armchair Traveler 7:30 <span>TH</span> Meet Me at the Movies					

## MEET YOUR CALABASAS TEAM!



*Jorge Antuna, Chef Manager*



*Carolyn Namer, Memory Programs  
Coordinator*



*Carol Ricklin, Activity Programs  
Coordinator*

## NEIGHBORHOOD NEWS

It's an exciting time for the Neighborhood as we eagerly look forward to the arrival of our new residents. This month's theme is "Our Fragile Planet." We have wonderful activities planned for our residents to participate in. To focus on this month's theme, our Enrichment Leaders will be leading activities, such as "National Bird Day," "Water Conservation" and "From the Ground Up." Our residents will get in touch with their creative side and enjoy outdoor gardening, we'll create a bird feeder out of pinecones, make butterfly wands and so much more! We are thrilled to be taking our theme out of the community with scenic drives to the beach and view the annual cherry blossoms at Balboa Lake Park in the comfort of our brand-new bus.

## CIRCLE OF FRIENDS

We are so excited to meet and engage the residents from Circle of Friends. This month's theme is called "Our Fragile Planet" and we have a lot going on this month, as our daily activities center around this theme. Residents can participate in a variety of activities led by our Enrichment Leaders, which include "Water is the New Oil," "Catch a Rainbow," "Earth Day" and "Anything Goes," where our residents can create their own terrariums. We are also excited to take our theme outdoors as we feed the ducks at Calabasas Creek Park in Calabasas, view the annual Cherry Blossoms bloom at Balboa Lake in Encino and check out sea life at the Channel Islands Museum in Oxnard. We are looking forward to exploring this month's theme with our newest friends from Circle of Friends!

## SALON

Our beauty salon is located on the 3rd floor and is open to all residents. Days and times will be announced soon. To make an appointment, please call (818) 223-0623.

## CONCIERGE SERVICES

Please see the concierge to make reservations for transportation, outings, special events and to sign up your visitors for meals.

## CENTER FOR LIFE ENHANCEMENT

Our new and well-equipped fitness center is located on the 1st floor. Stop by and meet our partners with RehabCare.

## COMPUTERS

Computers are available for residents to use located in the Bistro on the 1st Floor.



## FROM DRCS CHRISTA CHALFA

This month starts off with April Fools' Day, a perfect way to celebrate National Humor Month. Humor is defined as the quality that makes something laughable or amusing. We often hear that laughter is the best medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from damaging effects of stress.

Stress Awareness is also celebrated in the month of April. Stress is a normal psychological and physical reaction to the demands of life. However, stress can have negative effects such as damage to your health, relationships or quality of life. Start practicing stress management techniques today.

Many people benefit from practices such as deep breathing, maintaining a healthy diet, exercising regularly and simply getting enough sleep.

Humor is a wonderful stress-reducer and antidote to upsets. It is clinically proven to be effective in combating stress.

Experts say a good laugh relaxes tense muscles, speeds more oxygen into your system and lowers blood pressure. So tune into your favorite sitcom on television or read a funny book. You'll find stress melting away almost instantly.

## CALABASAS TEAM!



*Shari Ross, Community Relations*



*Elanit Cohen, Community Relations*



*Ray Rosales, Building Engineer*



*Christa Chalfa, DRCS*



*Lucy Msryan, HR Generalist*

# THE BELMONT SCENE



*Great Room*



*Outdoor Patio Area and Fireplace*



*Bistro*



*Center for Life Enhancement*



*Walking path goes around the entire community.*



*Card Room/Parlor Area, 2nd Floor*

## BELMONT *Village*

SENIOR LIVING

CALABASAS

24141 Ventura Blvd  
Calabasas, CA 91302

### BELMONT VILLAGE COMMUNITIES

CALIFORNIA: Albany, Burbank, Calabasas, 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



[belmontvillage.com](http://belmontvillage.com)



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