



Belmont Village at Cardiff by the Sea VillageNEWS



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

February 2013

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Cathy's Corner



Dear Residents,
Staff and Families,

I am pleased to
welcome our new
Activity Programs

Coordinator, **Kristen Van Middlesworth**. She is a Carlsbad local and is very excited to take our activity program to the next level with her energy and enthusiasm. Our activity program is tailored around your interests. If there is something that you want to do, please let Kristen know and we can work it into the calendar. We want to have more committees assist with activities whenever possible. We welcome your feedback and suggestions!

We hope you are enjoying the new paint colors and what the Interior Decorator calls an "art spin." Some of our photo galleries and art have been relocated to other areas of the community for more visibility. Additionally, our windows will be professionally washed this month.

We are excited to welcome many new residents to Belmont Village! Thanks for your referrals. If you refer someone and they move in, we will give you \$1,000! Why not choose your own neighbors?

Beginning this month, we will have a special weekly dinner every

Friday night, the only exception is when we have a special dinner earlier in the week, such as this month's Valentine's Day dinner. The last Friday of every month at lunchtime will be a barbecue. Once the weather gets nicer, we will have two lunchtime BBQs each month.

May you have a wonderful month of February!

Cathy Ellis



Everyone had a great time at the Employee Holiday Party!!



Daisy S. (also our employee of the month) won the grand prize: a flat-screen TV!





Happy Hour

2/7 Tatjana

2/14 Rhinestone Grannies

2/21 Vincent on Piano

2/28 MusicStation

Salon Hours

9 a.m.–4 p.m., Monday through
Friday **Located on 3rd Floor.**

Please schedule directly with the
Salon. (760) 632-4667

Monthly Support

"Support" resources are open to
all, drop-in and free.

Optometry/Podiatry are by
appointment via our nurses.

Hearing Aid Support

First & Third Wednesdays,
3:45 p.m., Club Room (L2)

Parkinson's Support

First Wednesday, 1–3 p.m.
Town Hall (1st Floor)

Bereavement Support

First & Third Thursdays,
4:30 p.m., Club Room (L2)

Alzheimer's Support

Third Thursday, 1 p.m. (CR, L2)

Optometrist In-House

Second Wed., 10:45 a.m.
Wellness Center (2nd Floor)

Podiatrist In-House

Third Wed., 9:30 a.m.
Wellness Center



February Outings

Sunday, Feb. 3, 1:15: Mainly
Mozart Concert at St. Elizabeth
Seton Church, Carlsbad. The
award-winning, internationally-
renowned Szymanowski Quartet
performs. Founded in Warsaw in
1995, the Szymanowski Quartet
has developed into one of the
most exceptional string quartets of
its generation. **Cost: \$20/person.**
(Senior/Group Rate).

Wednesday, Feb. 6, 1:15:
Macy's Shopping Trip.

Wednesday, Feb. 13, 1:00:
Lunch at Vigilucci's & Wine
Tasting at Witch Creek Winery in
Carlsbad. Tasting Room and
award-winning Witch Creek
Winery located in Carlsbad on the
historic Highway 101 a block
from the beach. Lunch first, then

wine tasting optional. **Cost of**
lunch: TBD, Cost of Wine
Tasting: \$5/person.

Wednesday, Feb. 20, 11:00:
Lunch at Borelli's. Cost: TBD.

Wednesday, Feb. 27, 1:15:
Movie at Edwards Cinema San
Marcos, TBD. Cost: \$10/person.



**The Szymanowski Quartet comes to
Carlsbad.**



Join us for wine tasting!



In her free time, Daisy
loves going out dancing,
spending time with her
nephew and shopping.
Your great attitude and
friendly demeanor are
contagious, Daisy!

Employee of the Month

Congratulations to dining room server
Daisy S. for being selected as Employee of the
Month! Daisy has been with us for almost two
years and has proved a valuable addition to our
dining room staff. Chef David describes her as
"dependable and hardworking."

Daisy's favorite part about working at
Belmont Village is the relationships she forms
with the residents and she loves how many of
them are always trying to make her smile.



Did You Know?

A Column By Ginny Meis and Sophie Shefrin

When we think about Valentine's Day, flowers, candy and a special dinner come to mind. In reality, Valentine's Day is a church sanctioned holiday which was created in 498 A.D. and named after a martyred saint. Originally, three separate saints named Valentine were considered to have been the saint of love, but it has never been proven which one of the three deserves the honor.

The "world's greatest lover," Casanova, ate chocolate to increase his virility. The first box of chocolate for Valentine's Day was produced by Cadbury in the late 1800s.

The red rose is known as the "flower of love" because the color denotes strong romantic feeling.

An early Valentine's party tradition had young women writing their names on slips of paper that were drawn by young men. The men would then wear the name on their sleeves to claim the woman as his Valentine. Thus the expression "wearing your heart on your sleeve" evolved.

Approximately one billion Valentine's Day cards are sent worldwide each year, some even give gifts to their pets.

We are very fortunate to have many couples who reside here at Belmont. We asked some of them

what they gave or received as their first Valentine's Day gift from their mate.

For Valentine's Day (and every other holiday), **Sandy Goodkin** would give his wife, **Fran**, four beautiful cards (one at each meal of the day, plus one extra to start the next day) expressing his feelings to her.

Don Kaufman gave **Audrey** flowers and candy.

Majella Hsu received a box of candy from **Henry**. She told us that living in Walla Walla, Washington, at the time it was not a box of "Godiva" chocolates, but nonetheless it was given with much love.

Elise Caplan received a beautiful and fully stocked make-up kit from **Alan**; it had everything but mascara.

Herb Diamond gave his wife, **Barbara**, a beautiful Gucci nightgown.

Frank Sbicca reminded **Lorraine** that her beautiful diamond engagement ring was her Valentine's Day gift.

For one of their first Valentine's Days together, **Arnie Schulman** took **Birdie** to a very romantic movie.

Ann Cocumelli received yellow roses from **Al** at age 16.

To one and all, no matter who you spend it with or how, have a happy, happy Valentine's Day! As the Beatles said, "All you need is love!!"

Cardiff Couples!

Hal & Maxine Bigelow

Dora & Boats Breeding

Alan & Elise Caplan

Ross & Gesa Clark

Alfred & Ann Cocumelli

Chris & Ruth Dealy

Herb & Barbara Diamond

Ted & Dorothy Forbes

Sandy & Fran Goodkin

Glen & Anne Green

Henry & Majella Hsu

Bob & Lois Katkov

Don & Audrey Kaufman

Fred & Martha Le Brun

Fred & Liane LeFebvre

Neil & Shirley McCauley

Seymour & Molly Miller

Luis & Isabel Moreno

Bob & Elsie Perkins

Frank & Lorraine Sbicca

Arnie & Birdie Schulman

Maurice & Lillian Shemtov

Bill & Audrey Snyder

Arthur & Annette Silverfarb

Richard & Marylou Thompson



Fran & Sandy G.



Herb & Barbara D.



Days to Remember
Doctor Trips
Tuesdays (North)
Thursdays (South)
Optometrist
Second Wednesday (WC)
Podiatrist
Third Wednesday (WC)
Hearing Aid Care
First & Third Wed. (C)
Dry Cleaning
Pickup/Drop-off: 8 a.m.
Mondays
and Thursdays
Church Runs
Sundays 8:30-10 a.m.

Belmont Key
1st Floor
B—Bistro
TH—Town Hall
JK—Josephine's Kitchen
D/R Patio—Behind JK
GR—Great Room
2nd Floor
WC—Wellness Center
CFL—Center for Learning
3rd Floor
S—Salon
COF—Circle of Friends
L2 Floor
C—Club Room
SR—Screening Room
L—Library
L3 Floor
P—Pool
CFLE —Center for Life Enhancement

| Sunday | Monday | Tuesday |
|---|--|--|
| <div> <div> February </div> <div> PRESIDENTS' DAY </div> <div> American Heart month www.Heart.org </div> </div> | | |
| Church Runs 3 9:30 Flex/Endurance (TH) 10:00 Making Valentine's Cards w/ Kids (TH) 1:15 Outing: Mainly Mozart Concert 2:00 Christian Service (C) 3:30 Watch the Super Bowl (B) 1:00 & 7:00 Daily Movie (SR) | 9:30 Shopping 4 9:30 Strength & Stretch (TH) 10:15 Sit & Be Fit (TH) 11:00 Aqua Aerobics (Pool) 11:00 Sharpen Senses (TH) 1:15 Poker (C) 1:30 Music Appreciation (SR) 3:30 Wii Bowling (TH) 7:00 Evening Movie (SR) | Northbound Doctor Drives 5 9:30 Balance & Mobility (TH) 10:15 Sit & Be Fit (TH) 11:00 Current Events (TH) 1:15 Bingo (TH) 2:15 Bible Study (C) 3:30 MBA Club Meeting (TH) 7:00 Evening Movie (SR) |
| Church Runs 10 9:30 Flex/Endurance (TH) 10:30 Crossword/Trivia (GR) 1:00 Daily Movie (SR) 1:30 Mystery Ride 2:00 Christian Service (C) 3:00 RoseMarie on Piano (GR) 4:15 Tai Chi w/ JoAnna (TH) 7:00 Evening Movie (SR) | 9:30 Shopping 11 9:30 Strength & Stretch (TH) 10:15 Sit & Be Fit (TH) 11:00 Aqua Aerobics (Pool) 11:00 Sharpen Senses (TH) 1:15 Poker (C) 3:30 Wii Bowling (TH) 7:00 Evening Movie (SR) | 9-2 Island Jewelry Boutique 9:30 Balance & Mobility (TH) 10:15 Sit & Be Fit (TH) 11:00 Mardi Gras Masks (SR) 1:15 Bingo (TH) 3:30 Welcome Social: Meet the New Residents (TH) 7:00 Evening Movie (SR) |
| Church Runs 17 9:30 Flex/Endurance (TH) 10:30 Crossword/Trivia (GR) 1:00 Mystery Ride 1:30 Ceramics Class (TH) 2:00 Christian Service (C) 3:00 Sing w/Franke (GR/B) 7:00 Evening Movie (SR) | Presidents' Day 18 9:30 Strength & Stretch (TH) 10:15 Sit & Be Fit (TH) 11:00 Aqua Aerobics (Pool) 11:00 Sharpen Senses (TH) 12:00 Lunch w/ Lederer (JK) 1:15 Poker w/ Lederer (C) 1:30 Music Appreciation (SR) 3:00 Facts on Presidents (TH) 7:00 Evening Movie (SR) | Northbound Doctor Drives 19 9:30 Balance & Mobility (TH) 10:15 Sit & Be Fit (TH) 11:00 Current Events (SR) 1:15 Bingo (TH) 2:15 Bible Study (C) 3:00 Music w/ Geoff (SR) 7:00 Evening Movie (SR) |
| Church Runs 24 9:30 Flex/Endurance (TH) 10:30 Crossword/Trivia (GR) 1:00 Daily Movie (SR) 1:30 Mystery Ride 2:00 Christian Service (C) 4:00 Watch the Oscars (B/C) 7:00 Evening Movie (SR) | 9:30 Shopping 25 9:30 Strength & Stretch (TH) 10:15 Sit & Be Fit (TH) 11:00 Aqua Aerobics (Pool) 11:00 Sharpen Senses (TH) 1:15 Poker (C) 3:30 Wii Bowling (TH) 7:00 Evening Movie (SR) | Northbound Doctor Drives 26 9:30 Balance & Mobility (TH) 10:15 Sit & Be Fit (TH) 11:00 Current Events (TH) 1:15 Bingo (TH) 3:30 Book Club Chat (C) 7:00 Evening Movie (SR) |

February 2013

Wednesday

This calendar is a forecast of activities, and is thus subject to change. The most current activity listing is on the daily handout at the Front Desk.

If you sign up for an outing, please plan to attend, as applicable ticket costs will be charged to your room. Thank you.

9:30 Shopping 6

9:30 Cardio & Abs. (TH)
10:15 Sit & Be Fit (TH)
10:30 Cultural Studies (SR)
1:15 Outing: Shop at Macy's
1:30 Valentine's Day Themed Book Arts Craft (TH)
3:00 Spanish w/ Robert (SR)
4:00 Tai Chi w/ JoAnna (TH)
7:00 Evening Movie (SR)

9:30 Shopping 13

9:30 Cardio & Abs. (TH)
10:15 Sit & Be Fit (TH)
1:15 Outing: Lunch at Vigilucci's & Wine Tasting
3:00 Spanish w/ Robert (SR)
4:00 Tai Chi w/ JoAnna (TH)
7:00 Evening Movie (SR)

9:30 Shopping 20

9:30 Cardio & Abs. (TH)
10:15 Sit & Be Fit (TH)
10:30 Cultural Studies (SR)
11:00 Outing: Lunch @ Borelli's
2:00 Resident Council (SR)
3:00 Jim on Piano (GR)
4:00 Tai Chi w/ JoAnna (TH)
7:00 Evening Movie (SR)

9:30 Shopping 27

9:30 Cardio & Abs. (TH)
10:15 Sit & Be Fit (TH)
1:00 Outing: Movie at Edwards Cinema San Marcos
3:00 Spanish w/ Robert (SR)
4:00 Tai Chi w/ JoAnna (TH)
7:00 Evening Movie (SR)

Thursday

Be My Valentine 

Southbound Doctor Drives 7

9:30 Balance & Mobility (TH)
10:15 Sit & Be Fit (TH)
1:15 Bridge/Canasta (TH)
2:00 Computer Tutor (CFL)
3:00 Happy Hour (B)
4:30 Bereavement Support (C)
7:00 Evening Movie (SR)

Southbound Doctor Drives 14

9:30 Balance & Mobility (TH)
10:15 Sit & Be Fit (TH)
11:00 Astronomy Class (SR)
1:15 Bridge/Canasta (TH)
1:30 Valentine's Day Heart Health Seminar (TH)
3:00 Happy Hour (B)
7:00 Evening Movie (SR)

Southbound Doctor Drives 21

9:30 Balance & Mobility (TH)
10:15 Sit & Be Fit (TH)
1:00 Alz. Support Group (C)
1:15 Bridge/Canasta (TH)
3:00 Happy Hour (B)
4:30 Bereavement Support (C)
7:00 Evening Movie (SR)

Southbound Doctor Drives 28

9:30 Balance & Mobility (TH)
10:15 Sit & Be Fit (TH)
1:15 Bridge/Canasta (TH)
2:00 Computer Tutor (CFL)
3:00 Happy Hour (B)
4:30 Marines Dinner Visit (JK)
7:00 Evening Movie (SR)

Friday

1:00 Shopping 1

9:30 Strength & Stretch (TH)
10:15 Sit & Be Fit (TH)
11:00 Aqua Aerobics (Pool)
1:30 Balance Class (TH)
2:30 Guided Autobios. (C)
4:00 Astronomy Class (SR)
4:30 Shabbat Blessing (TH)
7:00 Evening Movie (SR)

1:00 Shopping 8

9:30 Strength & Stretch (TH)
10:15 Sit & Be Fit (TH)
11:00 Aqua Aerobics (Pool)
3:00 Nancy's Taste & Learn: Austria & Germany (TH)
4:30 Shabbat Blessing (TH)
7:00 Evening Movie (SR)

1:00 Shopping 15

9:30 Strength & Stretch (TH)
10:15 Sit & Be Fit (TH)
11:00 Aqua Aerobics (Pool)
2:30 Guided Autobios. (C)
3:30 Nancy's Taste & Learn: Mardi Gras (TH)
4:30 Shabbat Blessing (TH)
7:00 Evening Movie (SR)

No Shopping Today 22

9:30 Strength & Stretch (TH)
10:00 Outing: Barona Casino
10:15 Sit & Be Fit (TH)
11:00 Aqua Aerobics (Pool)
12:00 Birthday Luncheon (TH)
1:30 Balance Class (TH)
4:30 Shabbat Blessing (TH)
7:00 Evening Movie (SR)

♥♥ FEBRUARY ♥♥

Saturday

Happy Groundhog Day! 2

9:00 Balance & Flex. (TH)
9-2 Valentine's Bazaar (B)
9:45 Mystery Ride
1:00 Daily Movie (SR)
1:15 Bingo (TH)
3:00 Diane on Piano (GR)
4:00 Communion Room Visits
7:00 Evening Movie (SR)

9:00 Balance & Flex. (TH) 9

9:00 Balance & Flex. (TH)
9:45 Mystery Ride
1:00 Daily Movie (SR)
1:15 Bingo (TH)
3:00 Renata on Piano (GR)
4:00 Communion Room Visits
7:00 Evening Movie (SR)

9:00 Balance & Flex. (TH) 16

9:00 Balance & Flex. (TH)
9:45 Mystery Ride
1:00 Daily Movie (SR)
1:15 Bingo (TH)
3:15 The History Lady (TH)
4:00 Communion Room Visits
7:00 Evening Movie (SR)

9:00 Balance & Flex. (TH) 23

9:00 Balance & Flex. (TH)
9:45 Mystery Ride
1:00 Daily Movie (SR)
1:15 Bingo (TH)
4:00 Communion Room Visits
7:00 Evening Movie (SR)



All Designated MBA Activities Are Underlined in the Calendar



February Celebrations!



Resident Birthdays

| | |
|----|-----------|
| 2 | Jean W. |
| 6 | Glen G. |
| 8 | Sandy G. |
| 11 | Midge P. |
| 13 | Ellen H. |
| 18 | Dolly M. |
| 23 | Jack Z. |
| 28 | Dottie F. |
| 28 | Henry H. |
| 28 | Martha J. |

Employee Birthdays

| | |
|----|-----------------|
| 5 | Graciela L. |
| 10 | Cathy E. |
| 12 | Paulino D. |
| 12 | Akram "A.K." A. |
| 13 | Suzanna B. |
| 22 | Sarah W. |
| 26 | Jenny P. |

Employee Anniversaries

| | |
|----|------------------------|
| 5 | Eileen R. (3 yrs.) |
| 10 | Brenda O. (2 yrs.) |
| 12 | Antonia R. (4 yrs.) |
| 12 | Barbara S. (4 yrs.) |
| 15 | Juan Carlos S. (1 yr.) |
| 23 | Oona V. (4 yrs.) |



Welcome to Cardiff, Kristen!! We're excited to have you!!

Meet New APC, Kristen V.!

Hey, everybody! I'm so excited to start at Belmont Cardiff! I was born and raised in Southern California and I couldn't be happier to call this place home. I love spending time at the beach and being outdoors. I enjoy taking my puppy to experience our amazing weather. I graduated from San Diego State University with a degree in Sociology and am thrilled to be able to use my degree to plan new events! I can't wait to see all of you at activities and get to know each one of you!

Heart Month 2013

February is American Heart Month. Heart disease is the leading cause of death in the U.S. The most common heart disease is coronary heart disease, which often appears as a heart attack. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Knowing the signs and symptoms of heart attack are crucial.

Conditions that affect your heart include arrhythmia, heart failure and peripheral artery disease. In addition, high blood pressure, high cholesterol, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease.

KNOW YOUR SIGNS AND SYMPTOMS. Some heart attacks are sudden and intense, they start

slowly, with mild pain or discomfort. Chest discomfort in the center of the chest that lasts more than a few minutes, or goes away and comes back is a sure sign of heart attack. It can feel like uncomfortable pressure, squeezing and/or fullness. Discomfort in other areas of the upper body such as the arms, the back, neck, jaw and even stomach, may also be signs. Shortness of breath may occur with or without chest discomfort. Other symptoms include cold sweat, nausea or lightheadedness.

Immediate medical attention can make all the difference when someone is suffering from these symptoms. A healthy lifestyle and diet are the best weapons you have to fight heart disease. Be heart SMART. Eat foods low in saturated fats, low cholesterol, controlled salt and sugar and get some exercise!



Circle of Friends & Neighborhood News

Save the Date: February is the month of love, and we are celebrating your loved one with a **Valentine's Eve COF and Neighborhood Party!** This will be held on **Wednesday, Feb. 13,** between 6:30 and 8 p.m. in our **Town Hall room.**

Dinner will be served at the regular time in the respective dining rooms, but the real treat comes after! Our staff will help select residents from COF and NB "get ready" and escort them to the party. There will be live entertainment playing songs they love, a chocolate fondue fountain and a bevy of sweets and sparkling juices!

Your loved one will enjoy sharing desserts with you and if the legs are up to it, maybe even a dance! If you are a friend/family member interested in participating, please call (760) 436-8900 or email dnguyen@belmontvillage.com to R.S.V.P. with Dan. You may come and go anytime between the party hours, so let us know your guest list and preferred time of arrival. (Our team will work hard to help as many of our residents as possible enjoy the party, and your R.S.V.P. will help us prioritize resident care that night.)

To all our families: From our hearts to yours ... Thank you and have a lovely February!



The COF put on a wonderful holiday program to celebrate our employees!



Jack and Mareani ring in 2013 with some dancing!



Doris P. and Ellen H. adorning the tree with their homemade ornaments that they sold to raise money for the Wounded Warriors Project.



How Do You Know What Is Relative? By Resident Bill Dashe

When you think about it, everything is **relative**.

For instance, after you've been eating your meals here at Belmont for three years—when they change the procedure and suddenly feed you in your room—you discover it doesn't taste as good nor is it as much as it was previously—so **relatively** speaking it's always better eating in the Belmont dining room, especially for the better quality and the latest **relative** current news. Few of us have **relatives** who live here, but we are all in similar circumstances when it comes to eating the fine food we get here. So the Belmont staff from top to bottom should be thanked for their fine human effort in what they do to keep us in **relatively** good condition, physically and mentally. Thank you all!

Welcome, New Residents!!

Paul A.
Arlene C.
Jerry G.
Mari H.
Norma Hu.
Norm M.
Ann M.
Bonnie S.
Lane W.

The Village Scene



New resident Bonnie S. sits with good friend and resident Bette O.
Welcome, Bonnie!



Residents spend an afternoon at the Veterans Museum at Balboa Park.



Annette S., Joan C. and Virginia R. watching the entertainment at the holiday party.



Ceda W., Eleanor H. and Virginia B. enjoying Happy Hour!



Jack Z. and Roger S. relaxing in the Great Room.



Sophie S. gets to know new resident Mari H. Welcome, Mari!!



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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, Houston, Atlanta (Buckhead and Johns Creek), Dallas (2013)