



Belmont Village at Cardiff by the Sea VillageNEWS



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

October 2013

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Sadie's Corner

Happy Fall, Everyone!

It's October and I can hardly believe that summer is over. We had a wonderful trip to **Vigilucci's** in August. There were 17 people in attendance for some great local Italian food. In September, we trekked out to the same area in Encinitas to a restaurant called **3rd Corner**—great food, great service and reasonable prices! As for October, our plan is to go to the **Brigantine** in Del Mar for some great seafood. However, I am open to suggestions—let me know where you'd like to go!

If you missed September's **Resident Council**, then you missed talking about our communication board. It was brought to my attention that as a community, we don't have a formal method of communicating if your neighbor takes ill, goes to the hospital or needs rehabilitation. I'd like to know if any of you are interested in a formal **communication board**—perhaps in the Town Hall, to communicate "resident status." We'd have to get permission in advance, of course. Please tell me if you have an opinion about how we can better communicate if a resident goes to the hospital and would like visitors.

There are quite a few upcoming

events in October. We will be having an **Oktoberfest** and **Halloween costume contest**. We are still recruiting for local talent for the **talent show**; residents and staff welcome! Please see Kristen or myself if you'd like to participate.

Finally, as a reminder about the **flu season**, please refrain from visiting if you're feeling ill. Any fever, vomiting, chills or sweats can mean big trouble for us. So if you're ill today, stay away! As a general rule, we'd like you to be symptom-free for at least 48 hours before you come back to visit.

Thank you for keeping Belmont Village a healthy place!



Ray P. and **Sadie** enjoying dinner out at Vigilucci's.



Happy Hour

10/3 Oktoberfest: German Dancers
10/10 Vincent and His Piano
10/17 Swinging Dean
10/24 MusicStation
10/31 Blue Zone Group

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 only via our nurses (Wellness Center, 2nd Floor).

Hearing Aid Support

First & Third Wednesdays,
3:30 p.m., (CR, L2)

Bereavement Support

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

Alzheimer's Support

Third Thursday, 1:30 p.m.
(CR, L2)

Podiatrist In-House

Third Thursday,
10 a.m. Assisted and Independent Living (CR, L2)
1:30 p.m. Neighborhood

Parkinson's Support

First Wednesday,
1 p.m. (TH)

October Outings

Wednesday, Oct. 2, at 1 p.m.

Birch Aquarium

It brings to life the exciting discoveries of world-renowned Scripps Institution of Oceanography.

Wednesday, Oct. 9, at 11 a.m.

Dominic's Italian Pizzeria

Located in the Oceanside Harbor, enjoy delicious Italian food with a great view!



Wednesday, Oct. 16, at 4:30 p.m.

Dinner with Sadie at the Brigantine Del Mar

Sit back to enjoy the fresh seafood offered, including their award-winning fish tacos.

Wednesday, Oct. 23, TBD

Movie Outing

The movie will be chosen closer to the date. Suggestions welcome!

Friday, Oct. 25, at 1 p.m.

MiraCosta College: The School of Hard Bop: Art Blakey and the Jazz Messengers Presentation

A lecture about the Messengers with MiraCosta Jazz collective performing live examples of some of Blakey's greatest tunes.

Sunday, Oct. 27, at 2 p.m.

Old Globe Theatre: The Last Goodbye

Shakespeare's *Romeo and Juliet* the musical. It is a breathtaking and hugely entertaining new musical!

Wednesday, Oct. 30, at 2 p.m.

Helen Woodward Animal Shelter

For all of you animal lovers! We will take a tour of the adoption center and come up close and personal with an array of animals!



She loves Bill D.'s smile and poetry.

Employee of the Month, Jessica L.

We would like to congratulate our PAL Jessica for a job well done. She has worked for Belmont for two years. Jessica comes to work with a smile on her face every day and can brighten anyone's day. Jessica was born in Chula Vista. She likes to spend time with her niece and nephew and take them swimming. Family is very important to her. Jessica's hobbies include tanning at the beach, camping, dancing and sports (go Chargers).



Did You Know?

A Column By Ginny M. and
Sophie S.

FOR ALL OF THOSE WHO GRADUATED BEFORE 1945

We are survivors! Consider the changes that we have witnessed:

We graduated before television, before penicillin, before polio shots, frozen food, Xerox, plastic, contact lenses, Frisbees and the Pill.

We graduated before radar, credit cards, split atoms, laser beams, and ballpoint pens, before pantyhose, dishwashers, clothes dryers, electric blankets, air conditioners, drip-dry clothes—and before man walked on the moon.

We got married first and then lived together, how quaint can you be?

Bunnies were small rabbits and rabbits were not Volkswagens. Designer jeans were scheming girls named Jean or Jeanne, and having a meaningful relationship meant getting along well with our cousins.

We were before house-husbands, computer dating, dual careers and commuter marriages. We were before day-care centers, group therapy and nursing homes. We never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yogurt and guys wearing earrings. For us,

time-sharing meant togetherness—not computers or condominiums; a “chip” meant a piece of wood; hardware meant hardware, and software wasn’t even a word.

We thought fast food was what you ate during Lent, and pizzas, “McDonald’s” and instant coffee were unheard of.

Ice cream parlors sold ice cream cones for a nickel or a dime. For one nickel you could ride a street car, make a phone call, and buy a Pepsi or enough stamps to mail one letter and two postcards. You could buy a new Chevy Coupe for \$600, but who could afford one; a pity too, because gas was 11 cents a gallon.



Taken in the '40s, our resident was 18 years old. Any guesses on who it might be??

Life's Great at the Coast!



Chef David and **Don** cooking up some hot dogs and hamburgers!



Tom W. and **Margaret C.** dancing the night away.



Jean M. showing off her bowling skills.



Marion Y., **MaryLou T.** and **Bobbie W.** enjoying the summer concert.



Sunday

Monday

Tuesday

Days to Remember

Doctor Trips

Tuesdays (North)

Thursdays (South)

Optometrist

As scheduled (WC)

Podiatrist

Third Thursday (C)

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



October

		Northbound Doctor Drives 1 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:30 SPELL-A-THON GAME (TH) 1:15 BINGO (TH) 2:00 Computer Tutor (CFL) 3:15 MBA/ Activity Chat (TH) 7:00 Evening Movie (SR)
8:30 Church Runs 6 9:30 Flex./ Endurance (TH) 10:30 Crossword/Trivia (GR) 10:30 Spiritual Sundays (TH) 1:00 Daily Movie: Movie Discussion After Movie (SR) 1:30 Mystery Ride 3:00 Chris at the Piano (GR) 7:00 Daily Movie (SR)	9:00 Stand & Be Fit (GYM) 7 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Aqua Aerobics (Pool) 10:30 Sharpen Senses (TH) 1:15 Poker (C) 1:30 Giant Crossword (GR) 3:30 Great Room Game Show (GR) 7:00 Evening Movie (SR)	Northbound Doctor Drives 8 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:30 SPELL-A-THON GAME (TH) 1:15 BINGO (TH) 2:00 Computer Tutor (CFL) 3:15 Welcome Social: Meet the New Residents (TH) 7:00 Evening Movie (SR)
8:30 Church Runs 13 9:30 Flex./ Endurance (TH) 10:30 Crossword/Trivia (GR) 10:30 Nondenominational Bible Study (TH) 1:00 Daily Movie: Movie Discussion After Movie (SR) 1:30 Polished Girls (TH) 2:30 Mystery Ride 3:00 Renata Piano (GR) 7:00 Daily Movie (SR)	9:00 Stand & Be Fit (GYM) 14 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Aqua Aerobics (Pool) 10:30 Sharpen Senses (TH) 1:30 History Remembered: Columbus & Other Explorers (TH) 3:30 Great Room Game (GR) 7:00 Evening Movie (SR) 7:00 Wii Bowling (TH)	Northbound Doctor Drives 15 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:30 SPELL-A-THON GAME (TH) 1:15 BINGO (TH) 2:00 Computer Tutor (CFL) 3:00 Music Lecture W/ Geoff (SR) 7:00 Music Appreciation (SR)
8:30 Church Runs 20 9:30 Flex./ Endurance (TH) 10:30 Crossword/Trivia (GR) 10:30 Spiritual Sundays (TH) 1:00 Daily Movie: Movie Discussion After Movie (SR) 1:30 Ceramics Class (TH) 3:00 Fall Craft W/ Volunteers (TH) 7:00 Daily Movie (SR)	9:00 Stand & Be Fit (GYM) 21 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Aqua Aerobics (Pool) 10:30 Sharpen Senses (TH) 1:15 Poker (C) 1:30 Monday Munchies (TH) 3:30 Great Room Game Show (GR) 7:00 Evening Movie (SR) 7:00 Wii Bowling (TH)	Northbound Doctor Drives 22 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:30 SPELL-A-THON (TH) 1:15 BINGO (TH) 2:00 Computer Tutor (CFL) 3:00 Belmont Village Resident & Staff Talent Show (B) 7:00 Music Appreciation (SR)
8:30 Church Runs 27 9:30 Flex./ Endurance (TH) 10:30 Crossword/Trivia (GR) 10:30 Nondenominational Bible Study (TH) 1:00 Daily Movie: Movie Discussion After Movie (SR) 1:30 Jewelry Class (TH) 2:00 <i>Outing: The Last Goodbye</i> 3:00 James on the Guitar (GR) 7:00 Daily Movie (SR)	9:00 Stand & Be Fit (GYM) 28 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Aqua Aerobics (Pool) 10:30 Sharpen Senses (TH) 1:15 Poker (C) 1:30 Res. Spotlight: Edson (TH) 3:30 Great Room Game Show (GR) 7:00 Evening Movie (SR) 7:00 Wii Bowling (TH)	Northbound Doctor Drives 29 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:30 SPELL-A-THON GAME (TH) 1:15 BINGO (TH) 2:00 Computer Tutor (CFL) 3:30 Book Club Chat (C) 7:00 Music Appreciation (SR)

October 2013

Wednesday	Thursday	Friday	Saturday
2 9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Cultural Studies (TH) <i>1:00 Outing: Birch Aquarium</i> 3:00 Spanish W/ Robert (SR) 3:30 Tai Chi W/ JoAnna (TH) 7:00 Evening Movie (SR)	3 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Chair Yoga (TH) 1:15 Bridge (TH Foyer) 3:00 Beer Tasting (B) 3:15 Happy Hour (B) "Oktoberfest: German Dancers" 7:00 Evening Movie (SR)	4 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Current Events (SR) 10:30 Aqua Aerobics (POOL) 1:30 Balance Class (TH) 1:30 Knitting Club (C) 3:00 "Walker Wash" (Neighborhood Patio) 4:00 Astronomy Class (SR) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)	5 9:00 Balance & Flex. (TH) 10:00 Shopping 1:15 BINGO (TH) 3:00 Jocelyn on Guitar (GR) 4:00 Alzheimer's Walk at Oceanside Pier 4:00 Communion Room Visits 5:00 Social Hour: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)
9 9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 11:00 Lunch Outing: Dominic's at the Harbor Italian Pizzeria 3:00 Spanish W/ Robert (SR) 3:30 Tai Chi W/ JoAnna (TH) 7:00 Evening Movie (SR)	10 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Balance Chair Yoga & Dance (TH) 1:15 Bridge (TH Foyer) 1:30 Presentation: Scams Don't Get Caught (TH) 3:00 Happy Hour (B) 7:00 Evening Movie (SR)	11 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Current Events (SR) 10:30 Aqua Aerobics (POOL) 11:00 Resident/Staff BBQ 1:30 Balance Class (TH) 1:30 Knitting Club (C) 3:00 Nancy's Taste & Learn: TBD (TH) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)	12 9:00 Balance & Flex. (TH) 9:00 Mystery Ride 10:30 Walking Club 1:15 BINGO (TH) 2:30 Shopping 3:30 Children's Piano Recital (GR) 4:00 Communion Room Visits 5-6 Social Hour: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)
16 9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Cultural Studies (TH) 2:00 Resident Council (SR) 3:00 Jim at the Piano (GR) 3:00 Spanish W/ Robert (SR) 3:30 Tai Chi W/ JoAnna (TH) 4:30 Dinner Outing W/Sadie 7:00 Evening Movie (SR)	17 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Balance Chair Yoga TH 1:15 Bridge (TH Foyer) 1:30 Dr. Goscinski: Serendipities That Affect Your Life & Health (TH) 3:00 Happy Hour (B) 7:00 Evening Movie (SR)	18 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Current Events (SR) 10:30 Aqua Aerobics (POOL) 1:30 Knitting Club (C) 2:30 Helen Woodward Animal Visits (GR) 3:00 Nurse's Chat: Breast Cancer Awareness (TH) 4:30 Shabbat Blessings (TH) 7:00 Evening Movie (SR)	19 9:00 Balance & Flex. (TH) 9:00 Mystery Ride 10:30 Walking Club 1:15 BINGO (TH) 2:30 Shopping 3:15 The History Lady (TH) 4:00 Communion Room Visits 5-6 Social Hour: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)
23 9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Art History (TH) TBD MOVIE OUTING 3:00 Spanish W/ Robert (SR) 3:30 Tai Chi W/ JoAnna (TH) 7:00 Evening Movie (SR)	24 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Balance Chair Yoga TH 11:00 Temple Kids Visit (JK) 1:15 Bridge (TH Foyer) 1:30 Chat W/the Chef (JK) 3:00 Happy Hour (B) "MusicStation" 7:00 Evening Movie (SR)	25 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Current Events (SR) 11:15 Birthday Lunch (JK) 10:30 Aqua Aerobics (POOL) 1:30 Knitting Club (C) <i>1:00 Outing: MiraCosta College</i> 3:00 Nancy's Taste & Learn Superstitions (TH) 4:30 Shabbat Blessings (TH) 4:30 Candlelight Dinner (JK)	26 9:00 Balance & Flex. (TH) 9:00 Mystery Ride 10:30 Walking Club 1:15 BINGO (TH) 2:30 Shopping 3:00 Mark Mayville Performs (GR) 4:00 Communion Room Visits 5-6 Social: Wine & Cheese (B) 1:00 & 7:00 Daily Movie (SR)
30 9:00 Stand & Be Fit (GYM) 9:30 Shopping 9:45 Sit & Be Fit (TH) 10:30 Cultural Studies (TH) 2:00 Outing to the Helen Woodward Animal Shelter 3:00 Spanish W/ Robert (SR) 3:30 Tai Chi W/ JoAnna (TH) 7:00 Evening Movie (SR)	31 9:00 Stand & Be Fit (GYM) 9:45 Sit & Be Fit (TH) 10:15 Balance Chair Yoga TH 1:15 Bridge (TH Foyer) 2:30 Halloween Costume Contest (B) 3:00 Spooky Happy Hour (B) "Blue Zone Group" 7:00 Evening Movie (SR)	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.	 All Designated MBA Activities Are Underlined in the Calendar



October Celebrations!



Resident Birthdays

2nd	Nancy S.
6th	Al C.
6th	Jack H.
7th	Ross C., Doris S.
13th	Mildred P.
14th	Fred L.
15th	Chris L.
16th	Annette R.
17th	Bill J.
21st	Sophie S.
22nd	Lee M.
23rd	Geneve S.
25th	Howard D.
25th	Mary Ann F.
31st	Margaret C.

Employee Birthdays

2nd	Maria O.
10th	Arcelia C.
16th	Chris E.
19th	Pete R.
25th	Karla M.
25th	Lazette C.
25th	Alba C.

Employee Anniversaries

4 yrs.	Beverly R.
2 yrs.	Hernan P.
2 yrs.	Sean S.
2 yrs.	Claudio V.
1 yr.	Michaela O.
1 yr.	Lerma A.
1 yr.	Brooke L.



GOT TALENT?

Belmont Village Talent Show,
You could win a first prize bow,
Do magic, dance, or sing,
Your friends you should bring,
Residents and staff,
we'll all have a laugh,
It sure will be fun,
It's open to everyone,
So sign up at the desk,
But please forget the burlesque!
Questions? Please see Kristen or Sadie. Guest judges, and prizes will be awarded!

Nurse's Note

I PINK I CAN! I PINK I CAN!

Breast cancer is a disease in which malignant cancer cells form in the tissues of the breast. It differs by individual, age group and even by the kinds of cells within the tumors. Breast cancer doesn't affect only women. This disease can affect men as well. Hearing the words "breast cancer" doesn't always mean an end. It can be the beginning of learning how to fight, getting the facts and finding hope. Here at Belmont, we take pride in ensuring our residents' optimum level of health. We are here to help you schedule examinations with your doctor! Breast cancer prevention begins with various factors you can control, for example, limit alcohol. The more alcohol you drink, the greater your risk. The

second is to control your weight. If you are overweight or obese, it increases your risk. It is also important to get plenty of physical activity. It can help you maintain a healthy weight. You should be doing at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity. You should also discontinue hormone therapy. The last thing to do is avoid exposure to environmental pollution. Some research shows that there's a link from exposure to polycyclic aromatic hydrocarbons in vehicle exhaust and cancer. Make sure to get your checkups!





Neighborhood News

Don't forget the **Alzheimer's Walk** on Saturday, Oct. 5, at 4 p.m.! We will be bringing the bus and encourage residents and families to donate and join us in the fight against Alzheimer's. Join us **Friday, Oct. 4**, on the Neighborhood Patio for our first "**Walker Wash**;" proceeds will benefit the Alzheimer's Association. September was a great month! We started with a walk and picnic for neighborhood residents that was a wild success. We followed up with a **tea party**. In October, we will be taking a trip to get frozen yogurt and focusing on building a sensory garden on our patio for our residents' enjoyment. If you have a **green thumb** and would like to help, please let Jessica know!



Anne H. and John S. at the park.



Jack P., Bill M. and Ralph M.

Circle of Friends

Join us on Friday, Oct. 4, for a "**Walker Wash**!" Your \$10 donation will get you a shiny clean walker freshly labeled with your name and decorated for fall. While you're waiting, listen to some tunes, have an ice cream sandwich, iced tea and socialize with your friends. All proceeds will benefit the **Alzheimer's Association**. Children and families are encouraged to join us.

October will bring some fun outings. We'd love to have families join us for a trip to the **Pumpkin patch** or to see "**Shrek the Musical**" at the La Jolla JCC on Friday, Oct. 11, at 10 a.m.



Margaret C. steering the ship!

Families, please join us on **Oct. 1 at 4 p.m.** for our **Neighborhood and Circle of Friends** family meeting. Sadie, Jessica and a few of our AAs will be there to introduce themselves and answer your questions.

October Happenings

Thursday, Oct. 3, at 3 p.m.

Oktoberfest

Try different types of German beer and snack on German snacks, while watching our Oktoberfest dancers!

Every other Sunday 10:30 a.m.

Soul Sundays

Feed your soul with inspiration and reflection.

Every other Sunday 10:30 a.m.

Bible Study

We delve into the books of the Bible.

Thursday, Oct. 10, at 1:30 p.m.

Special: Scams, Don't Get Caught

Learn about the different scams and how to recognize them.

Emphasis: scams on older adults.

Thursday, Oct. 17, at 1:30 p.m.

Serendipities That Affect Your Life & Health

Simple mistakes have led to discoveries; several affect our everyday lives.

Tuesday, Oct. 22, at 3 p.m.

Belmont Talent Show

Show off your talent, win prizes, laugh and enjoy!

Thursday, Oct. 31, at 2:30 p.m.

Halloween Costume Contest

Prizes will be awarded!

Word of the Month

Empathy - To identify with another and to feel emotions similar to those being experienced by others.

The Village Scene



Carroll S. checking out the Kumeyaay huts at the Maritime Museum.



Pepe P., Tally H. and Oscar W. enjoying the Village Kitchen's famous pie!



Edith W. fits right in with the dancing Rhinestone Grannies.



GO PADRES! **Bill J., Annette S. and Lois L.** enjoying America's favorite pastime!



Helen N. showing off her abstract art!



Activity Assistants **Mereani and Kathleen** enjoying the Employee BBQ.



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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 (2013), Austin (2014),
Houston—West University and Hunters Creek (2014)